



extreme missionary adventures

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Extreme Missionary Adventure Trip - Things to bring

PASSPORT – In addition to bringing your passport I recommend you make a few copies of the photo page of your passport. Leave one copy at home or at your office, put one copy inside each of your bags and keep one copy with you.

Plan on having warm days, cool nights and a good chance of rain anytime.

CLOTHING:

Shirts
Pants
Shorts
Ladies - 1 dress or skirt
Underwear
Socks
Hiking boots-well broken in
Shoes
Sandals or shower shoes
Jacket
Raingear/poncho
Swimming suit for your day at the beach

PERSONAL & HYGIENE ITEMS:

Soap & shampoo
Toothbrush & paste
Deodorant
Comb/brush
Toilet paper (1)
Bottled water (2 small)
Sunscreen
Hand sanitizer
Baby wipes (small pack)
Personal & feminine hygiene items
Bath cloths & 1 towel
Cap or hat

Miscellaneous:

Bible, journal, pen	Small backpack and/or fanny pack
Prescription medicine	Snacks
Personal money	Twin size bed sheet
Sunglasses	Camera & film
Small flashlight & extra batteries	Flip-flops & shorts for showering
Collapsible hiking stick	12 to 16 ounce reusable cup-for coffee, soup, etc

Please do not bring any jewelry other than a wedding band (if applicable) and an inexpensive watch. It only causes problems and is not needed.

Bring a 12 to 16 oz. travel type reusable cup for meals out in the villages, coffee, water, Tang and whatever else you drink or eat while in camp.

Please check with your personal physician about immunizations and medicines for the trip. Make sure your Tetanus shot is current.

If you have any questions please email me at rpierce@xmaonline.com.

