

Packing List & Dress Code

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.

DRESS CODE

Reign Ministries recognizes that participants are coming from a wide variety of church, family, and regional backgrounds. What may be seen as appropriate dress to one person may be looked at as shockingly inappropriate to another. What you wear at home is up to you, however, we are very concerned about being culturally sensitive on Royal Servants because we don't want to offend the people we work with or minister to on the mission field. Tight shorts at home may be the norm but to the Nepali people they will be very offensive. Below are the guidelines in place for all Royal Servants mission trips. Please also read through the Trip Specific section for additional country specific guidelines.

Both males & females: Please do not bring tight clothing. If you come out wearing skin-tight skinny jeans, yoga pants, leggings (or jeggings), or body hugging shirts, in some cultures, people are going to be offended and not take you seriously. And we don't want anything to distract or hinder your sharing the Gospel.

Males: We know some of you gentlemen like to show off your tan six-pack, but you're going to have to keep it under wraps during the mission trip. If you can raise your hands all the way above your head and not show your stomach, then your shirt is ok. Also, all shirts must cover your shoulders; no sleeveless shirts or tank-tops allowed. If you wear baggy or athletic type shorts (think basketball shorts), you are required to wear compression shorts underneath. And your bathing suit... just go ahead and leave that speedo at home!

Females: Same as the guys, your shirts need to cover your shoulders (no sleeveless shirts or tank tops) and cover your stomach when you raise your hands above your head. Because of different activities you'll be engaged in (bending over to pick up children, street ministry performances, work projects, etc.) your neckline needs to be to have no visible cleavage, so no deep v's or loose collar necklines. If you wear running or loose fitting athletic shorts, we require you wear spandex/biker type shorts (with an at least 7 inch inseam) underneath. All other shorts must come to mid-thigh while standing. Skirts must cover your knees while sitting (watch the length of slits on the sides, that still has to be below your knee too). And your bathing suit needs to be a one-piece suit or tankini ... no visible midriffs or French cut suits.

TRAINING CAMP

- 1 Pair of old tennis shoes
- 4 Old t-shirts (see dress code for guidelines)
- 1 Sweatshirt or long sleeve shirt (it can get chilly on the hilltop)
- 2 Pairs of shorts (see dress code for guidelines)
- Females: 3 Pairs of spandex / biker type shorts with at least a 7 inch inseam to be worn under running or loose fitting athletic shorts (these also work great for under skirts overseas)
- Males: 3 Pairs of Compression Shorts to be worn under loose fitting athletic shorts
- 3-4 Pairs of socks
- 2 Rolls of toilet paper
- 1/4 Cup laundry soap
- 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
- 1 Bottle of liquid hand soap
- Paper & envelopes (and stamps to send mail from Training Camp)

Note: Training Camp clothes might become stained and wrecked, so they 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 to simply toss them away at the end of Training Camp. However, Training Camp items can be used for overseas (if they survive Training Camp).

Note: You will be limited to one 35 lb. piece of luggage when traveling overseas. Therefore, everything on the list, including your sleeping bag, must fit in your pack. The toiletries and laundry soap amounts listed on the packing list will not last the entire summer. Each team will make a “Walmart” 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. You may also be able to purchase items overseas.

CAMPING GEAR

- Sleeping bag: Bag must be **no larger than 20” by 16” when stuffed 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
- Sleeping pad (or camping mat). “Therm-A-Rest” type mats work great. Your mat 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 (found in camping stores), or a yoga mat, which tend 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 (about 32 liters) in size. We suggest that the pack be made of cordura fabric. JanSport and SwissGear make a variety of sturdy packs, while Target and Wal-Mart brand packs rip out too easily. 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 a Nalgene bottle instead of mug)
- Fork/knife/spoon (because of airline regulations, plastic and not metal)
- Water bottle (32 oz. “Nalgene” type bottles are recommended)
- Small flashlight (headlamps work the best)
- Rain Jacket with hood for Training Camp
- 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 sierratradingpost.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.

OVERSEAS (TOTAL WEIGHT OF PACK MUST BE 35 LBS OR LESS)

- 2 Pair long pants (leggings cannot be worn as pants, but may be worn under skirts/shorts)
- 2-3 Pairs of shorts (see dress code for guidelines)
- 1 Sweatshirt or long sleeve shirt
- 6 Casual shirts (can be t-shirts, see dress code for guidelines)
- 1 Long sleeve t-shirt
- 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 Swimsuit (**Females:** one piece or tankini. **Males:** swimming trunks, no speedos.)
- Church outfit **Males:** nice polo shirt & 1 pair of casual dress pants (not jeans); **Females:** dress or nice skirt (must cover knees while standing and sitting) and top.
- 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”, “Chacos”, or “Crocs” type work well)

