



Holy Sacrament Episcopal Church
Friends Reaching Friends
GUYANA MISSION
June 6 -14, 2020



MISSION TRIP PACKING LIST

- o **Servant's Heart**
- o **Continuous Prayer**
- o **Exceptional Attitude**
- o **Bible**
- o **Basic Clothing** (Keep weather in mind)
- o **Eight Team Mission Shirts**
- o **Black Long Pants/Black Skirt for travel/church**
- o **Work-related clothing** (Light cotton, long pants)
- o **Casual Clothing** (For evening)
- o **Underclothes**
- o **Sleepwear & Bedroom Robe**
- o **Toiletry Items** (Toothbrush, Toothpaste, Dental Floss, Deodorant, Soap, Shampoo, Conditioner, Hand Sanitizer, Wet Wipes)
- o **Comb, Brush, Hair Dryer**
- o **Wash Cloths**
- o **Men: Razor, Shaving Cream**
- o **Ladies: Feminine Hygiene Items**
- o **Personal Medication:** (Prescription and over-the-counter including Vitamins, Aspirin, Allergy, Anti-diarrhea medication, Laxatives, Motion-Sickness medication, etc.)
- o **First Aid Items:** (Anti-bacterial Ointments, Band-Aids, etc.)
- o **Modest Bathing Suit/ Water Shoes/ Beach Towel**
- o **Eyeglasses** (Extra pair, especially if you wear contacts)
- o **Sunglasses**
- o **Poncho/Rain Gear/Umbrella**
- o **Hat and/or Sweat Band**
- o **Insect Repellent**
- o **Travel-size Toilet Tissue**
- o **Tissues**
- o **Watch** (Leave valuable jewelry at home)
- o **Comfortable Shoes** (Closed-Toe)
- o **Shower Slippers**
- o **Sunscreen &/or Lip Balm**
- o **Hat and/or Sweat Band**
- o **Plastic Bag** (to pack dirty clothes for return trip)
- o **Flashlight/Penlight & Extra Batteries**
- o **Personal Snacks** (10 day supply)
- o **Spending money/Credit Card(s)** (At times, you may be unable to change money but credit cards will be accepted)
- o **Photos** (of family, friends, etc.) [Optional]
- o **Reading material for travel time**
- o **Cell phone & Charger** (Check provider concerning International charges prior to trip)

Other Tidbits

1. ***Pack as light as possible.*** Chances are you will have to carry what *you* pack! You are allowed to check one suitcase that must be 50 lbs or less and one Carry On. Please weigh your bag to ensure that it is not over 50 lbs.
2. Tightly secure any items that may come open while traveling – freezer bags recommended! In the past, a number of team members have worn clothing with the fragrant smell of Pepto Bismol or shampoo.
3. Break new shoes in *before* the trip... especially new work boots. Blisters are not pleasant experiences, and they don't make for the best of moods!
4. Take luggage you don't mind being damaged. Old duffel bags may probably be better.
5. Carry one change of clothes with you in your carry-on luggage. Sometimes luggage can be lost or delayed.
6. Take items you wouldn't mind leaving if you see a need. Certain items are very expensive overseas and unaffordable to the people you may be working with.
7. Leave room in your luggage for souvenirs; otherwise you may be sacrificing your new Reeboks for a wooden statue.

What To Wear

Saturday Travel to and from Guyana: Black Pants/Black Skirt and Team Shirt.
Black Shoes (Closed-Toe)

Sunday Church Service: Black Pants/Black Skirt and Team Shirt. Black Shoes (Closed-Toe)

Comfortable Shoes: Closed- Toed Shoes must be worn while traveling and working

Monday - Friday Working Attire: Team Shirt . Long Pants, Capris, Skirts. NO shorts

Minimal jewelry

Clothing must be neat and modest.

If you question wearing a certain piece of clothing, ask if it is appropriate or choose something else