
PACKING LIST 2011

When packing your clothes for the summer, there are a few things you will want to keep in mind. First, you want to bring comfortable, practical clothing. This is what you will be living in for the summer. Second, many trips will be doing laundry by hand which means that your clothes will get more wear and tear than by using machines. Because of this, you probably won't want to bring your best or newest clothes but rather bring ones that look nice and will hold up.

Cultural sensitivity: By bringing clothes that are modest, you are being sensitive to many of the cultures we will be working in. Please choose clothes that are modest, no sleeveless shirts (girls or guys), low necklines, or skirts above the knees. But sure not to bring shirts that are either tight and/or will show your stomach.

Training Camp Clothing:

- 1 Pair of old tennis shoes
- 2-3 Old t-shirts
- 1 Roll of toilet paper
- 1/4 cup laundry soap
- 1 Pair of shorts
- 1 Pair of work gloves
- 1 Baseball type cap (to protect from the sun at Training Camp)
- 1 Bandanna
- 1/2 roll of paper towels separated into sheets and put into Ziploc bags before Training Camp
- Stationery, envelopes & stamps to send mail from Training Camp (a few sheets)

Note: *Training Camp clothes might become stained and wrecked; therefore you may need to be discarded at the end of Training Camp. We suggest you bring clothes you don't want, that way you won't have to try to send them home or haul them with you overseas. It will be much easier just to toss them away at the end of Training Camp.*

Overseas Clothing: (total weight of pack must be 35 lbs or less)

- 2 Pair long pants
- 1 Sweatshirts
- 6 Casual shirts (can be t-shirts)
- 1 Long sleeve t-shirt
- 2-3 Pairs modest shorts (Ireland only needs 2 pairs)
- 10-12 Pairs of underwear
- 8 Pairs of socks
- P.J.'s (they must be appropriate to use if you need to get up to go to the bathroom in the night)
- 1 Modest swimsuit (**Girls:** one piece or tankini)
- Church outfit **Guys:** nice polo shirt & 1 pair of casual dress pants (not jeans); **Girls:** dress or nice skirt and top. Needs to be modest, length below the knees.
- 1 Pair shower flip-flops (a must for public showering)
- 1 Pair tennis shoes (good for walking)
- 1 Pair of sandals with a heel strap ("Texas" or "Crocs" type work well)

Note: You will be limited to check in one 35 lb. piece of luggage. Therefore, everything on the list, including your sleeping bag, must fit in the blue pack. In regard to the toiletries, what is listed on the packing list will not last the entire summer. Each team will make a “Wal-Mart” type run after leaving Training Camp, and before flying overseas. The purpose is to give you a chance to pick up any last minute things you might have forgotten or don’t have enough of.

Camping Gear

- Sleeping bag: Bag must be **no larger than 20” by 16” when stuff in a stuff sack, weight must not exceed 5 lbs.** You will use your sleeping bag all summer, and **it has to fit in your main pack.**
- Stuff sack for sleeping bag
- Camping quality air mattress (“Therm-A-Rest” type mats work great): It should not be wider than approx. 22” and not more than approx. 1 1/2” thick when inflated. Another option is a closed cell foam mat, which tends to be cheaper and still gives insulation. *You will NOT be allowed to use rafts or twin size air mattresses.*
- Small pillow (travel or couch size), if desired
- An old double-sized sheet to slip into sleeping bag (The sheet can be washed, keeping your sleeping bag clean; also, it will keep you warmer in the cold and cooler in the hot weather)
- Sturdy backpack - approximately 2000 cubic inches is size
- (It is suggested that the pack be made of cordura fabric. JanSport and SwissGear make a variety of sturdy packs. Target and Wal-Mart brand packs rip out all the time. Do NOT bring a backpack with wheels or packs too big to be used as a carry-on.)
- Plate, bowl, travel mug (you may use Nalgene bottle instead of mug)
- Fork/knife/spoon (because of airline regulations, plastic and not metal)
- 1/2 Roll of paper towels – separate into sheets and fit them in Ziploc bags *before coming to Training Camp*
- Water bottle (32 oz. “Nalgene” type bottles are recommended)
- Small flashlight (headlamps also work the best)
- Rain Jacket with hood for Training Camp (may want something large enough to cover daypack).
- Compact umbrella

Do not feel like you have to go out and buy expensive gear. You can find most items at places like Gander Mountain, Cabela’s or Dick’s Sporting Goods. You can also shop online at the same stores, or rei.com or sier-ratradingpost.com. Do not feel like you have to buy a “Therm-a-Rest” air mattress, but it might be helpful to see one in order to recognize the type of air mattress that works well.

