



## WHAT TO BRING & LEAVE BEHIND LISTS FOR VISITING TEAMS

### SUGGESTED ITEMS TO BRING WITH YOU AND LEAVE BEHIND

*Note: All liquids, gels, and powders should be packed in a Ziploc bag to prevent spills.*

Ball Caps  
Bandanas - To Be Used as Sweat Rags  
Bug Repellent  
Bug Spray for Rooms/Sheets  
Fans - Battery Operated (O2 COOL - With 2 D Batteries Is A Great One!)  
First Aid Kit  
Hand Sanitizer  
Mosquito Nets  
Sheets - Extra-Long Twin (College Dorm Variety)  
Snacks - Jerky, Dry Nuts, Protein Bars, Etc.  
Soap - Bar, Hand & Dish  
Sunglasses  
Sunscreen  
Toilet Paper  
Towels - Lightweight & Wash Cloths  
Water Bottle - Wide Mouth

### GROCERY ITEMS NEEDED

*Note: All liquids, gels, and powders should be packed in a Ziploc bag to prevent spills.*

Coffee Creamer - Powdered  
Coffee Filters - Paper  
Dry Cereal (E.G. Cheerios)  
Oatmeal  
Pancake Mix / Pancake Syrup  
Paper Products - Plates / Napkins / Paper Towels / Toilet Paper  
Plastic Cups / Cutlery  
Peanut Butter  
Powdered Drink Mix (E.G. Crystal Light)  
Over-the-Counter Medications - Unexpired  
Saran Wrap  
Tuna Fish  
Velveeta Cheese  
Ziploc Bags



## **NEEDS FOR GUESTHOUSES and/or ORPHANAGES**

*Note: All liquids, gels, and powders should be packed in a Ziploc bag to prevent spills.*

Baby Formula - Powdered  
Batteries of All Sizes  
Belts - Boys  
Bottle Openers  
Diapers  
Drinking Glasses - Plastic  
Hand Tools - Assorted  
Juice Glasses - Plastic  
Light Bulbs - LED or Spiral Fluorescent  
Life Jackets - Adult Jacket Style  
Mirrors - Hanging  
Plastic Tube Hangers  
Pillows (With Pillow Cases)  
Pitchers - Plastic, With Lid  
Salt & Pepper Shakers - Picnic Style, Disposable  
Sandals - Durable (Children's or Teens)  
Serving Spoons - Stainless  
Shoes - Children's or Teens, Tennis or Church  
Silverware - New or Used  
Socks - Boys, In Dark Colors Only  
Storage Containers (All Sizes)  
Towels - Lightweight  
Towel Bars - Metal or Durable Plastic  
Underwear (Children's or Teens)  
Washcloths  
Wastebaskets - Kitchen Size