

2011 Packing List and General Requirements

Luggage

- One soft duffel bag for your personal things (large suitcases will not be accepted)
- One carry on backpack

Clothing – General

- We will experience cool beach nights and warm to very hot days.
- Bring a sweatshirt and a swimsuit.
- We will provide towels, blankets, bed linens & pillows. **DO NOT** bring sleeping bags or pillows.
- This is a conservative culture—avoid shorts, miniskirts, halter tops, spaghetti straps, string bikinis and anything that shows too much skin.
- Clothing is going to get dirty, maybe even ruined (paint, mud, ripped).
- Pack clothes that you can leave behind as you travel.
- **DO NOT bring:** precious jewelry, body-piercing jewelry (except earrings), or expensive watches.
- **DO NOT over pack!** One duffel bag per person will be adequate. Here is an example:
 - 2 Pair of Jeans Sneakers, Flip Flops, slippers*
 - 2 Pair of Shorts (long - wear at retreat center only! not at servant sites.)
 - One sweatshirt, fleece or jacket
 - 5 Tee shirts 1 polo type shirt or button down shirt (Boys)
 - Sleepwear/Undergarments Baseball Hat (for sun) Ponytail holders
 - Socks Swimsuit (women: one-piece or conservative 2-piece)
 - Women: skirts or pants for church
 - Men: khakis or jeans and a collared shirt (pullover or buttoned)
 - *one pair must be closed-toe*

Personal Items – General

- electronic items (iPods, cellular phones, gameboys) are NOT allowed once we enter Mexico. They are a distraction and are the most frequently stolen items in Mexico!
- please share the responsibility and only bring 1 or 2 blow dryers for hair
- Film and camera batteries are extremely expensive; bring enough for your whole trip.

Documents and medications

- Valid passport and ID (color photocopies of both should be kept with the trip sponsor)
- Personal medication (inc. stomach meds and travel sickness meds if you're so prone)
- Ample supply and list of medications you are currently taking (in carry-on luggage)
- Proof of health coverage and contact number for calling from abroad
- The parts of Mexico you are visiting requires no immunizations. With regard to other medical matters, we advise you to consult your personal physician, who may want to refer to the CDC (Center for Disease Control) web site regarding pre-treatments.

Water

- Don't pack any. We'll provide as we go.

Money Matters

- You will need enough to buy souvenirs, snacks, taco stand stops and any extra sightseeing adventures you desire during free time. ATM machines exist, but are not found everywhere. They dispense only pesos. We suggest about \$70 in extra money.
- Do not change money in the USA in preparation for the trip. Your US money is good in Mexico.
- Your group leader might want to bring a credit card you can sign for in emergencies.

Carry-on

- It is not a bad idea to pack one change of undergarments, one extra shirt and a toothbrush in your carry-on bag. Luggage can and has been delayed.