



Packing List

We encourage a backpack and a carryon and keep checked bags for team bags. We have limited space for checked bags. We also can wash clothes.

- Bible/Journal/Pen/Pencil
- Twin /Sheets/Blanket/Towels – are provided; however, you may bring an extra set of white sheets or towels to leave
- RAIN GEAR for the rain.
- Extra shoes as they can get wet daily
- Skirts must be to mid thigh
- Shorts (male or female) must have a 5 in inseam to be worn outside of the dorm, jeans or scrubs, leggings must be worn with a shirt that covers butt, spandex shorts must have shorts worn over them. No PJs Worn outside the dorm
- Sunday Worship (men) nice jeans/khakis/collar shirt
- Sunday Worship (women) maxi skirt or dress or slacks
- Covered toes (boots or tennis shoes) – no sandals/flip flops during VBS, food ministry, or construction – bring an extra pair in case they get wet
- Jacket and/or Sweatshirt/Rain gear/Umbrella
- Tee shirts with sleeves , underclothing
- Shampoo/Soap
- Toothbrush/Toothpaste
- Deodorant
- Sunscreen/Bug Spray
- Wet wipes/Hand sanitizer
- Personal medicines/PeptoBismol tablets/Imodium/ meds for motion sickness
- Backpack or fanny pack to carry supplies in daily
- Passport should be current and have six months on them before expiration. It is suggested to make a cell phone photo as well.
- Snack Foods - you can bring or buy local. DONT BRING MEAT JERKY.. can be confiscated at customs
- Flashlight
- Spending Money (money for food while traveling, souvenirs, and your “tourist” day). Most of Costa Rica will accept US dollars - nothing larger than 20-dollar bills. credit/debit cards are accepted in most places. Do not exchange money in the airport. You will lose 25 percent of the value of the dollar.
- Camera/Alarm/Phone
- Phone Charger
- Small clip on fan for your bed

**Electric stuff is on normal 110v. Pack as light as possible.
Clothes can be washed for tip by Rosa.**