

PERSONAL SUPPLIES

_____ Water bottle

_____ Off or other bug repellent

_____ Personal medications and a broad spectrum antibiotic in case needed
(Cipro or Levaquin for traveler's diarrhea)

_____ 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)

_____ Jeans, Capri's or lightweight pants (NO YOGA PANTS), Knee Length
Shorts (NO SHORT SHORTS)

_____ Work gloves not garden gloves

_____ Back pack

_____ 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

_____ Bed linens - 2 sheets and 1 pillowcase for twin beds

_____ One bath towel and washcloth

_____ Peanut butter or Jelly if room in your suitcase, Bring your own personal
snacks

****Please do not bring any electronic devices such as laptops or cell phones.
This is a mission experience and we ask that you enter into this opportunity
free of technology.*

MISSION SUPPLIES

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

CHECK LIST

_____ Book Bags for school children and Spanish/English Dictionary

_____ Colored pencils, white and colored bond paper, Rulers and Pencil sharpeners, big gum erasers.

_____ Dry Erase markers, marble color copy books for school students

_____ Masking Tape and small bottles of Elmer's glue (no glue sticks)

_____ Different size balls, i.e. soccer balls, beach balls etc.

_____ Arts and crafts items such as string, scissors with rounded tips, beads, tissue paper, popsicle sticks, styrofoam, etc.

_____ Educational supplies in Spanish: books, activities, maps, 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 the food program. The PFI leader is in a position to know how to distribute your additional help. PLEASE ASK HER.