

# MISSION TRIP PACKING LIST

Seven (7) days, Six (6) nights

## START HERE

To ensure everyone feels comfortable, respected, and focused on the fun and purpose of our events, we have a dress code in place. These guidelines are designed to create a positive environment for all participants and reflect our group's Christian values.

### Our Dress Code Expectations

- ***Dress Modestly and Comfortably:*** Please choose clothing that allows you to participate in all activities without distraction. Shorts, skirts, and dresses should be at least fingertip length. Shirts must cover the midriff, and tops should have straps at least two fingers wide.
- ***Keep It Appropriate:*** Clothing should not display or promote alcohol, drugs, weapons, profanity, or anything offensive. Undergarments must remain covered at all times.
- ***Swimwear:*** For water activities, girls should wear a one-piece swimsuit or a tankini that covers the midriff. Two-piece, bikini bathing suits are not permitted. Boys should wear swim trunks and a t-shirt when not in the water.
- ***Footwear:*** Closed-toe shoes are required for all worksite events.

### Why These Guidelines Matter

Our dress code isn't about limiting self-expression—it's about making sure everyone can participate fully and comfortably, without distractions or discomfort. When we are out in public you are a representative of CGCC. We appreciate your cooperation in helping us maintain a welcoming and respectful atmosphere.

**PLEASE NOTE:** THIS IS A NO CELLPHONE/SMART WATCH TRIP. WE ASK THAT PARENTS ENSURE THEY HAVE TEEN CELL PHONES IN THEIR POSSESSION BEFORE ARRIVING AT THE CHURCH. ANY CELLPHONE FOUND WILL BE CONFISCATED BY CHAPERONES AND RETURNED UPON ARRIVAL.

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**Before packing, please read the dress code on the back.**

## Regular Outfits (7 total)

- ✓ Shirts with Shorts
- ✓ Undies / Bras
- ✓ Socks

## Work Outfits (3 total)

- ✓ Shirts with Shorts
- ✓ Undies / Bras
- ✓ Socks

## Church Appropriate Outfit (1 total)

## Other Apparel

- ✓ Tennis shoes (2) (one pair for work and one for regular)
- ✓ Flip-flops (1)
- ✓ Swimsuits and Cover-ups
- ✓ Sweatshirt or Light jacket (1-2)
- ✓ Jeans or Pants (1-2)
- ✓ PJ's (2-3)

## Hygiene Items

- ✓ Toothbrush, paste and mouthwash
- ✓ Deodorant
- ✓ Brush and/or comb
- ✓ Body Lotion
- ✓ Shampoo and Conditioner
- ✓ Shaving cream and razor
- ✓ Blow Dryer
- ✓ Body soap/gel
- ✓ Flat Iron/curling iron
- ✓ Facial Clothes
- ✓ Hairspray
- ✓ Hairbands/accessories
- ✓ Q-tips
- ✓ Prescriptions and/or Vitamins†
- ✓ Contacts, solution, case and glasses
- ✓ Girls: Pads, Panty Liners and/or tampons

## Miscellaneous

- ✓ Bible
- ✓ Paper, pencils/pens
- ✓ Twin-sized sheet set (includes fitted and flat sheet) with blanket or sleeping bag
- ✓ Pillow
- ✓ Bath towels (2-3)
- ✓ Bath scrunchie or washcloths (6)
- ✓ Flashlight
- ✓ Batteries
- ✓ Insect repellent
- ✓ Work gloves
- ✓ Hat or cap
- ✓ Sunglasses
- ✓ Sunscreen
- ✓ Aloe
- ✓ Refillable water bottle
- ✓ Beach Towel

## Carry-On Bag

- ✓ Travel games
- ✓ Books or magazines
- ✓ Snacks to share (popcorn, chips, Little Debbie treats, etc.)
- ✓ Deck of cards
- ✓ Puzzle books
- ✓ Gaming device with games (such as a Nintendo DS) (fully charged)
- ✓ Cinch bag or backpack
- ✓ Girls: Pads and tampons
- ✓ Prescriptions and/or Vitamins†
- ✓ Money (for food stops)

† NOTE: These will be given to an adult chaperone to manage.

Devices cannot link to the Internet

**\*\*\* DO NOT PACK/BRING CELL PHONES OR SMART WATCHES \*\*\***

**An optional 5k run will take place on Wednesday morning for those who wish to participate. Pack accordingly if you choose to participate.**