

SAMPLE PACKING LISTS

Sample Packing List/Warm Weather

GLORY RIDGE 2013: WHAT TO BRING

- | | |
|---|--|
| <input type="checkbox"/> Sleeping Bag (or sheets & lightweight blanket AND an extra blanket, just in case...) | <input type="checkbox"/> OLD Work Clothes |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Bandana | <input type="checkbox"/> Spending \$\$\$\$\$\$ |
| <input type="checkbox"/> Long jeans | <input type="checkbox"/> Shampoo & Soap |
| <input type="checkbox"/> Jacket/Sweatshirt | <input type="checkbox"/> Shower Shoes |
| <input type="checkbox"/> Rain Gear (Not optional....it rained a LOT two years and we still worked!) | <input type="checkbox"/> "Bucket" or Shower Caddy for Bathroom |
| <input type="checkbox"/> Socks | <input type="checkbox"/> ItemsBattery—Operated Fan |
| <input type="checkbox"/> EXTRA shoes (when the first pair of shoes gets wet in the rain....) | <input type="checkbox"/> Book To Read |
| <input type="checkbox"/> Shorts (NOT SHORT SHORTS) | <input type="checkbox"/> Bible & Personal Journal (optional) |
| <input type="checkbox"/> T Shirts (no "tank tops" or "spaghetti straps") with appropriate logo on them | <input type="checkbox"/> Prescription Medication (please let Cookie know that you are bringing this) |
| <input type="checkbox"/> Swimsuit (Appropriate) | <input type="checkbox"/> Towels & Washcloths |
| <input type="checkbox"/> Musical Instruments | <input type="checkbox"/> Work Boots or Sturdy Shoes |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> "Crazy Creek" Chair (optional but important) |
| <input type="checkbox"/> Toothpaste (not optional) | <input type="checkbox"/> Whitewater Rafting Clothes |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Swimsuit |
| <input type="checkbox"/> "Nalgene" with your name on it | <input type="checkbox"/> Shoes that can get wet & won't come off your feet |
| <input type="checkbox"/> Camera (optional) | <input type="checkbox"/> Quick-drying shorts |
| <input type="checkbox"/> Flashlight (extra batteries) | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Hat or Visor | <input type="checkbox"/> Tools for Work |
| <input type="checkbox"/> Insect & Tick Repellent with Deet | <input type="checkbox"/> Work Gloves |
| <input type="checkbox"/> Laundry Bag | <input type="checkbox"/> Work / Nail Apron |
| <input type="checkbox"/> Plastic Bag (for wet or soiled clothes) | <input type="checkbox"/> Goggles |
| <input type="checkbox"/> OLD Work Clothes | |

WHAT NOT TO BRING:

- Cell phones
- Computer
- Knives or Weapons
- Tobacco Products
- Fireworks

- Pets
- Alcohol or Drugs
- Hair Dryers

PACKING LIST for COSTA RICA

Clothing

- Scarf, sweater, or light fleece (evenings are cold)
- Raincoat and umbrella
- Jeans or other lightweight pants to wear around town (shorts are not appropriate for formal events)
- Shirts to wear in evening and around town
- Dress (women) or pants and nice shirt for Church (no shorts)
- One old t-shirt (no tank-tops) for each day of work
- Old shorts or work pants (2–3 pairs) (Shorts should reach fingertips of girls – for your safety and comfort, you will be asked to change if your shorts are inappropriate)
- Quick-dry clothes for excursion (shorts and t-shirt)
- Heavy socks
- Closed-toed boots or shoes for work
- Sandals or other shoes for around town (that can get wet)
- Bathing suit & Swim Shirt...Everyone will be required to wear a shirt at the beach (Guys & Girls to prevent sunburn).

Toiletries

- Soap, shampoo, conditioner, etc
- All medication you take plus ibuprofen, Pepto-Bismol, anti-diarrhea

- Feminine hygiene products – do not count on buying them in Costa Rica
- Anti-bacterial hand wipes
- Sunscreen (no lower than SPF 15) and bug spray
- Wash cloth

Supplies

- Personal refillable water bottle
- Head lamp or reading light
- Digital watch with alarm clock
- 2–4 Ziplock bags and other plastic bags (grocery)
- Ear plugs
- Protein bars or other sealed snack items like nuts
- Minimal to no jewelry
- Backpack to bring to job site
- Cross shoulder purse for women to use around town
- A book or something to read in the evenings
- Electronics Group leader or other adult must have international-enabled cell phone for emergencies (AT&T is best)
- We recommend that youth DO NOT bring cell phones or other electronic devices such as laptops or iPads
- There is Wi-Fi in Diocesan House for group use *Wattage is the same in Costa Rica as in the U.S.*

Money

Dollars are widely accepted in denominations of \$20 or less (no coins). Colones is the

degrees in the evening. Plan accordingly.

Mount Irazu, our work site, is in the mountains and is a bit cooler. The daily highs in June are in the high 50's and the lows are in the low 50's. We will be staying in this area Sunday night through Friday morning, so pack appropriate clothing for these days. Temperatures at the coast will be much warmer, with highs in the 80's and lows in the 60's.

currency of Costa Rica and trades for roughly 500 colones = \$1US. Do not exchange money at the airport (bad rate). Credit cards are widely accepted.

It is typically in the 70s–80s in San Jose but chillier at night. From December–April we are in the dry season and rain is very rare. Most days are very sunny. Starting in May, there are short afternoon rains and storms. September and October are extremely rainy.

We will be staying in the coolest part of Costa Rica with possible temperatures nearing 30 degrees in the evening. Plan accordingly.

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LEADER PACKING LIST

Mission experience leaders have to pack for as many contingencies as possible. You also need to know your destination so you can pack items that aren't easily accessed on-site. Typically, leaders need to consider packing the following:

- Copies of each individual's Medical Release Form – at least one for each car or group leader in a sealed envelope and one for your destination “home base.”
- Remember to leave a copy of your roster, Itinerary, parents' contact information, and Medical Release Forms at your faith community or diocese office
- First-Aid Kits for each worksite and for “home base.” Each kit should include Tylenol, Ace bandages, snake bite kit, Benadryl, EpiPen (if possible), Pepto-Bismol or another anti-nausea medication, diarrhea medicine, rubbing alcohol, hydrogen peroxide, feminine products)
- Extra sleeping bags (you can also ship them ahead or be prepared to buy a few on-site, if necessary)
- Extra towels (also an item you can either ship ahead or buy on-site)
- Chest Coolers for each job site for lunches (or ship ahead or buy on-site, if easier)
- Water Coolers for each job site
- Gatorade or another sports drink for dehydration, if applicable
- Journals for each participant and pens (each in a plastic ziploc bag)

- Tools (if needed)
- List of cell phone numbers for adults (and youth, if permitted)
- Color copies of all participant passports if traveling internationally (also consider storing one copy in Dropbox or another cloud storage option)
- Bible
- Book of Common Prayer
- At least one copy of the signed Community Covenant
- Camera and videocamera
- Flashlight and extra batteries
- Credit cards (Be sure to call your credit card company and tell them that you are traveling, even if it's a domestic trip.)
- Cash
- Sunscreen
- Sunburn Care

Retreats

Though the regular meetings prior to any mission experience or pilgrimage are essential, coming together for an overnight retreat helps build a stronger community through discussion, worship, games, and skills development. This is even more important if this is a diocesan mission experience in which most of the participants don't know each other ahead of time.

The following sample retreat schedule is a great start for preparing for the retreat. You will find explanations at the end of each day to aid you in the understanding of the order.

SAMPLE RETREAT SCHEDULE