

## 6:8 Trip - Things to Bring:

- Work gloves
- Reusable (durable) water bottle
- Comfortable clothes for the entire stay (remember modest, no cheerleading shorts; can wear leggings under shorts) - bring extra socks (lots) and clothes - you are going to get wet! A couple pair of long socks for the Ranch.
- 2 pair of comfortable closed-toe shoes or hiking boots (broken in)
- Sandals/flip-flops/shower shoes
- Toiletries (soap, shampoo, toothpaste, toothbrush, deodorant, etc.)
- **Bible, team journal and pen**
- Sunscreen and bug spray with Deet (off clips/bracelets)
- Small backpack (for carrying water, snacks, ministry supplies, etc.)
- Poncho (good) or raincoat (better) or small umbrella (one that you can fit in your backpack) -we are going during the rainy season!
- Hat (to help keep the sun off your head/face)
- Small flashlight
- Hand sanitizer - you will want/need it!
- Snacks – (examples: granola bars, protein bars, cliff bars, etc.)
- Camera (optional)
- Earplugs (you will be rooming with others that may snore, etc.)
- Any regular prescriptions or over the counter meds that you take. Dramamine if you get motion sickness.
- Swimsuit and beach towel – one piece/tankini or two piece with tank top
- Headset (earphones) for flight – to listen to music or movie on plane
- Spending money (for travel meals, shopping, snacks, offering)
- 2 plastic garbage bags for your dirty clothes

## What NOT to Bring:

- Drugs, alcohol, tobacco (including electronic cigarettes/vaping), knives, weapons of any sort, fireworks, etc.
- Bad attitudes

## Items to be careful about bringing: (we will not keep these items for you at any time during the trip - you are solely responsible for them)

- Electronics – (only used during travel, not allowed on worksites, group meetings, etc.) – if you bring these items you are taking a risk of them being lost, broken, and/or stolen. The church and 6:8 Ministries will not be responsible for these types of items.
- Expensive items
- Cell phones (collected at airport)