



**Packing List**  
The Carolinas | July 16, 2022

**Clothing**

- Dress clothes for church (2)
- Work project clothes (5)
- Other ministry clothes (8)
- Lightweight sleepwear
- Undergarments
- Swimwear (one-piece for ladies)
- Socks
- Closed-toe/tennis shoes
- Shower shoes
- Rain gear

**Personal Items**

- Medications
- Medical information and insurance card
- Pepto-Bismol and Immodium
- Bug Spray
- Facial Covering
- Anti-bacterial hand sanitizer
- Sunscreen/sun-block
- Sunburn medication and lotion
- Bath towel and/or beach towel
- Washcloth
- Laundry bag (pillow cases work great)
- Contacts/contact solution and case
- Glasses/glasses case
- Toiletries
- Wet wipes
- Comb/Brush
- Toothbrush / toothpaste / floss
- Soap and shampoo
- Personal Snacks
- Cards, games, frisbees, etc.
- Phone charger

**Must Haves**

- Bible
- Pen
- Water bottle with large opening
- Backpack or small duffel bag
- PPM Handbook / Journal / Pelican Guide
- Twin air mattress and pump
- Sheets or sleeping bag
- Pillow
- Personal battery operated fan (with batteries)
- Flashlight
- Hat or baseball cap
- Sunglasses
- Ear plugs
- Zip-lock bags (multi-size)
- Work Gloves
- Safety Goggles

### **Additional Coronavirus Site Sanitation Items**

In an effort to not deplete local supplies, we ask that teams assist in replenishing site sanitation items in this time of increased precautions. Lodging, transportation, and ministry areas will be cleaned and sanitized regularly. Below is a packing list for your team:

- A **CDC-recommended mask** for each individual, for each day of ministry. [View the CDC website for example instructions.](#)
- Hand sanitizer:** The equivalent of 8oz (or more) per individual.
- Clorox disinfectant wipes**
- Food Service gloves:** Two pairs per participant per day ([example](#))
- Work gloves for each individual.**