

PACKING FOR YOUR FAMILY MISSION TRIP

A CHECKLIST

It's important to consider the climate of the location and the culture of the people group you plan to serve among as you pack. What is the weather, culture, access to washing machines and services? Then grab a luggage scale and gather:

CARRY-ON ESSENTIALS

- credit cards
- cash, ATM card, and credit card (make sure your bank knows you are traveling to avoid declines)
- passport
- vaccination cards
- itinerary
- lodging and contact information

* note that all of the above items go in a parent's carry-on bag!

IN THE KIDS' CARRY-ONS INCLUDE

- one set of clothing per person (perhaps two or more for babies or toddlers)
- at least one pair of socks and clean underwear
- a sweater or sweatshirt
- prepackaged snacks in individual servings
- lots of extra diapers and wipes if you have a baby

TRAVEL BAGS

Some families travel with large, heavy-duty suitcases; while others prefer duffel bags. Some travelers select individual backpacks for personal carry-on items; while others prefer rolling carry-ons. Consider the age of your family members, the challenges of carrying and stowing these items, and the weight and size limits of luggage for each leg of the journey.

CLOTHING

Packing light with kids in tow can be difficult, but less is always better. Focus on key items you need for comfort and opt for items that can be quickly washed and dried. Only pack clothing that is culturally appropriate and that suits the season and climate.

BE SURE TO INCLUDE

- comfortable shoes
- clothes that layer well
- sunglasses and a hat
- a soap bar or some laundry detergent (powder, not liquid) to wash-and-go on the road

TOILETRIES

- antibacterial wipes/gel
- sunscreen
- insect repellent
- razor (in checked bag only)
- personal hygiene items

MEDICINES

- prescriptions (include a round of antibiotics)
- fever reducer/pain reliever (all ages)
- Benadryl
- Band-Aids
- hydro-cortisone
- antibiotic ointment
- anti-diarrheal medicine
- Pepto Bismol
- a thermometer

BABY/CHILD ITEMS

- baby carrier
- quick-fold stroller
- diapers/pull ups
- wipes
- disposable diaper bags
- favorite toy or blanket
- pacifiers/soothers
- bottles
- formula
- baby food and spoons
- small activity bags to entertain while in transit or restaurants

ENTERTAINMENT

- Bible
- books & readers
- cell phones & charger (make sure the voltage is rated for your destination)
- headphones
- activity packs
- snacks