

Individual Packing List



Things to Pack (EACH volunteer):

- Up to date PASSPORT
- Shower supplies/towel/washcloth (optional- shower shoes like flip flops)
- Bed sheets (twin bed) & Pillow Case – Pillows are provided.
 - Sheets and one bath towel can be provided by BMH for an additional \$5 fee for each person that chooses to use this service. Please inform BMH ahead of time if you will need these items and bring cash to pay.
- Basic clothes – Underwear, socks, pajamas
- 1 outfit for Church – Long pants and nice polo shirt for guys, knee length skirts or modest dress for girls.
- Work Clothes: 5 t-shirts, 2 pairs long pants, closed toed shoes such as tennis shoes. ***NO SHORTS** on the worksite for safety reasons.
- Casual Clothes for evening activities. Long pants will protect you from hungry mosquitoes.
- Work Gloves, safety goggles, any personal tools
- Sun Protection: Hat/Bandana/Sunscreen
- Swimsuit /Beach Towel: Girls need to have one-piece or tankini. If you have a two-piece please bring a tank top to wear over it.
- Bible/paper/pen/journal
- Camera
- Tennis shoes – must have closed toe shoes
- Bug spray (It is hot and buggy- be prepared. Deet repels mosquitoes, Skin-So-Soft keeps sand fleas off the skin)
- Anti-itch Cream or Benadryl Cream
- Flashlight with extra batteries
- Hand Sanitizer or wipes
- WATER BOTTLE** You will need this for the worksites
- Small personal fan (battery operated) - Optional
- Personal Funds for: Meals while traveling, Snacks on island, Souvenirs, Excursion Day lunch (\$10), Love offerings at church and/or for BMH.

Thing NOT to Pack:

- Video Games, phones or other electronics
- Nothing expensive that could get lost
- Nice clothes
- Hair Dryers or Curling Iron
- Nothing smelly like perfume, cologne, or scented lotions (attracts bugs)
- Excessive Hair Styling products

