

Jamaica What to Bring List

Passport

2 photocopies of passport

(Leave 1 set at home with family and bring other set)

Pens

Bible

Notebook/journal

Water Bottle

Sleeping Bag or Sheets & blanket, pillow

Spending money – no small bills, 20's or 50's nice new bills for exchanging

Mosquito repellent with deet

Small first aid kit

Sunscreen (high SPF & waterproof)

Toiletries- soap, shampoo, toothpaste, razor, etc

Disposable camera/ digital or film camera

CD player/IPOD (optional)

Extra socks/ underwear 2 per day due to the heat

Work clothes- jeans or shorts and t-shirts (shorts must be longer than fingertips when placed against leg)

Dress clothes for church service (knee length dresses/skirts for women, slacks & polo or button down shirts, tie would be good)

Casual dress shoes & Working shoes / sneakers & sandals/ shower shoes (flip-flops)

Rain Gear

Travel Alarm Clock

Laundry bag

Hair dryer (optional)

Bathing suit (**NO BIKINIS**)

Two towels/wash clothes (Bath & Beach)

Sunglasses

Candy, Gum, Crayons, Coloring books, other give away items for kids

Bandannas or hat (optional for head covering due to sun)

Pepto-Bismol, Tylenol or Advil, Dramamine (If you struggle with motion sickness), any personal medications you need to take

All clothes should be of the modest type **Modesty is the key!!!**

If you have ANY questions and/or concerns please talk with your pastor.