

# Mexico Packing List

## Paperwork

Agreement Policy—provided by Back2Back  
Emergency Medical Form—provided by Back2Back  
Liability Release—provided by Back2Back  
Permission for Minors travel—provided by Back2Back for all minors  
Passport

## Personal Items

Water bottle (heavy duty) for refilling with purified water  
Sunscreen, sunglasses and hat for working outside  
Comfortable shoes for work (tennis shoes and socks, **work shoes may get ruined**)  
Comfortable shoes for other use  
Fanny pack or money pouch, something easy to carry with you  
Pre-wrapped snack foods (optional)

## Insect repellent

Personal toiletries  
Shorts and t-shirts\* both for work and evening gathering time (**work clothes may get ruined**)  
Modest dress, skirt, slacks, or long shorts and top (for church on Sunday)  
Sheets and Pillowcase  
Bath towels and washcloth  
Lice Shampoo

\*Due to cultural considerations **ALL** shorts (male and female) must be at least knee length. No tank tops, midriffs or spaghetti strap shirts. **Please keep safety and modesty in mind as you pack for the trip.**

Clothes and bedding **may** be donated at the end of the week, if you so desire.

## Optional Items

Aspirin, Kaopectate, Pepto Bismol tablets, or other medications  
Camera and film (disposables are encouraged)  
Spending money (\$50 is the average and cash only, no traveler's checks)  
Something fun to share/play with teens and young children you visit (Candy, games, etc.)