Champs Missions What to Pack

**Must Haves**

- Passport

- Bible, Pen

- Water bottle

- Hygiene items: Toothpaste, tooth brush, deodorant

- MEDICAL TEAMS: scrubs, stethoscopes, blood pressure cuffs

**Each team member will receive 5 t-shirts (one for every day of ministry) when they arrive in country**

-SHORTS: Must be thigh to knee length and loose fitting.

-CHURCH OUTFIT: Ladies: dresses/skirts must be knee length, all tops must be modest. Guys: Collared shirts, long pants

-SWIMSUIT: Ladies: one piece that is modest in cut. Guys: no Speedo style bottoms

-PANTS: No holes in Jeans, capris (ladies), and kakis (Remember it will be HOT in The Bahamas).

-SHOES: Tennis shoes, sandals, flip flops, causal. You will be walking a lot on some gravel roads

-SHIRTS: If you bring other shirts from home remember not to bring anything with pictures that could be misunderstood as offensive (No political or secular movie messaging).

-OTHER: undergarments, pajamas

-MEDICAL TEAMS: scrubs, stethoscopes, blood pressure cuffs

-Camera, batteries

-Hand sanitizer

-Chap stick

-Sunscreen

-Spending money for souvenirs and snacks. This amount is determined by your spending habits. (Suggested amount is $75-$100 in bills no larger than $50)

-Sun glasses

-Powder drink mix to put into your water. Ex. Crystal, Gator aide

All luggage must meet the airlines required weight of 50 pounds or less. All liquids over 3 ounces must be put into the check in luggage. Each traveler is allowed two carry-ons: one personal item like a purse, backpack, briefcase, camera case and one small suitcase. There will be a fee for your checked luggage