

Ambassador Packing List

****Approximately 45 days before the start of your trip**, we will let you know if your ministry location has any additional packing needs or requirements.

LUGGAGE:

- 1 personal item for the airplane (in the form of a backpack or purse)
- 1 checked duffel bag or suitcase (your checked luggage must meet airline size/weight requirements)
 - *Please note that with travel costs and space, we are only able to accomodate 1 personal item and 1 checked bag for each participant for a total of 2 items.*

CLOTHES:

- Modest clothing for daily ministry activities (See clothing guidelines.)
- 1 set of casual clothes for off days (jeans are fine)
- 1-2 church outfits
- Lightweight jacket or sweatshirt
- Rain jacket
- At least one long-sleeve shirt
- Underwear and socks
- Tennis shoes, shower shoes (flip flops), 1 pair of dress shoes for church
- Something modest to sleep in - this must follow clothing guidelines
- For some locations, you will want to bring a swimsuit for off-day activities - we will let you know! For girls, this must be a modest, one-piece bathing suit. For guys, this will be swim trunks.

****Any questions about clothing expectations, please see pictures at the end of the packing list.**

CLOTHING GUIDELINES:

It is important to remember that when you are on the field ministering, you are representing God, Adventures In Missions and local missionaries - even in the USA. Modesty is the key to all clothing you decide to bring with you. If you are questioning whether or not you should bring it, then leave it at home. Here are a few guidelines for clothing choices:

1. Try to pack about one week's worth of appropriate clothing and plan to do laundry as needed.
2. No short, tight, or clingy clothing is permitted. This includes leggings and yoga pants.
3. No sleeveless shirts or tank tops are permitted for girls or guys. All dresses should have sleeves as well.
4. If you cannot raise your arms above your head or touch your toes without showing your stomach or lower back, leave it at home.

5. Shorts must be at the top of your knee cap. Bermuda shorts are great options. Short athletic shorts are not appropriate (this includes Nike shorts).
 - a. Girls - if these shorts are loose, please wear long spandex shorts under your shorts!
6. Skirts and dresses should be below or at the knee. If at the knee, please wear shorts under your skirt. Long spandex shorts work great for this!
7. Make sure clothes are not stained and/or torn. You do not have to wear your best clothing, but make yourselves presentable. It may be offensive to the locals if you look sloppy. Also be aware of any writing on your shirts and avoid any commercial advertising or anything that may be offensive.
8. Bring clothes for church services. Boys should bring khakis pants and a collared shirt. Girls should bring skirts below the knee and appropriate tops. T-shirts are not appropriate for church, for guys or girls!
9. Bring closed toed shoes for ministry and off-day activities. You may bring flip flops, sandals or other shoes for recreation time.

Depending on your location and the cultural norms, we may need to adjust the dress code. We will let you know closer to your trip if this is the case!

BEDDING:

- Sheets or sleeping bag (possibly sleeping pad) - we will provide you specifics about your lodging needs
- Small travel pillow
- Earplugs
- Flashlight or headlamp

TOILETRIES:

- Bath towel and 1-2 washcloths (we recommend purchasing a quick-drying travel towel/washcloth)
- Beach towel (depending on location)
- Soap, shampoo, deodorant, toothbrush, toothpaste, personal care items
- Sunscreen
- Insect repellent
- Personal medication (in original labeled containers)

OTHER:

- Bible, student journal, pens
- Personal fan (optional for hotter locations - should be battery powered!)
- Hat and sunglasses to protect from sun
- Water bottle – Nalgene bottles are recommended

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- Camera and accessories (batteries, charger)
 - Watch and/or travel alarm clock
 - Passport (for Puerto Rico you must have *either* a passport OR a government-issued photo ID)
 - Color copy of passport/photo ID
 - A copy of your domestic insurance card
 - Snacks - granola bars, nuts, powdered sports drink mixes etc. (Many things will be available in country)
 - Extra money for snacks, souvenirs, offering, and days off. We recommend \$50 a week, depending on your spending habits and what you plan to purchase.
 - Wet wipes
 - Book to read during down time
 - You may want to consider an outlet converter and plug adaptors. You will want to research the needs for your location.

THINGS NOT TO PACK:

- Hair dryers, curling irons, & straighteners
- Video game players
- Any item that supports a focus on appearance or isolates people from participating with the rest of the group
- Any clothing that does not meet the clothing guidelines. You will be asked to leave it behind at training camp, and we will not mail it to you.

Allowed:

Guys:

Button down shirts



Polos

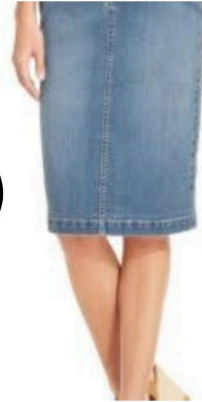


Shorts that hit the knee like cargo shorts, blue jean shorts or basketball shorts



Girls:

Skirts that hit at the knee or below

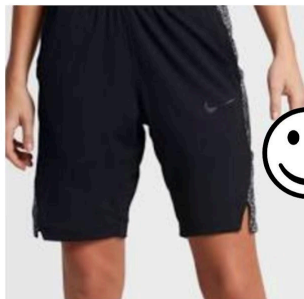


Dresses that hit at the knee or below

This one is too short!



Shorts that hit at the knee



Shirts that have shoulders covered, as well as midsection and chest covered



Not allowed:

Guys:

Shorts above the knee

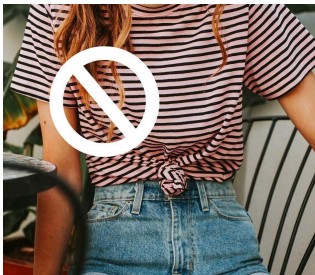


Tank tops are not appropriate

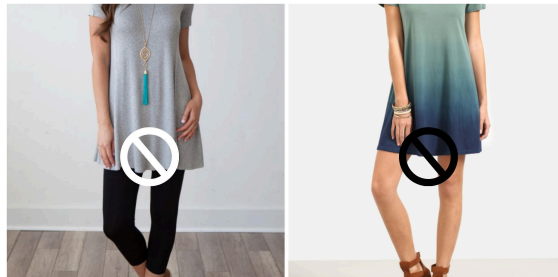


Girls:

knotted shirts



Dresses above the knees (with or without leggings)



Leggings and jeans with holes or rips



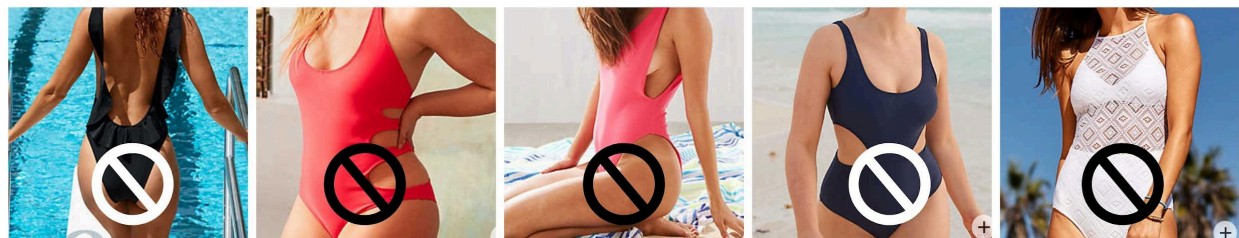
Athletic shorts



Shorts above the knee and skirts above the knee



Swimsuits that show too much skin



Shirts that are tank tops, low hanging on the sides, have deep vee cuts, show your stomach

