

Personal Gear

Mexico Mission 2010

Mark everything with your name!

Tent – sturdy & wind resistant with substantial stakes & “doormat” (straw beach mats work fine)
Ground Tarp (door mat is also recommended)
Sleeping Bag (suitable for nighttime temperatures in the 40s-50s)
Air Mattress or Pad (air mattresses get cold, so you may need extra insulation)
Camp Chair (full height chair)

In your San Diego Bag:

Identification – passport (see FAQ's)
Change of clothes
Medications – prescriptions (in original container), pain reliever, Pepto-Bismol chewables, Imodium AD
Bathing suit – also for the showers at camp (No bikinis for cultural reasons.)
Toiletries - soap, shampoo, toothbrush & paste, etc.
Lip Balm with sunscreen in it
Clothes for sleeping; ear plugs
Reading and Writing Materials
Sunglasses
Extra set of car keys (if bringing personal vehicle)
Money for food (plus small amount in small bills for the corner store near the work site)
Watch with alarm or travel alarm
Camera & Film

In your big bag:

Pillow
Flashlight - with extra batteries
Pocket Knife
Sunshower - optional but strongly recommended
Towel & Washcloth, fingernail brush
Cleansing Wipes (recommended as occasional alternative to shower)
Sunscreen
Mosquito repellent
Personal Drinking Container - for work site, recommend ½ gallon insulated
Personal Cup - for meal time beverages, cocoa, coffee, etc., recommend insulated
Shoes for camp – recommend slip on/off
Work Shoes - boots (preferred) or sturdy tennis shoes
Sandals - for the showers
Personal Tools: Hammer
Tool Belt or Apron (LAUMC has nail aprons to borrow)
Leather Work Gloves – two pairs
25' Tape measure
Work site clothes: Long pants (no shorts for work site)
Short sleeved t-shirt (no sleeveless)
Light weight long sleeved shirt
Camp site clothes: Shorts
Sweat pants - warm clothes needed in the evenings
Sweat shirt
T-shirts

Rain Gear

Bandana
Hat - with brim or visor
Spanish dictionary (optional)
Sharpie pen (to label anything you missed)