



Packing List

Appalachia | July 13, 2019

Clothing

- ☐ Dress clothes for church (2)
- ☐ Work project clothes (4)
- ☐ Other ministry clothes (7)
- ☐ Lightweight sleepwear
- ☐ Undergarments
- ☐ Swimwear (one-piece for ladies)
- ☐ Socks
- ☐ Closed-toe/tennis shoes
- ☐ Dress shoes

Travel Needs

- ☐ Medical information and insurance card

Personal Items

- ☐ Medications
- ☐ Pepto-Bismol and Immodium
- ☐ Bug Spray
- ☐ Anti-bacterial hand sanitizer
- ☐ Sunscreen/sun-block
- ☐ Sunburn medication and lotion
- ☐ Bath towel and/or beach towel
- ☐ Washcloth
- ☐ Laundry bag (pillow cases work great)
- ☐ Wet wipes
- ☐ Personal Snacks
- ☐ Comb/Brush
- ☐ Contacts/contact solution and case
- ☐ Glasses/glasses case
- ☐ Toiletries
- ☐ Razor and shaving cream
- ☐ Toothbrush / toothpaste / floss
- ☐ Soap and shampoo

Must Haves

- ☐ Bible
- ☐ Pen
- ☐ PPM Handbook / Journal / Pelican Guide
- ☐ Reusable water bottle with large opening
- ☐ Backpack or small duffel bag
- ☐ Hat or baseball cap
- ☐ Sunglasses
- ☐ Flashlight
- ☐ Ear plugs
- ☐ Zip-lock bags (multi-size)
- ☐ Camera

Other Items*

- ☐ Work Gloves
- ☐ Safety Goggles

Stuff for Sleeping

- ☐ Air mattress and pump
- ☐ Sheets
- ☐ Pillow
- ☐ Personal battery operated fan (with batteries)