

## Packing List

We hope the following checklist will be helpful as you prepare for your trip! Remember this is just a general guide and you must determine the specific items that you need to take.

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Name tags on and inside luggage   | <input type="checkbox"/> Band-Aids  | <input type="checkbox"/> Personal prescription medications |
| <input type="checkbox"/> Spending money (in smaller bills)   | <input type="checkbox"/> Water Bottle   | <input type="checkbox"/> Aspirin/Tylenol/ Ibuprofen        |
| <input type="checkbox"/> Passport or birth certificate (and recommended photo ID)                      | <input type="checkbox"/> Flashlight   | <input type="checkbox"/> Pepto Bismol                      |
| <input type="checkbox"/> Money belt, neck pouch, or other secure place to keep your money and passport | <input type="checkbox"/> Bedding (Pillow, blankets, sleeping bag if lower temperatures) | <input type="checkbox"/> Towel & Washcloth                 |
| <input type="checkbox"/> Snacks  | <input type="checkbox"/> Glasses/contacts (and solution)                                | <input type="checkbox"/> Moleskin for blisters             |
| <input type="checkbox"/> Working Gloves  | <input type="checkbox"/> Shampoo & Conditioner  | <input type="checkbox"/> Wet/Clorox wipes                  |
| <input type="checkbox"/> Ear plugs   | <input type="checkbox"/> Soap   | <input type="checkbox"/> Shoes for work & beach            |
| <input type="checkbox"/> Sunglasses  | <input type="checkbox"/> Toothpaste   | <input type="checkbox"/> Swimsuit & towel for beach        |
| <input type="checkbox"/> Bug Repellent   | <input type="checkbox"/> Toothbrush   | <input type="checkbox"/> Socks                             |
| <input type="checkbox"/> Hand Sanitizer  | <input type="checkbox"/> Deodorant  | <input type="checkbox"/> Underwear                         |
|  | <input type="checkbox"/> Lotion   | <input type="checkbox"/> Shorts/pants                      |
|  | <input type="checkbox"/> Razor/Shave Cream  | <input type="checkbox"/> Shortsleeve shirts                |
|  | <input type="checkbox"/> Lip Balm   | <input type="checkbox"/> Jacket                            |
|  | <input type="checkbox"/> Kleenex  | <input type="checkbox"/> Construction Clothes              |
|  |   | <input type="checkbox"/> Pajamas                           |

Also bring things to do with the kids. Interactive games to play, skill-building activities, and other things to do with the kids helps to accomplish our vision for the kids: that they are loved and nurtured so they can become self-reliant, happy, and loving people themselves. The kids will see themselves as capable of handling life's challenges and experience the joy of improving their skills and understanding.

### EXAMPLES:

Littlest kids/special needs: bubbles, books to read with them, coloring books, chalk, dress-up

Young kids: jump rope, books to read, bracelet making kits, car/airplane building kits, other crafts, kites, frisbees, minute-to-win-it games, human knot, and other similar games.

Teens: first aid kit (basic first aid training), sewing, drawing, coding, yoga, sports equipment you could bring and teach the rules of the game (like baseball, volleyball, badminton), robotics, etc.

You have skills and hobbies that you can share with the kids, and we ask that you do! Please come prepared to spend meaningful time with them.