

What to bring on a mission trip

Packing list · Medical camp, Eldoret, Kenya

01 ESSENTIALS

11 ITEMS

☐ Passport

☐ Cash (exchange and travel food)

☐ Invitation letter

☐ Flight ticket

☐ Trip itinerary

☐ TotalCare / volunteer badge

☐ Stethoscope (medical personnel only)

☐ Stamps (providers only)

☐ TotalCare water bottle

☐ Pens

☐ Bible / journal / notebook

02 CLOTHING

14 ITEMS

☐ TotalCare Polo

☐ TotalCare Red Volunteer Shirt (2)

☐ TotalCare Blue Volunteer Shirt

☐ TotalCare Kenya Community Shirt

☐ White coat (providers only)

☐ Scrubs bottoms — blue, black, or gray

☐ Light jacket

☐ Long pants / long skirts

☐ Pajamas

☐ Undergarments

☐ Other clothes

☐ Socks

☐ Flip-flops / sandals / slip-on shoes

☐ Hat (optional)

03 MISCELLANEOUS

7 ITEMS

☐ Small backpack / bag

☐ Sunglasses

☐ Towels / sheets (optional)

☐ Tissues / wet wipes

☐ Snacks / gum / coffee

☐ Hand sanitizer

☐ Small mirror

04 TOILETRIES

5 ITEMS

☐ Toothbrush & toothpaste

☐ Deodorant

☐ Hairbrush

☐ Lip balm / lotion

☐ Shampoo / conditioner

05 ELECTRONICS

6 ITEMS

☐ Adapter (2-prong) / inverter (220 volts)

☐ Phone charger

☐ Headphones

☐ Flashlight

☐ Power bank

☐ Battery-powered fan

06 MEDICAL / HEALTH

4 ITEMS

☐ Prescription medication

☐ Bug spray

☐ Sunscreen

☐ Medicine (allergy, GI, pain, motion sickness)