

## PERSONAL SUPPLIES

- \_\_\_\_\_ Water bottle
- \_\_\_\_\_ Some plastic supermarket bags and zip lock baggies of different sizes
- \_\_\_\_\_ Bug repellent containing DEET
- \_\_\_\_\_ Immodium or Pepto-Bismol, Tylenol, or your choice of pain reliever
- \_\_\_\_\_ Lip Balm with sunscreen      \_\_\_\_\_ Pocket pack tissues (2 packs)
- \_\_\_\_\_ Small packets of hand wipes; if you use a backpack, you may find the dispenser container of “baby wipes” handy.
- \_\_\_\_\_ Tops, shirts (NO TANK TOPS)      \_\_\_\_\_ Light jacket or sweater
- \_\_\_\_\_ Jeans      \_\_\_\_\_ Capri’s or lightweight pants      \_\_\_\_\_ Shower slip-ons
- \_\_\_\_\_ Back pack or belly bag      \_\_\_\_\_ Light night clothes      \_\_\_\_\_ Socks
- \_\_\_\_\_ Athletic shoes ( 2 pairs – one to work in and the other to walk around )
- \_\_\_\_\_ Clothing for Sunday Eucharist ( no dress shoes needed)
- \_\_\_\_\_ Bandana/baseball cap/hat – *we leave these behind for the children*
- \_\_\_\_\_ Bed linens- 2sheets and 1 pillowcase for twin beds – *to be left behind*
- \_\_\_\_\_ One bath towel and washcloth – *to be left behind*
- \_\_\_\_\_ Work Gloves – *to be left behind*

## MISSION SUPPLIES

Airlines allow **1 -50 pound suitcase (\$25 each way for a second suitcase), plus a carry-on and “purse”**

You may decide to use a backpack as your purse; it works great.

It is recommended that you bring some of the following. These can be collected new or used from friends, family or co-workers. It is a great way to raise their missionary awareness.

## CHECK LIST

\_\_\_\_\_ Pencils, colored pencils, pens, water colors, white and colored paper

\_\_\_\_\_ Colored markers, thick and thin, **NOT** permanent

\_\_\_\_\_ Scotch tape and glue sticks

\_\_\_\_\_ Card games, puzzles, legos and other games

\_\_\_\_\_ Different size balls, i.e. soccer balls, beach balls etc.

\_\_\_\_\_ Arts and crafts items: String, Scissors with rounded tips, Beads, Tissue paper, Popsicle sticks, Styrofoam, etc.

\_\_\_\_\_ Educational supplies in Spanish: books, stickers, maps, etc.

\_\_\_\_\_ “Prizes” for children to encourage cooperation **NOT** Competition  
i.e. bubbles, jump ropes, jacks, marbles, etc.

*Important note:*

*Personal gifts are not given when we are on mission. (This protects all families and all programs). Part of the PFI Vision is that we support the children’s education or their food program. The PFI leader is in a position to know how to distribute your additional help. PLEASE ASK HER.*