

SAMPLE PACKING LIST

Packing lists change from project to project depending on the type of construction project, accommodations, and leadership requests. This is a fairly comprehensive sample list that can give you an idea of the things you might be asked to bring.

Construction Site Personal Items

- Work pants
- T-shirts and/or long-sleeved cotton shirts for work
- Strong but flexible construction gloves.
- Hard Hat – (REQUIRED)
- Handkerchief or bandana for neck protection
- Sunglasses or safety glasses
- Good, close-toed, working shoes

Items to remember

- Maranatha t-shirt
- Good Disposition and a Flexible Attitude
- Passport
- Photocopies of your passport in checked baggage
- Copy of your airline ticket or itinerary
- Permission for a minor to travel form (for those under 18)
- Entrance visa or money for entrance tax
- Copy of final packet with project addresses
- Personal prescribed medication (in carry on) as well as items like Tylenol, Band-Aids, Dramamine, Pepto bismol etc.
- Shoes and socks
- Underclothes
- Slacks
- Casual shirts
- MEN- Dress shirt and tie for Sabbath
- WOMEN- Dresses and/or skirt and blouse with sleeves for Sabbath
- Hat for sun protection
- Sleepwear
- Shorts
- Modest swimming suit
- Light Jacket
- Flip flops or sandals
- Personal toiletries
- Hand Sanitizer or wet wipes
- Insect Repellent (30% DEET or higher)
- Sun Block (SPF 30+)
- Chapstick (with sunblock)
- Water bottle – large opening recommended
- Bible
- Camera, batteries, and memory cards

- Flashlight with extra batteries
- Small pillow
- Towel and washcloth
- Bedding: Sheet, blanket, or sleeping bag
- Bedding: Air mattress, foam pad, cot
- Plate, bowl, cup, and silverware
- Cash for meals in airports, souvenirs, or special projects

Optional Items

- Lightweight daypack or similar bag
- Journal and pens
- 220-volt converter
- Plug adapters
- Local language - English dictionary/translator
- Powdered Gatorade or equivalent Nuun or Camelback electrolyte tablets (for overcoming dehydration)
- Earplugs
- Small alarm clock
- Mirror
- Snacks
- Rope for personal clothesline
- Mosquito net and a rope to hang it
- Toilet paper or tissues
- Battery run personal fan
- Small instrument you play
- Tent

Outreach Items

- Crayola Crayons and Markers
- Chalk
- Glue Sticks
- Pens, Pencils, Erasers
- Colored Paper
- Scissors
- Pipe cleaners
- Backpacks or daypacks
- Toys (Jump ropes, bouncy balls, tops, marbles, soccer balls-with pumps)
- Hair clips and scrunchies
- Stickers
- Balloons

- Bubbles
- Stuffed Animals
- Flutes, Recorders, and other musical instruments
- New or gently used clothing
- New children's shoes (take off tags)
- Books and pamphlets-available at the Adventist Book Center
- Bibles in local language
- Hymnals in local language
- Steps to Christ or Great Controversy
- Money for buying outreach materials in the local language
- Teaching aids for Sabbath School and Bible studies
- Felt sets

Medical Team Items

- Children's vitamins (not gummy variety)
- Women's or prenatal vitamins
- Small soap bars
- Small hand sanitizer bottles
- Toothbrushes (Adult and Child)
- Toothpastes
- Small hand towels and/or wash clothes
- Reading glasses of different strengths
- Zip style sandwich bags snack size
- Non latex gloves (M or L)
- Electronic thermometers with covers

Masonry Construction Tools

- Measuring tape (25')
- Torpedo Level (9"-1')
- Box level (2') – one per family
- Permanent markers (sharpie fine point)
- Nail apron
- 10" to 12" block trowel (pie-shaped)
- Masonry line and line blocks
- Rubber dish gloves
- Block hammer
- Marking pencils

Painting Tools

- Cutting brushes (1", 2", 3")
- 2" Trim brush
- Paint pan
- Small paint containers
- Cotton painting gloves
- Marking pencils

Kitchen Items

- Potato peelers
- Veggie food (vege-burger, fri-chik, hot dogs, etc)
- Peanut butter
- Dish towels

What Not To Take

- Any item of great value (sentimental or physical)
- iPods, Gameboys, DVD players
- Tank tops, spaghetti straps, or sleeveless tops
- T-shirts with questionable slogans or artwork
- Immodest swimsuits or shorts
- Guns, knives, explosives
- Drugs or Alcohol
- A rigid or "me-first" attitude

Packing Light

Most airlines are now charging extra for a second checked bag or bags weighing more than 50 pounds. Try to pack as light as possible while still bringing the majority of the items included in your project's specific packing list. The items included on this list are there because past volunteers have needed such items or wished they had had them.