

**SAMPLE PACKING LIST: Your Trip Leader will provide a list specific to your trip. This document contains several packing tips that may be useful.**

### **Barbados Packing List**

To ensure we travel light, please plan to only check one suitcase. Between one checked bag and the option of a carryon, we should be able to pack the needed items for one week in Barbados. This makes it easier for those who will be picking us up at the airport.

- Do your research before packing to make sure you know the current weight and baggage restrictions for your airline.
- You may be asked to carry some equipment (either sports equipment or Bibles) with you.
- You bring it, you carry it. If you cannot manage it alone, you've probably packed too much.
- If you intend to purchase souvenirs, keep your luggage restrictions in mind for the journey home.
- Sometimes it's fun to leave jerseys (or FCA t-shirts) with the locals you meet so keep this in mind as you pack your shirts; your old practice t-shirt could become a treasured piece of clothing to someone.

If you plan to have a carry-on bag, make sure you are up-to-date on airline restrictions for liquids and gels. You can find the most recent guidelines on your airline's website.

In an effort to be culturally sensitive, do not bring any clothes that will be revealing, tight or bring un-needed attention to the group. Avoid clothing that is very flashy or profusely name-branded. Thank you for your sensitivity and understanding in this matter.

- Shorts: when standing with arms by your side, your shorts should not be shorter than the tips of your fingers.
- Tank Tops: Tanks are ok as long as no undergarments show. Avoid bringing t-shirts with the sleeves cut out if the arm-holes scoop below your sports bra (ladies). Modest tanks are fine. Men, no muscle shirts or shirts that scoop very low on sides.
- Many of the women/men feel that running tights/spandex leggings are provocative. Please do not bring these unless you are prepared to wear shorts over them if asked to do so.

In Barbados, it is illegal to wear ANY kind of camouflage clothing – no camouflage headbands, shirts, shorts, backpacks, etc. Regardless of the color or type of camo, it is not to be brought on this trip.

Many of the women we will be with dress conservatively and are used to the heat (often wearing jeans during the hot day). At the beach, they typically wear board shorts over their swimsuits when swimming. Ladies – please bring board shorts or a pair of athletic shorts that can be worn over your swimsuit at the beach and in the water when appropriate.

Pack light, but be adequately prepared. You will be able to hand wash clothes as needed. It will be hot but it's a good idea to pack one long-sleeved item in case we are in an air conditioned building at some point. It can feel chilly after the sun sets if there's a breeze. Bajans don't usually use beach towels, so if this is important to you, you will need to bring your own.

There may be some days when we leave in the morning and don't return until late evening. Plan to have a small backpack or bag to throw some items into in case you don't want to wear your athletic shoes all day.

If you would be devastated if it got dirty, stained, stolen or lost, don't bring it. Bring at your own risk anything of value.

**Weather:**

It will be very hot (mid to upper 80s /low 90s+ humidity during the day with a heat index around 100F). Be prepared to sweat. Most of the homes do not have air conditioning so you may be very warm at night. Given the tropical climate, it's not uncommon to have a random downpour of rain in the afternoon but it usually doesn't last longer than about 15-20 minutes.

**We will be very close to the equator so the sun is a lot stronger;** choose an SPF accordingly. Regardless of your complexion, it is advised to wear sunscreen. If you burn easily, up the protection level. If you don't burn easily, still plan to bring and wear sunscreen. I recommend at least SPF 15. You will still get tan. It's no fun to be sunburned on a mission trip.

***This is a list of the bare essentials. If you pack these items, you will be set and can probably fit into one checked bag. Dress will be very casual. If you have room, you can throw in 1-2 extra outfits that are a little bit nicer. Think "minimalist". You can pack less, or more, as space allows.***

### **Clothing to Pack**

- 7 pairs of underwear
- 7 pairs of socks
- 1-2 sports bras, 1-2 regular bras
- 5-7 t-shirts (no revealing/tight tank-tops or shirts, nothing that shows your midriff)
- 1 long-sleeve shirt / or light jacket
- 2-3 pairs of athletic shorts, modest length (6" inseam or longer preferred)
- 1 sleeping outfit
- 1 modest bathing suit (1 piece or modest 2 piece). If our hosts feel the suit is not modest enough, it may be necessary to wear a tank or tshirt over it. (You can bring more than one suit.)
- Ladies - board or athletic shorts to wear over swimsuit
- Workout clothing/shoes if different from other items on list
- 1 pair jean shorts

#### Optional:

- 1 pair jeans or pants (no holes near crotch/butt area)
- 1 pair of athletic pants (warm-ups)

### **Shoes**

- 1 pair of good athletic/running shoes. We may do a lot of walking.
- 1 pair flip-flops / sandals (it's good if they can double as shower sandals)
- If you require specific shoes to play basketball or other sports, bring them.

### **Toiletries**

- Shampoo / conditioner
- toothbrush / toothpaste
- deodorant
- sunscreen
- soap
- comb/brush
- feminine products
- Other toiletries (ex: razor, shaving cream, etc)
- Lotion / after-sun lotion / aloe vera

### **Additional Items to Pack**

- 1 bible
- 1-2 pens or pencils
- 1 small notebook – composition notebooks work great
- 1 bath towel
- Twin sheet set (pillow will be provided)
- Make sure all prescription medicines are in original package (if you have asthma, bring all inhalers and extras of your medicines even if you haven't had an attack in a long while!)
- Tide packets or travel-size laundry detergent (to hand wash items when necessary)
- Travel alarm clock (or wristwatch with alarm)
- Water bottle (ex: Nalgene-type reusable water bottle)
- Bug spray (with deet)
- Advil, Tylenol, Immodium, Pepto Bismol, Gas-X, allergy medicine, cold medicine, etc.
- 1 photocopy of passport
- 1 roll 2-ply toilet paper
- 1 regulation basketball
- 5 quart-size Ziploc sandwich bags (unused)

### **Optional Items**

- earplugs & facemask (if noises or light bother you)*
- Camera*
- sunglasses*
- hat*
- Travel-sized febreze*

**Items to Wear/Carry on the Plane**

It's a good idea to carry 1 change of clothes when you travel in case luggage gets lost. Dress comfortably for the flight. Bring any travel-sized toiletries you might want on the journey (ex – toothbrush, face wash, deodorant)

Wallet or purse with money, CC, passport, and plane tickets

Medications

**Some packing/travel tips:**

- Quick-dry camping towels work great and take up a lot less space than regular towels.
- Space saver bags (travel size) really do work great for tshirts/shorts/socks/underwear.
- If you don't require a cover when you sleep, you can plan to only bring a pillow case and bottom sheet to save space in your suitcase. I don't know if the twin mattresses are extra long but if you have an extra long bottom sheet, I would bring it.
- If you can survive the week without your hair dryer, I would not bring one. Plugs may not be readily available in the retreat house and it's so hot/humid that most of the females on my teams wear their hair up or scrunched all week.
- Airplanes can be very cold when in-flight – especially if you have a window seat. Always carry a lightweight jacket/sweatshirt with you.
- Travel-sized toiletries will save a lot of space and weight in your suitcase.
- If asked to carry bibles or other supplies into Barbados, collapsible carry-on bags (ex: small duffel/gym bag) allow you to downsize for your return journey when you have fewer items.
- You will not be allowed to leave your toiletries in the bathroom, so bring a small caddy, toiletry bag or small mesh bag to carry items to/from shower times.
- Always pack 1-2 snack items in case meal times conflict with flight schedules.