

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. 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.

Do not feel like you have to go out and buy expensive gear or brand name items (with the exception of a sturdy backpack). You can find most items at places like Walmart, Payless, Amazon, etc. You can look online or in stores for items.

Note: You will be limited to one 35 lb. piece of luggage when traveling overseas. 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.

DRESS CODE

Cultural sensitivity is more than what you say, it is also what you do or don't do that communicates respect in the countries Royal Servants works. It is our heart to be respectful to the people we work with and minister to on the mission field. Clothing that is perfectly appropriate for Ireland may be inappropriate and offensive if ministering in a Middle Eastern country. For this reason, clothing guidelines differ depending on each mission trip and ministry setting; they are also activity appropriate, reflective of whether you are involved in a work project, street ministry, children's program, etc.

Below are the guidelines that apply for all Royal Servants mission trips. Please refer to the Trip Specific section of the Preparation Packet for guidelines based on the mission trip you are joining.

Males & Females: We ask that you not wear tank-tops, unless you are wearing them as undershirts. Please make sure all shirts cover your stomach.

Males: If you wear athletic shorts, such as basketball or running shorts, you will be asked to wear compression shorts underneath if it is determined that they are too short, baggy, and/or activity inappropriate.

Females: Because of different activities you'll be engaged in, we ask that you don't bring deep V-neck shirts. Leggings can be worn underneath dresses and skirts, but not on their own as pants. And if you wear athletic shorts, we may ask that you wear spandex underneath if it is determined that they are too short or not activity appropriate. Please make sure your bathing suit is a full coverage one-piece or tankini.

CLOTHING

- 2 Pair long pants - leggings cannot be worn as pants, but may be worn under skirts/shorts
- 2-3 Pairs of shorts
- Females: 3 pairs of spandex shorts to be worn under athletic shorts (see dress code above)
- Males: 3 pairs of compression shorts to be worn under athletic shorts (see dress code above)
- 1 Sweatshirt or long sleeve shirt
- 6 Casual shirts - can be t-shirts
- 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 that covers knees while standing and sitting.
- 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 - "Tevan", "Chacos", or "Crocs" type work well

CAMPING GEAR

- Sleeping bag: Bag must be **no larger than 10” 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 - can be washed, keeping your sleeping bag clean and it will keep you warmer in the cold and cooler in the hot weather
- Sturdy backpack - approximately about 32 liters in size. The backpack **cannot be larger than 39 liters** due airline size and weight restrictions for carry-on items. We suggest that the pack be made of cordura fabric. JanSport and SwissGear make a variety of sturdy packs, while Target and WalMart brand packs rip out too easily. Do **not** bring a backpack with wheels.
- 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

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.
- Any vitamins/supplements* you normally take
- 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 because you may react differently to insects and environments overseas
- Dramamine* - only if you deal with motion sickness
- Triple antibiotic gel* - just a small tube will be fine
- Hydrocortisone cream* - please bring even if you don't normally have allergic reactions because you may react differently to insects and environments overseas
- 1 Small package of Band-Aid's
- Females: Personal hygiene products - these may be difficult to purchase in some countries, so bring enough for entire trip
- Personal care items - cotton swabs, nail clippers, etc. - anything you might need to use during the 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 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. “Herbal Armor” is a good natural alternative if you wish to avoid deet
- Blank journal to record your thoughts and memories
- Complete Bible - no electronic versions allowed
- Small, inexpensive calculator
- Camera - optional, but recommended - make sure you have plenty of room on your memory card. 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
- Sunglasses - optional
- Brace - if you need an ankle brace, knee brace, etc. please bring it with you

ADDITIONAL TRAINING CAMP ITEMS

Note: In addition to the clothing already listed, we suggest you bring additional clothes that can get stained or wrecked at Training Camp. These items can be used for overseas if they make it through Training Camp, otherwise they can be tossed before flying overseas.

- 1 Pair of old tennis shoes
- 4 Old t-shirts
- 1 Sweatshirt or long sleeve shirt - it can get chilly at Training Camp
- 2 Pairs of 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

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 makeup</p> <p>Do not bring curling irons or hair dryers</p> <p>Do not bring iPod's/iPhones/mp3 players</p> <p>Do not bring laptops, iPads, Kindle, etc.</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 participants like to bring their own spices for the summer. Items like salt & pepper, garlic salt, season salt, and spicy seasonings like Tabasco are some favorites.

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. The pack is a large duffel bag and the dimensions are length 28", width 12", height 13". 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. 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

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
- 8 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
- 20 pictures of yourself to give away to the Chinese students (school pics are best)
- 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

- A prefilled prescription of Cipro in case of bacterial diarrhea

If you are 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

EUROPE

- Sleeping bag and compression sack: 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 your 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.

GREECE MACEDONIA

- Lightweight black pants - It will be hot, so we suggest that you find "wind pant" type material instead of sweatpants. Please find 1 pair that is completely black.

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 total
- Water Shoes: optional but handy

MOROCCO

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
- A prefilled prescription of Cipro in case of bacterial diarrhea

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.

NEHEMIAH/TIMOTHY

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

- 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).
- A prefilled prescription of Cipro in case of bacterial diarrhea
- 2 water bottles instead of just one
- (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.

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

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.
- A prefilled prescription of Cipro in case of bacterial diarrhea
- Malaria medication - Malarone (or the generic Atovaquone-proguanil) is required; due to side effects and drug resistance, Mefloquine (Lariam) and Chloroquine are not accepted.
- 2 water bottles instead of just one