TOILETRIES AND MEDICINES

- Hand held mirror
 - 1 **Lightweight** towel (mildew can be a problem in some countries)
 - 2 Wash cloths
 - 1 Deodorant
 - 2 Razors & travel-sized shaving cream (if needed)
 - 1 3-oz. Bottle of shampoo
 - 1 Bar of soap or small bottle of body wash
 - 1 Toothbrush and toothpaste (4 travel-sized or 1 medium)
 - 1 Small bottle of baby or talcum powder (**Males:** Gold Bond is an excellent choice)
 - Any prescription medicine* you normally take (if you have asthma, you need 2 inhalers in their boxes with the prescription label. The same requirements apply for EpiPens).
 - Tylenol and/or ibuprofen* (or equivalent). Please bring even if you don't normally take
 - Benadryl* for allergies or allergic reactions (please bring even if you don't "normally" have allergic reactions, you may react differently to insects and environments overseas)
 - Dramamine* (only if you deal with motion sickness)
 - 1 Small package of Band-Aid's
 - Triple antibiotic gel* (just a small tube will be fine)
 - Hydrocortisone cream* (please bring even if you don't "normally" have allergic reactions, you may react differently to insects and environments overseas)
 - Females:** Personal hygiene products (these may be difficult to purchase in some countries, so bring enough for entire trip)
- *MUST be in ORIGINAL containers with dosage information

OTHER ITEMS

- Passport Money Belt (this passport holder **must be one that can be worn around the waist and under clothing**). You can purchase one at REI, Target, or online at www.llbean.com (search "hidden secure waist wallet"), www.eaglecreek.com (search "money belt"), or you can search "passport money belt" on www.amazon.com for more options.
- 1 Small, mesh laundry bag
- Watch (you will be responsible to be places on time)
- Several ink pens
- 1 Pack of 50 count 3x5 cards on a spiral binder for memory verses
- Earplugs (to help you sleep if the wind in the tent or if a snoring neighbor is too loud)
- 16 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
- 15 Quart-sized Ziploc bags
- 10 1-Gallon Ziploc bags
- 1 Travel-sized bottle of hand sanitizer
- 1 Travel-sized package of baby wipes
- 1 Small bottle of sunscreen with at least 15 SPF (or higher if you burn easily)
- Travel-sized mosquito/tick spray (we suggest 20% deet or higher)
- Blank journal to record your thoughts and memories
- Complete Bible (no electronic versions allowed)
- Small, inexpensive calculator
- Camera: Make sure you have plenty of room on your memory card. Remember, you will not be able to upload your pictures on a computer and may not have a place to plug in your charger.
- Cheap carabineer-type clip to attach your water bottle on the outside of your backpack

Provided Items	Items Not to Bring!!!
<p>You will be issued the following at Training Camp which will be yours to keep:</p> <p>A Royal Servants short sleeved t-shirt</p> <p>A Royal Servants notebook</p>	<p>Do not bring curling irons or hair dryers</p> <p>Do not bring iPods/iPhones/mp3 players</p> <p>Do not bring laptops, iPads, Kindle, etc.</p> <p>Do not bring tank-tops or sleeveless shirts</p> <p><u><i>If any of these are brought they will be sent home at your expense.</i></u></p>

ADDITIONAL PACKING SUGGESTIONS

STUDENT I.D. You can sometimes get discounts on museum visits and such (mostly in Europe) with a student I.D., so we recommend bring this with you if you have one.

SHOP AHEAD. It may be helpful to get a box and begin buying items for the trip weeks before you leave. Start with toiletries and other small items, purchasing a few at a time instead of waiting until right before you leave. 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. You can usually get 2-3 regular sized t-shirts in 1 one-gallon Ziploc.

SPICES. Many of our alumni students like to bring their own spices for the summer. Items like salt & pepper, garlic salt, season salt, and if you are so inclined, more spicy seasonings are some favorites (like a small bottle of Tabasco).

FRISBEE. Another trick our alumni have found useful over the years is to bring a Frisbee. No, not to play with, but actually as a plate support. Bring paper plates with you instead of a plastic plate, and a Frisbee is just the right size to provide the support you'll need (plus then clean-up is a breeze). Okay, it also may come in handy for some spontaneous fun!

CARDBOARD BOX!!!

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 a good sturdy box 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 (a large duffel bag to replace a suitcase. Dimensions are length 28", width 12", height 13"; also has 2 large pockets on the outside). You will then transfer your belongings from the box into the pack and the boxes will be thrown away. 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. There is a \$65 deposit that has been added to the cost of trip. Participants can choose to send the pack back to Reign Ministries at the end of the summer and receive the deposit back, or keep the pack and surrender the deposit. Packs are due no later than October 1st to be eligible for the deposit.

Trip Specific Notes

Trips not listed here have no additions or exceptions

AUSTRALIA (IT IS WINTER!)

