

What to take, what not to take!

What to take:

Clothing:

_____ **The day of travel** – (to and from Jamaica) you will be required to wear a supplied mission t-shirt. We have ordered one for everyone. Even if it does not fit you like you would like, you will be required to wear it. Also, wear comfortable shoes and shorts or slacks. This day can be unpredictable and can require a lot of walking.

_____ **Fun day at Ocho Rios** – You will want a bathing suit and shorts and shirt. Bring water shoes if you have them. This is about a 3 hour bus trip so plan to wear clothes to travel and change into your suit there. Bathing suits **MUST** be modest. No bikinis.

_____ One set of nice **Sunday Clothing** (no jeans and no slacks for the girls or ladies) Men should wear a long sleeve dress shirt and if they are speaking, add a tie and sport coat or wear a suit. (If you are going 2nd week you will also need nice clothes for the awards dinner, it can be the same ones) Ladies will be required to cover their heads in church or when they pray. A hat or scarf will work.

_____ **Everyday clothing** can be shorts (or capris for the girls), T-shirts and comfortable shoes. Your laundry will be done almost every day so you don't need a lot of clothes. No tight or short shorts, no T-shirts with questionable sayings, etc. No writing on shorts. No gym shorts except for sporting events. **Nothing sleeveless.**

_____ **Evening attire (supper)** for girls and ladies is a skirt and top or dress. Not too dressy, but no shorts or slacks. For guys slacks and dress shirt or golf shirt. **Nothing sleeveless.**

_____ **Night time** – don't forget that we will all be sharing a big house. Not all of the bedrooms have a bathroom so sometimes it is necessary to roam outside of your sleeping area. Please wear something to bed that you can safely wander around in. Its close quarters!

_____ **Shoes** – This is the one time in your life when flip flops are considered shoes! They are great for everyday wear at the mission. For Church, you must wear "real shoes". You may want sneakers, also.

_____ **Head covering** – Ladies and girls **MUST** cover their heads in church. A scarf, hat, etc. is acceptable. You also may not pray without your head covered. So if you are teaching a class, either ask a man to open and close in prayer or wear or take something to cover your head.

_____ **Sports day** – you will want your sneakers and maybe athletic shorts. Again no short shorts.

_____ **Hike** – this is about a four mile walk into the mountains so you will want sneakers and comfortable shorts. You will be required to wear your mission t-shirt so that people know who you are and where you are from. This event does not happen every year and if not required for us out-of-shape Americans, but it is really fun if you get the chance to go.

Toiletries and incidentals:

_____ Deodorant, toothbrush, toothpaste, soap, shampoo, comb, brush, sunscreen. Travel size is ok. (Ladies, if you have room, bring a regular size bottle of good smelling shower gel. The cooks will appreciate you leaving it for them. In fact, they will ask for it.)

_____ Ladies – please pack the necessary “girl stuff” even if you think you may not need it. Traveling does strange things to our bodies and can disrupt even the best schedules. These things are not always easy to buy in a foreign country.

Miscellaneous:

_____ Bible

_____ Journal

_____ Pen

_____ Lesson plans

_____ Box of Pop Tarts to share with the team

_____ Box of granola bars to share with the team (or other snacks)

_____ Small packets of add to water drink mix such as gatorade or propel

_____ Flashlight

_____ Bug spray

_____ Baby wipes

_____ Sunglasses and sunscreen

_____ A watch (being where you are supposed to be when you are supposed to be there is important)

_____ Any medications that you take on a regular basis PLUS Imodium and an allergy medication that does not make you sleepy. You may also need a mild laxative. Also, bring Dramamine if you are susceptible to motion sickness.

_____ Pictures of family. The kids like to see that your family is just like theirs. Pictures of where you live and what you drive, may not be appropriate.

_____ Spending money for: Food in Airport coming and going, souvenirs, etc.

_____ A positive attitude and a servants heart.

Things to remember:

- Get lots of rest before we leave. Beginning this journey tired is not a good thing.
- Try to make room for your own personal pillow. It will make you feel more at home.
- Everything you bring must be washer and dryer safe.
- **Don't bring anything you wouldn't leave behind. (It may be involuntarily left behind)**
- Don't bring anything that would be a temptation for theft by a less fortunate brother or sister. (Leave your jewelry at home, it will be there when you get back)
- Focus on who He is and don't get hung up on who you are!
- It's not about "how we do it in the USA."
- You may have a day that you feel really out of sorts, maybe even homesick, this is a normal "culture adjustment" thing we sometimes experience when we are in a strange place. Get some rest, remember that it is temporary, focus on why you are here and it will pass.

I Corinthians 13 (Paraphrased)

If I have the language perfectly and speak like a native, and have not His love for them, I am nothing. If I have diplomas and degrees and know all the up to date methods, and have not His touch of understanding love, I am nothing. If I am able to argue successfully against the religions of the people and make fools of them, and have not His wooing note, I am nothing. If I have faith and great ideals and magnificent plans, and not His love that sweats and bleeds and weeps and prays and pleads, I am nothing. If I give my clothes and money to them, and have not His love for them, I am nothing.

If I surrender all prospects, leave home and friends, make the sacrifices of a missionary career, and turn sour and selfish amid the daily annoyances and slights of missionary life, and have not the love that yields its rights, its leisure, its pet plans, I am nothing. Virtue has ceased to go out of me. If I can heal all manner of sickness and disease, but wound hearts and hurt feelings for want of His love that is kind, I am nothing. If I can write articles or publish books that win applause, but fail to transcribe the Word of the Cross into the language of Love, I am nothing.

South African Pioneer