

# Packing List

## *US groups going to Canada*

Carefully read the clothing policy and pack accordingly.

- Reusable water bottle (extremely important!)- YouthWorks does provide drinking water.
- Sun block, lip balm, hat (to protect you from the sun), sunglasses
- Long pants (for cool nights and/ministries)\*
- Long sleeved shirts and sweatshirts (for cool nights and/or ministries)\*
- Short sleeved shirts (no sleeveless shirts or tank tops)
- Appropriate length shorts
- Nice, clean clothes for a possible worship service\*
- Light jacket (for cool nights)\*
- Tennis shoes (must be closed-foot)
- Underwear and socks
- Bath towel, wash cloth, and one-piece swimsuit for showering and possible evening activities (We ask that you bring swimsuits for showering because not all of our communities offer private showers. If a swimsuit is not needed for an activity, it is OK to wear a two-piece swimsuit for showering.)\*
- Shower shoes
- Small shower bag or backpack
- Soap, shampoo, deodorant, other toiletries (extra contact lenses, backup pair of glasses)
- Sleeping bag and pillow
- Air mattress or foam camping pad (we will sleep on floors)
  - ***Must be twin size or smaller***
- Bible and pen
- Spending money for snacks (talk to your Trip Leader for further details)
  - Be sure to exchange your money before your mission trip. Leave plenty of time to do so because it can take a few weeks depending on where you live.
- Insect repellent (not every person needs to bring – coordinate with others in your group)\*
- Flashlight
- Battery powered alarm clock (not every person needs to bring – coordinate with others in your group)
- Reusable lunch bags/boxes for lunches (YouthWorks does provide brown paper lunch bags, but bringing your own can save on waste)
- Appropriate documents for border crossing

*\*The Site Director will connect with your Trip Leader to talk through specific packing list items.*

## Notes on Packing

Because space is limited in the sleeping rooms, everything but the sleeping bag and camping pad or air mattress must fit in one duffel bag or suitcase.

Please check the local weather for your site for the local forecast to make sure that you pack accordingly.

### DO NOT BRING:

- Blow dryers, curling or straightening irons because the shower time is short and because many of our housing sites do not have the power to run all of these small electronics at one time.
- iPods, electronic games, portable CD players, other valuables, or too much cash. These items can distract you from others during the week and may be susceptible to theft.
- ***YouthWorks is not responsible for any lost or stolen items.***