- 1 Pair of shorts
- 4 Pairs of pants
- 2 Sweatshirts / long sleeve shirts
- 1 Winter coat / really warm hoodie
- Warm pajamas
- Pair of gloves & winter hat (knit cap)

CHINA

- Sleeping bag and sleeping pad: You will not necessarily need a sleeping bag or pad while in China. You will have the option of sending them both home (at your own expense) before you fly
- 7 Shirts
- 5 Pair shorts
- 1 Pair pants. Can be jeans or Capri's if you prefer, but preferably lightweight. Females can substitute 1 more skirt for a pair of pants. It gets hot in China.
- You will not need to bring a 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, U.S coins, or something cultural; remember, they are also teenagers*)

COSTA RICA (IF PLAYING SOCCER)

- 3-4 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 (more if you have previous injuries)
- 10-12 Granola bars
- **Females:** 2-3 Sports bras
- **Goalies:** Gloves and knee pads

WESTERN EUROPE

- **Sleeping bag and compression sack:** Western Europe will pack up quickly and often, so we recommend the lightest/smallest possible bag to fit in your pack
- **Hand sanitizer:** Most campground bathrooms do not have soap, so you will want to have plenty of hand sanitizer. 3-4 travel bottles
- **Plastic Rain Gear:** Rain gear should be sturdy, not cheap and with a hood. We recommend that it be large enough to cover you backpack. Umbrellas are a good addition on hot days.
- **Emergen C:** Optional. While in Europe we travel by bus every few days and breathe the same air up to 12 hours. A box of 30 is recommended.

IRELAND

- **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 rains a lot in Ireland.
- **Sweatshirts:** bring at least 2
- **Pants/Shorts:** Need 3 pants and 2 shorts
- **Water Shoes:** optional but handy

NEHEMIAH/TIMOTHY

Note: In order to be culturally sensitive in Israel, do not bring any shirts that have religious sayings or affiliations. Make sure these items are not form fitting, V-necks, or scoop necks. We highly recommend light weight fabric.

Females:

- You will need at least 1 skirt/dress that goes all the way to the floor (must cover ankles).
- 2-3 Long sleeve shirts, shawls, or cardigans that cover elbows to be worn at religious sights.
- 3-4 Crew neck shirts
- 2-3 Outfits that cover knees (Capri's or long skirts/dresses work well)

NEPAL

Note: Females: *All shorts and skirts must cover the knees (while standing and sitting) to avoid being offensive in Nepali culture.*

- 1 Pair of Pants: No skinny jeans or super tight pants
- 3 Pairs of Capris (**Females**): Knees must be covered at all times. You may substitute 1 skirt for capris (mid-shin length work best).
- **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.
- **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 are not necessary), make sure your tennis shoes are very sturdy because you will do a lot of walking.

NORTH AFRICA

Due to the nature of the ministry at this location, the Trip Leaders will be providing more detailed instructions on dress code. Here is a basic outline for what you'll be needing:

- No clothing with Christian labels or logos
- Sport shorts can only be worn inside the hotel

Males: No skinny jeans or skin tight pants.

Females:

- All shirts must have a high neckline (no V-necks), and must be long enough to cover elbows and butt
- All pants, dresses, and skirts must cover calves
- 1 Swimsuit (1 piece only)
- 1 Lightweight scarf / shawl (i.e. pashmina) that can be used to cover arms or neck when in conservative areas.

SIERRA LEONE

Note: Females: *All shorts and skirts must cover the knees (while standing and sitting) to avoid being offensive in African culture.*

- **Shorts/Capris/Skirts (Females): 2-3 Capris.** Because knees must be covered at all times, capris work better than shorts. May substitute 1 skirt for capris (mid-shin length work best).
- **Pants: Females:** Only need 1 pair; leggings may not be worn as pants.
- **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 Africa so you will use this often. Umbrellas are also a good addition on really hot days.

In addition to the packing list please bring:

1. A prefilled prescription of Cipro in case of bacterial diarrhea
2. Malaria medication – Malarone (or the generic Atovaquone-proguanil) is required; due to side effects and drug resistance Mefloquine (Lariam) and Chloroquine are not accepted.
3. Not mandatory, but you may want to bring some meal supplement bars and powdered Propel/Gatorade drink mix.
4. 2 water bottles instead of just one

UGANDA

Note: Females: *All shorts and skirts must cover the knees (while standing and sitting) to avoid being offensive in African culture.*

- **Shorts/Capris/Skirts (Females): 2-3 Capris.** Because knees must be covered at all times, capris work better than shorts. May substitute 1 skirt for capris (mid-shin length work best).
- **Pants: Females:** Only need 1 pair; leggings may not be worn as pants. **Males:** 2 pairs khaki type pants (no 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 Africa so you will use this often. Umbrellas are also a good addition on really hot days.

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3. 2 water bottles instead of just one