Toiletries and Medicines:

- 1 **lightweight** towel (mildew can be a problem in some countries)
- 1 wash cloth (**Girls:** bring 2)
- 1 deodorant
- 1 razor & travel-sized shaving cream (if needed)
- 1 3-oz. bottle of shampoo (**Girls:** if you use conditioner, please bring a 3-oz. bottle or buy a 2-in-1 shampoo/conditioner)
- 1 bar of soap or small bottle of body wash
- 1 toothbrush and toothpaste (4 travel-sized or 1 medium)

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- 1 small bottle of baby or talcum powder (**Guys:** Gold Bond is an excellent choice)
 - Any prescription medicine you normally take (if you have asthma, you need 2 inhalers as well as 2 EpiPens if needed.)
 - Tylenol and/or Ibuprofen
 - Benadryl for allergies or allergic reactions
 - Dramamine (only if you deal with motion sickness)
 - 1 small package of band-aids
 - Girls:** Personal hygiene products

Other Items:

- 1 small, mesh laundry bag
- Several ink pens
- 1 pack of 50 count 3x5 cards on a spiral binder (for memory verses)
- 16 small clothespins, labeled with name or initials
- Nylon rope (approx. 25 feet of 1/8" diameter) to be used as a clothesline
- 4 heavy-duty garbage bags (45 gallon or larger), used for drip drying clothes indoors and for putting your pack in during the rain
- 20 quart-sized Ziploc bags
- 1 travel-sized bottle of hand sanitizer
- 1 travel-sized package of baby wipes
- Plate, bowl, travel mug (mug is optional)
- 1 roll of toilet paper
- 1 small bottle of sunscreen with at least 15 SPF (or higher if you burn easily)
- Travel-sized mosquito spray
- 1 blank journal to record your thoughts and memories (optional)
- Complete Bible
- Small, inexpensive calculator

Provided Items	Items Not to Bring!!!
<p>You will be issued the following at Training Camp which will be yours to keep:</p> <ul style="list-style-type: none"> A Royal Servants short sleeved t-shirt A passport holder A Royal Servants notebook 	<ul style="list-style-type: none"> Do not bring curling irons or hair dryers Do not bring Ipod's/Iphones/CD/mp3 players Do not bring tank-tops or sleeveless shirts <p><i>If any of these are brought they will be sent home at your expense.</i></p>

Additional Packing Suggestions:

SHOP AHEAD. It may be helpful to get a box and begin buying items for the trip weeks before you leave. Start with toiletries, etc. a few at a time instead of waiting until right before leaving. Label all items with your name and put them in the box. You'll be a step ahead in packing for the trip.

LABEL EVERYTHING. Put your name or initials on everything. You will be living with many other people and it is easy to get your belongings mixed up with others.

ZIPLOCS. Come to Training Camp with all your belongings packed in 1 Gallon Ziploc FREEZER bags. Ziplocs are used because they are great space-savers, they keep your pack organized, they help keep your clothes smelling fresh, and they keep things dry should your pack get wet.



Important Note: All your belongings must be brought to Training Camp in one **cardboard box (NOT A SUITCASE)**. Make sure you do not exceed the packing list or your box may be overweight if you fly. Your box can be no larger than 62 linear inches. Simply add the height+length+depth of the box to calculate linear inches. You can usually get good sturdy boxes at your local grocery store. Write your name and "Royal Servants" on the box clearly with a permanent marker. Then securely tape the box shut. The airlines do not want you to put rope around the box as it can get hung up on their equipment.

