

# PACKING LIST

## RECOMMENDED PACKING CHECKLIST

It's time to pack your bags! Here is an example packing list with items we recommend you take on your trip. Service projects can vary from painting, to construction work, to playing with kids. We recommend that you pack clothes you don't mind getting dirty or painted. Please also check the weather of the specific location you will be serving in before packing.

For your trip, you are able to take your personal items in a backpack and a carry-on. A 50-lbs checked bag will be used to take the donations you have gathered to our partners. You are also welcome to donate any of the shoes/clothing you have traveled with at the end of your trip. [Check out the Donations Info Page](#) for more information.

### CLOTHING & APPAREL

- HFK shirts
- Sports shirts x6-7
- Knee length sports shorts x4-5
- Sweatpants & sweatshirt x1
- Rain jacket
- Swimsuit (One piece or long trunks)
- Underwear & socks
- Sleepwear
- Church outfit
- Excursion outfit (if applicable)
- Athletic shoes & sandals
- Hat or sun protection
- Sun glasses
- Shower towel

### TOILETRIES

- Body Wash/Shampoo/Conditioner
- Hygiene products
- Medicine
- Bug spray
- Sunblock
- Masks & Hand sanitizer

### DOCUMENTS

- Bible
- Passport (Make sure it's valid!)
- Drivers license
- Tickets & travel itinerary
- HFK Team Handbook
- Journal
- Credit cards & cash
- Vaccination proof & records
- Emergency contact information

### OTHERS

- Reusable water bottle
- Snacks
- Chargers

### OPTIONAL (CHECK WITH TEAM CAPTAIN)

- Bed Sheets
- Mosquito Net
- Ear plugs/headphones
- Flashlight
- Foreign Currency Cash
- Work gloves
- Speaker with "clean" music

Questions? Email us at: [info@hereforkids.org](mailto:info@hereforkids.org).

