



FELLOWSHIP

TRIPS AND ENCOUNTER

Packing List

GENERAL

1. Passport
You must have a passport for international travel with our teams. It must be valid for at least 6 months beyond the final day of your trip or encounter.
2. Essentials
 - Bible (paper or digital)
 - Notebook/journal
3. Medical Items
 - Prescription medications (in original bottles)
 - Over-the-counter medications
 - Any necessary medical equipment

CLOTHING (*Refer to Dress Code*)

General Guidelines (All Locations)

- Acceptable clothing includes pants, shorts, dresses/skirts, T-shirts, and a jacket or sweatshirt.
- No sleeveless shirts.
- Closed-toe shoes may be required in certain locations.
- Shorts must extend below your fingertips when your arms are at your sides—no exceptions.
- Women may wear capri or long leggings if shirts fully cover the top of the legs (front and back).
- Avoid clothing with negative or political messaging.
- Hats, sunglasses, and sunscreen are recommended.
- Bring an extra outfit or pair of shoes if desired.
- Check the weather before packing. Even warm locations can be cool at night—bring layers.

Church Services

- Dress similarly to what you would wear at Fellowship.
- Dresses/skirts must be at or below the knee. When in doubt, choose a longer option.

Travel Days

- All dress code guidelines apply.
- Dress for comfort.
- Airplanes and buses can be cold—bring a sweatshirt or sweater.
- Clothing with pockets is helpful for carrying essentials.

Tip: Review your itinerary and confirm packing needs with your Trip Leader.

TOILETRY ITEMS

Important: For air travel, liquids must follow the 3 oz rule and fit in a quart-sized zip-lock bag.

If staying in a hotel, the following are usually provided:

- Soap
- Shampoo
- Towels (*washcloths may not be included*)

Please bring:

- Toothbrush & toothpaste
 - Brush/comb
 - Deodorant
 - Shampoo
 - Lotion
 - Personal items (contacts, razor, Q-tips, sunscreen, etc.)
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MEXICO

- Shorts are NOT permitted at:
 - Tecate Dump
 - Rehab centers
 - Sunday church
 - Shorts ARE permitted at:
 - Rosarito Orphanage
 - Migrant centers
 - Hotel
 - Wall Encounter
 - Beach
 - No sleeveless shirts, tank tops, or spandex athletic wear.
 - Shirts must cover the top of pants/skirts; necklines must not be revealing.
 - Closed-toe shoes required at:
 - Tecate Dump
 - Rehab centers
 - Migrant facilities
 - Sandals allowed at:
 - Beach
 - Hotel
 - Church
 - Wall Encounter
 - Rosarito Orphanage (*check with Trip Leader if sports are planned*)
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AFRICA

Ghana

- Women may wear shorts only in lodging areas.
- Women must wear dresses or skirts at all times (below the knee; ankle-length preferred).
- No sleeveless shirts, tank tops, or spandex athletic wear.
- Shirts must cover the top of skirts; necklines must not be revealing.
- Men: Pants preferred; shorts allowed for certain activities.
- You may bring both sandals and tennis shoes.

Zimbabwe

- Same guidelines as Ghana, with the following additions:
 - Women may also wear pants or capris.
 - At Lasting Impressions Camp, girls may wear shorts (must be knee-length).
 - You may bring both sandals and tennis shoes.
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VIETNAM

- Shorts are acceptable during outings and camp (must meet length guidelines).
 - Pool time:
 - Girls may wear a one-piece or tank-style swimsuit.
 - Swim shorts and swim shirts are also acceptable.
 - Note: Long sleeves are common due to sun protection.
 - You may bring both sandals and tennis shoes.
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BAHAMAS

- Follow general clothing guidelines.
 - Your Trip Leader will advise on any additional items based on work projects.
 - You may bring both sandals and tennis shoes.
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JAPAN

- Women may wear shorts only in lodging areas.
- Women must wear dresses, skirts, pants, or capris at all times.
- Dresses/skirts must be at or below the knee.
- Be prepared to walk 4–6 miles per day.
- You may bring both sandals and tennis shoes.