“THE PACK”

Upon your arrival, you will be issued a pack for the summer (dimensions are length 28", width 12", height 13"; also has 3 large pockets on the outside). You will then transfer your belongings from the boxes into the pack and we will throw away the boxes. **All items will fit into the pack if you follow the packing list carefully** (there will be a packing demonstration to help you). At the end of the summer you will take your belongings home with you in the pack that we provide.

TRIP SPECIFIC NOTES

Trips not listed on this page have no additions or exceptions

CHINA:

- **Sleeping bag and air mattress:** You will not necessarily need a sleeping bag or your air mattress while in China and will have the option of sending them both home (at your own expense) before you fly
- **Shorts:** Need 4 Pairs
- **Pants:** Only need 1 pair. Can be jeans or Capri's if you prefer, but preferably lightweight. Girls can substitute 1 more skirt for a pair of pants. It gets hot in China.
- **You will not need to bring:** swim suit
- **Umbrella:** You will need an umbrella in China. At times it will be too hot for a rain coat
- **In addition to the packing list please bring:**
 1. 20 pictures of yourself to give away to the Chinese students (*school pics are best*)
 2. Bring 12 small gifts to give to the Chinese students (*small American flags, something cultural; remember, they are also teenagers*)

NEPAL:

Note: *All shorts and skirts need to be below the knee to avoid being offensive in Nepali culture.*

- **Sleeping bag and air mattress:** You will not necessarily need a sleeping bag or your air mattress while in Nepal and will have the option of sending them both home (at your own expense) before you fly.
- **Pants:** Can be jeans or Capri's if you prefer, but preferably lightweight (this is not to substitute the church outfit for guys). Girls can substitute 1 more skirt for a pair of pants if you wish.
- **Black Athletic Pants:** Everyone must have 1 pair of black wind pants or equivalent (light weight, it gets hot!) to go over shorts, may not be sweatpants or jeans.
- **Plastic Rain Gear:** Must have a hood. Rain gear should be sturdy, not cheap. We recommend that it be large enough to cover your backpack. It will be rainy season in Nepal so you will use this often. Umbrellas are also a good addition on really hot days.
- **Sandals:** It is recommended when choosing sandals with heel strap to have closed toe sandals (Keen type sandals work well).
- **In addition to the packing list please bring:**
 1. A prefilled prescription of Cipro in case of bacterial diarrhea
 2. 2 water bottles instead of just one
 3. (Optional) Hiking shoes. If you choose not to bring hiking shoes (boots not necessary), make sure your tennis shoes are very sturdy because you will do a lot of walking.

INDIA:

Note: *Skirts need to be ankle length to avoid being offensive in Indian culture.*

- **Sleeping bag and air mattress:** You will not need a sleeping bag or your air mattress while in India and will have the option of sending them both home (at your own expense) before you fly. However, you must bring a sheet for overseas.
- **Shirts:** Boys must bring 5 collared shirts for overseas.
- **Pants/Shorts:** Boys must bring 3-4 long pants, **not shorts**. Girls must bring **skirts that are ankle length, no shorts or pants for overseas.**
- **In addition to the packing list please bring:**
 1. A prefilled prescription of Cipro in case of bacterial diarrhea
 2. A bottle of probiotics
 3. Powdered Gatorade or Propel packets.

SIERRA LEONE:

Note: *All shorts and skirts need to cover the knees to avoid being offensive in African culture.*

- **Pants:** Only need 1 pair
- **Black Athletic Pants:** Everyone must have 1 pair of black wind pants or equivalent (light weight, it gets hot!) to go over shorts, may not be sweatpants or jeans.
- **In addition to the packing list please bring:**
 1. A prefilled prescription of Cipro in case of bacterial diarrhea
 2. Malaria medication (Malarone is recommended)

COSTA RICA: (If playing soccer)

- 2 Dark practice shirts
- 2 White practice shirts
- 1 Pair of outdoor soccer cleats
- Sports gear bag
- Foot odor spray or powder
- 4 Pairs of soccer socks
- 1 Pair of shin guards
- Ace bandage
- Knee or ankle brace (if needed)
- 1 Pair of indoor soccer shoes (can be tennis shoes)
- 2 rolls of athletic tape and 1 roll of pre-wrap

Girls: 3-5 sports bras

Goalies: Gloves and knee pads