

414 Missions | Packing List

Passport (required)

- Have 1 color copies made and place in a ziplock to keep with you at all times
- Share a photo of your passport with 1 or more team members.

Luggage (check airline requirements for sizes) *all luggage should be waterproof or bring a way to cover all luggage as they WILL get wet.

- Checked bags (1 included, extras will require additional fee): Waterproof duffel bags work best but if bringing a suitcase you will want to also bring a waterproof cover, even if just a black garbage bag*
- Carry-on: Backpack style doubles as a day pack (waterproof if possible)*
- Small handbag / purse (waterproof if possible)*

Clothing (avoid cotton or denim clothing) laundry available for a small fee

- 3-5 T-Shirts (dri-fit)
- 1 church outfit (pants or dress/skirt)
- 3-5 shorts or pants if desired
- 5-10 underwear
- Walking shoes(w/socks), flip-flops and/or strapped sandals
- Swim suit (optional)
- Ultra-light rain jacket
- Hat

Bedding / Bath

- Light blanket (opt)
- Travel pillow (opt)
- Towel; thinner the better - humidity levels limit drying (opt)
- Wash rag (opt)

Devotion Material (required*) be sure to put in a ziplock bag to protect from humidity and rain

- Bible*
- Notepad*
- Pen* (ball point is best as gel pens will run with the humidity) / Pencil / Highlighter

Toiletries (required*)

- Soap*
- Shampoo*
- Deodorant (no aerosol)*
- Tooth brush / Toothpaste*
- Comb/brush
- Razor
- Floss
- Q-tips
- Sunscreen (no aerosol)*
- Insect Repellent (30%-40% deet) and/or Picaridin (no aerosol)*
- Chapstick
- Nail clippers (It is recommended that fingernails and toenails be kept very short as bacteria builds up easily in the jungle)
- Foot powder (opt)
- One roll toilet paper* (most public restrooms do not supply tp)
- Baby Wipes / Dude Shower Wipes (you'll thank us later)

Medications (recommended but not required)

- Imodium
- Tums
- Dramamine

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- Pepto-Bismol
- Tylenol / Ibuprofen
- Benadryl
- Anti-bacterial wipes (such as Clorox)
- Hand sanitizer
- Band-aids
- Anti-itch cream
- Malaria Medication (prescribed by Dr)
- Metronidazole (Prescribed by Dr for E-coli/parasites)
- Additional Rx antibiotics your Dr may prescribe

Dry Storage (recommended)

- 5-15 ziplocks (all sizes)
- Dry storage bags (you will want this for day travel to keep all electronics and personal items dry)
- Day pack (waterproof or with rain cover)
- Poncho
- Waterproof case for phone
- Large ziplock to keep bible, notepads, & devo in
- Plastic bag to put wet clothes in at end of trip (grocery bag or garbage bag works fine)

Electronics (bring at your own risk)

- Cell phone (w/ waterproof case) pre-check your international plan
- USB wall charger in (110-220v only)
- Portable battery charger
- Extra batteries if needed
- It is not recommended that you bring iPads or laptops

Utilities (recommended)

- Flashlights (head mount or small hand held)
- Utility knife/multi-tool (opt) (be sure this one is packed in your checked bag)
- Watch (basic is best)
- Carabiners
- Plastic/reusable spork
- Travel/reusable straw
- Water bottle
- Cooling towel
- Sunglasses (with wipee)
- Sharpie (recommended but not required)

Snacks (recommended as day trips can be long and you will need the energy... also, if invited to eat at a local village you may want a back-up snack) Here are some good ideas...

- Trail mix (w/o chocolate)
- Beef jerky
- Granola/cliff bars
- Dried fruit
- Nuts
- Any other snacks you would like to bring (reminder: it is very hot and humid so snacks that could melt: chocolate & gummy bears, are not recommended)

Cash

- Have cash on hand (the remaining cash for your trip cost, *and* spending money for you to buy souvenirs, or small items at the tienda's), crispy new bills are best, you will have an opportunity to convert to COP (Colombian Peso), and PEN (Peruvian Soles) once in country.