

RECOMMENDED PACKING LIST:

Please remember not to pack fluid/paste in a container larger than 3 oz. All items like that must be in a baggie or else they will be thrown away at the airport. Pack large plastic bags and several zip ties in your suitcase. During the boat rides the seas can get rough and everything gets wet!

- Shorts, T-shirt, sandals/flip flops that can get wet, underwear, modest swim suit, PJ's, light clothes for relaxing at night, windbreaker or light weight raincoat, socks, underwear
- Backpack for weekend travel
- Lightweight travel towel
- Emergency envelope with copies of passport - contact information, etc. Always leave a copy at home as well
- Alarm clock
- Money belt or passport pouch
- Prescription medication - in original bottles, labeled, with a copy of your doctor's prescription if at all possible. Please bring a few days extra in case your trip is extended due to bad weather or you just want to stay longer!
- Contact lens solutions
- Canteen (water bottles or camelback type water carriers for hikes and trips),
- Tooth brush/toothpaste
- Shampoo`
- Camera and charger
- Small umbrella if desired
- Sunglasses
- Bug spray and bug bite cream – Avon Skin So Soft Bug Bug Guard works great and is non-toxic.
- Sunscreen (preferably ones that you have already used and know agree with you)
- Garden Gloves for outdoor work
- Flashlight – important... it's dark at night and hard to walk without a flashlight!
- Goggles and/or snorkeling gear...we have beautiful blue star fish right at the Mission
- Snacks are fine, but please keep them in sealed Ziplocs or Tupperware to prevent ant infestation of your room or preferably keep them in the kitchen.
- E-books/ magazines/ iPod/iPad or DVDs if you want- no cable at MNC! The staff and local friends love to watch DVD's so if you are able to bring family friendly videos to leave we would be grateful. Classics and children's cartoon/education videos are wonderful as well.
- Sturdy foot wear for construction trips and hiking, but otherwise, sandals or flip-flops are great for day to day. Water shoes/sandals that grip for the water slides and hiking – suggest closed toed shoes. Long pants and light long sleeved shirt so you don't get scratched, if you plan on making time to hike the volcano! Appropriate attire for church services on Saturday.

THINGS NOT TO BRING: Hair Dryers or Straighteners, Irons.

