

What to Bring to St. Louis... and other info...

THINGS YOU NEED

- ONE medium suitcase, and ONE backpack or carryon bag. You will be responsible for carrying all your bags.
- Sleeping bag or blanket, pillow, towels and washcloths.
- Some clean, casual outfits (for evenings), one set of “grubby” clothes for work (see full clothing checklist on back)
- Personal items such as toothbrush, shampoo, deodorant and soap (again, see full list on back).
- Sunscreen, water bottle; possibly a cap, sunglasses, etc.
- A Bible, notepad/journal, and pen.
- Additional spending money is optional for souvenirs, etc.

THE WEATHER

- The high temperature will be around 95 degrees during the day and the low at night close to 75 degrees!

OPTIONAL ITEMS

- A (cheap) camera; cell phone/charger.
- Other recreational equipment such as Frisbees, etc. and games.
- Snacks that fit in your backpack.
- *Don't bring anything too valuable that you wouldn't mind losing!*

THINGS NO ONE NEEDS AT CAMP

- Alcohol, tobacco, and illegal drugs. Appropriate action will be taken if these are found in anyone's possession.
- Fireworks or any kind of weapon.
- PDA: We're going on a mission trip, not to a couple's resort. Please leave PDA at home.
- Radios, portable CD or MP3 players may be brought for the road trip. If you bring electronic equipment, we cannot be responsible against their loss.

DRESS CODE

- All participants are asked not to wear clothes displaying profanity, distasteful slogans or ads for products such as alcohol and tobacco.
- Modest shorts and casual shirts are appropriate for the evenings. Swimsuits should be modest.
- For safety reasons closed-toe shoes are required for one work site.

ADULT SUPERVISION

- Several adults will be accompanying the students on our mission trip. The students will be expected to respect and comply with adult supervision.
- Any student who by their actions repeatedly disrespects or disobeys an adult will be sent home at their parent's expense.
- Parents are expected to communicate to the church office before we leave any special needs we should know to care for their child. This includes any medications to be taken as well as food allergies.
- While at Six Flags on Monday, students will be allowed to roam the park in groups without adult supervision. If you wish your child to stay with an adult while in the park, please submit your request in writing.

2009 St. Louis Mission Trip Packing Checklist

You will be allowed one medium-sized suitcase and one backpack or carry-on bag. You are responsible for carrying both items.

Clothing		Other Items to Bring	
<input type="checkbox"/>	1 sets of grubby clothes (t-shirts, shorts, etc)	<input type="checkbox"/>	Sleeping bag, blanket or sheets, pillow
<input type="checkbox"/>	3 sets of comfy casual clothes for the weekend	<input type="checkbox"/>	Pillow
<input type="checkbox"/>	Comfortable travel clothes	<input type="checkbox"/>	Towels, washcloths
<input type="checkbox"/>	Tennis shoes (or other closed-toe shoes)	<input type="checkbox"/>	Bible, journal and pens
<input type="checkbox"/>	Lightweight jacket, pullover or sweatshirt	<input type="checkbox"/>	Snacks for the road
<input type="checkbox"/>	Underclothes, socks	<input type="checkbox"/>	Games (cards, Frisbees, travel games)
<input type="checkbox"/>	Sandals, shower shoes or flip flops	<input type="checkbox"/>	Insurance card (or copy of front/back)
<input type="checkbox"/>	Bandana, hat, visor or cap	<input type="checkbox"/>	School or photo ID (driver's license)
<input type="checkbox"/>	PJs or sleep clothes	<input type="checkbox"/>	Spending money (Fri lunch, Mon lunch, dinner)
<input type="checkbox"/>	<i>Jeans or long pants not necessary</i>		<i>(all other meals covered)</i>
Personal Items		<input type="checkbox"/>	Water bottle that you can reuse / carry w/you
<input type="checkbox"/>	Soap/shower gel, shampoo	<input type="checkbox"/>	Camera
<input type="checkbox"/>	Hair supplies (brush, comb, elastics)		
<input type="checkbox"/>	Deodorant		
<input type="checkbox"/>	Toothbrush and toothpaste, floss?		
<input type="checkbox"/>	Sunscreen, lip balm		
<input type="checkbox"/>	Feminine hygiene products (girls only :)		
<input type="checkbox"/>	Razor, shaving cream?		
<input type="checkbox"/>	Glasses/contacts/case/solution		
<input type="checkbox"/>	Sunglasses w/strap		
<input type="checkbox"/>	Medications? Bug spray?	<input type="checkbox"/>	<i>Reminder of home (optional)</i>
<i>Please keep make-up, hair stuff to a minimum!</i>			