

Costa Rica 2014 Packing List

What to Bring:

- Bible - Small notebook/Paper - Pens/Pencils
- Journal for personal use (optional)
- Stuff for Prayer Partners
- Light weight sleeping bag in stuff sack. Must fit in suitcase.
- Twin size sheets
- Watch
- Mesh laundry bag
- Towels & Washcloths
- Toiletries (soap, shampoo, deodorant, tooth brush, toothpaste, & feminine hygiene products)
- **Sunscreen (lots of it!), Aloe**
- OTC Medicine (i.e. Advil, Tylenol, Aleve, Imodium, Pepto tablets, Tums, Benedryl, Claritin)
- Inhaler
- Glasses & contacts with solution
- Prescription Meds **with all instructions**
- Hand Sanitizer
- Work Gloves
- **Water bottle** (empty)
- Camera & Batteries (do not cry if it breaks)
- Spending Money (approx. \$50-100 U.S. each. \$20 bills are best)
- Driver's License or some form of secondary Photo ID
- Personal Snacks in Zip Lock bags. (Energy/protein bars; Gum; non-melting candy)
- Peanut Butter for team to share (Pack in suitcase NOT carry on!)
- Light jacket and/or sweatshirt; rain gear; something in case it gets cold at night
- Underwear
- Socks & Shoes (casual dress shoes and old sneakers)
- Flip Flops/water shoes for showers and swimming
- Hat & Sunglasses
- **Passport AND carrier (Pillowcase is not a passport carrier!)**
- Plastic Garbage Bags (2-3)

Appropriate Clothing:

- Jeans, lightweight pants (no tight fitting, low-riding jeans)
- Sweatpants
- Long Shorts (not short-shorts)
- T-shirts & shirts with sleeves (No belly shirts; no tank tops; no questionable logos)
- Two sets of old clothes for construction work
- At least one set of nice clothes that can be worn to church or a restaurant
- One pair of walking shoes/sneakers & sturdy shoes for construction work
- A pair of sandals to wear inside the YWAM facility
- One piece bathing suit (we will be going to the beach!)

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Leave at Home:

- Expensive items (jewelry, etc.)
- Keys
- Copy of Passport (for your parents' reference)
- Cell Phones, Tablets, iPods
- All other electronic devices

Everything must fit into one suitcase not exceeding 50 lbs. or 62 linear inches (length+width+height).

Overweight or oversized charges are individual responsibility, not team!

Maximum size & weight for a carry-on bag is 45 linear inches and 40 lbs.

You are only allowed one personal suitcase. However, a second team suitcase may be assigned to you.