

## Tijuana Mission Event Sample to bring list

### THINGS TO BRING:

- Money:
  - Money to pay for checked bag. \$25 per bag
  - Money for 5 meals in restaurants. At least **\$50.00** (3 in Mexico, 2 in U.S.)
  - Personal spending money. (How much is up to you. It is fun to do some shopping in the local markets, phone cards are about \$5 for 5 min. etc.)(small bills are suggested 1s, 5s, 10s)
- Airplane Tickets are group tickets – you will receive reservation code.
- Medical Release Forms (must be completed, signed & given to the leader before we leave)
- Liability Forms (must be completed, signed & given to the leader before we leave)
- Passport**
- Clothes (Suggestions)
  - 3-4 pair shorts
  - 1-2 pair lightweight pants
  - 4-6 short sleeve/sleeveless shirts (cotton)
  - 1 sweatshirt or long sleeve shirt for evening when it is cool
  - 1 lightweight jacket
  - Pajamas
  - Underwear
  - Socks
  - 1 pair of sturdy shoes for the worksite (sport shoes are good)
  - Tennis shoes
  - Sandals
- Work gloves (we will be hauling concrete blocks, passing wet concrete & digging)
- Ear plugs and safety glasses
- Sunglasses - Safety glasses (\$10.00 at Lowes)
- Small Towel, Bath Towel, Wash Cloth
- Soap, Deodorant, Brush/comb, Shampoo
- Toothbrush and toothpaste
- Personal Medicines (in original bottles w/ labels for border crossing)
- Travelers Kit for diarrhea etc.
- Pepto Bismal tablets - two four times per day helps stomach resistance. Cannot be taken if already taking aspirin or other anticoagulants. Check with your doctor if you have any chronic medical condition or are taking other medication.
- Sunscreen - preferably 30 or higher
- Bedding:
  - Sleeping bag (packed in a duffel bag) & twin size fitted bottom sheet
  - Or Sheets - (fitted and top for twin size bed) & blanket
- Pillow case & plastic pillow cover (pillows are now provided at the posada)
- Small Flashlight
- Hat for the sun
- Water bottle!!!
- Contact lens items
- Watch
- Antibacterial hand wipes - great for cleaning dirty hands when wash facilities are not available
- Plastic bags for dirty clothes & wet towels

## **OPTIONAL ITEMS**

Camera

Books

Post cards or pictures of home to show to people you meet. People love to see pictures of where you are from.

Games or puzzles to do with others at the posada

**IMPORTANT: REMEMBER YOU ARE FLYING AND CHECKED BAGS ARE NOW \$20 EACH. CHECKED LUGGAGE 50 lbs max. YOU ARE ALLOWED ONE CARRY ON BAG AND ONE SMALLER CARRY ON. Make sure they are tagged. Also luggage space in the vans will be very tight. We prefer duffel bags rather than suitcases. Also consider current restrictions for carry on items.**

### **Some helpful hints.**

- Backpacks for carry on are easy to carry through the airport and are useful at the worksite and sightseeing.
- Space in the vans we rent in San Diego will be very tight for everyone's gear plus people. You can fit a duffel bag into a much smaller area than a suitcase.
- Costco, Target or other places have affordable duffel bags with wheels.
- A money belt is recommended.
- Some people try to leave room in their bags for bringing home things they buy in Mexico.
- Clothes for the worksite might be ones you can just toss at the end of the week.

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