

Jamaica Mission Trip Packing List

Required Documents

- ☐ Passport (valid for at least 6 months after travel dates)
 - ☐ Copy of passport (keep separate from original)
 - ☐ Emergency contact information
 - ☐ Copy of Health insurance card
 - ☐ Spending money
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Clothing

- ☐ 8-10 T-shirts (modest, comfortable)
 - ☐ 4-5 pairs of shorts
 - ☐ 1-2 pairs of lightweight pants
 - ☐ 1 set of clothes for church/service
 - ☐ Undergarments for each day plus a few extra
 - ☐ Socks for each day plus a few extra
 - ☐ Sleepwear
 - ☐ Lightweight rain jacket or poncho
 - ☐ Hoodie or light jacket (for travel and air conditioning)
 - ☐ Swimsuit (modest)
 - ☐ Hat or visor
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Shoes

- ☐ Comfortable closed-toe shoes for ministry/work
 - ☐ Sandals or flip-flops
 - ☐ Water shoes (optional)
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Toiletries

- ☐ Toothbrush & toothpaste
- ☐ Shampoo & conditioner
- ☐ Soap/body wash
- ☐ Deodorant (MUST HAVE)
- ☐ Hairbrush/comb
- ☐ Sunscreen (SPF 30+)

- ☐ Lip balm with SPF
 - ☐ Insect repellent
 - ☐ Personal hygiene items
 - ☐ Towel and washcloth
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Medications

- ☐ Prescription medications (in original containers)
 - ☐ Allergy medication
 - ☐ Motion sickness medication (if needed)
 - ☐ Allergy medicine
 - ☐ Any personal medical supplies
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Ministry Supplies

- ☐ Bible
 - ☐ Notebook or journal
 - ☐ Pens/pencils
 - ☐ Personal devotional materials
 - ☐ Gospel tracts/materials (if provided by leaders)
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Electronics

- ☐ Cell phone
 - ☐ Phone charger
 - ☐ Portable battery pack
 - ☐ Camera (optional)
 - ☐ Headphones
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Travel Essentials

- ☐ Refillable water bottle
 - ☐ Sunglasses
 - ☐ Small backpack/daypack
 - ☐ Snacks for travel days
 - ☐ Ziploc bags (great for wet clothes and organization)
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Optional Items

- ☐ Playing cards or travel games
 - ☐ Small gifts or encouragement notes for teammates
 - ☐ Travel pillow
 - ☐ Reading book
 - ☐ Laundry bag
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Do NOT Bring

- ✗ Expensive jewelry
 - ✗ Large amounts of cash
 - ✗ Clothing with inappropriate messages or graphics
 - ✗ Anything you would be upset to lose
 - ✗ Leave expensive electronics at home
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Don't Forget!

- Label everything with your name.
- Pack light—you will carry your own luggage.
- Bring clothes you don't mind getting dirty.
- Leave valuable jewelry and expensive items at home.
- Most importantly, bring a servant's heart, a positive attitude, and be ready to share the love of Christ with others! 🇯🇲✝️

Packing Tip: Roll your clothes instead of folding them to save space and keep your suitcase organized.