

Personal Gear

Building Hope Mexico Mission Trip 2019

Tent – sturdy & wind resistant with substantial stakes & “doormat” (straw beach mats work fine)
Ground Tarp
Sleeping Bag (suitable for nighttime temperatures in the 40s-50s)
Air Mattress or Pad (air mattresses get cold, so you may need extra insulation)
Camp Chair (full height chair)

In your San Diego Bag:

Identification – passport (see FAQ's)
Change of clothes (you'll get a trip t-shirt in San Diego)
Medications – prescriptions (in original container), pain reliever, Pepto-Bismol chewables
Bathing suit – also for the showers at camp
Toiletries - soap, shampoo, toothbrush & paste, etc.
Lip Balm with sunscreen in it
Clothes for sleeping; ear plugs
Reading and Writing Materials
Sunglasses
Extra set of car keys (if bringing personal vehicle)
Money for food (plus small amount in small bills for the corner store near the work site)
Watch with alarm or travel alarm
Camera

In your big bag:

For camping:

- Pillow
- Fleece throw blanket (optional)
- Sheet to use as dustcover (optional)
- Flashlight - with extra batteries
- Sunshower
- Personal Drinking Container-for work site, ½ gallon insulated
- Reusable lunch bag
- Personal Cup - for meal time beverages, recommend insulated

Clothing and personal items:

- Bathing suit (AMOR rule: bathing suits must be worn in camp shower)
- Sandals - for the showers
- Towel & Washcloth, fingernail brush
- Cleansing Wipes (recommended as occasional alternative to shower)
- Sunscreen
- Mosquito repellent
- Shoes for camp – recommend slip on/off
- Work Shoes - boots (preferred) or sturdy tennis shoes

Work site clothes:

Long pants (no shorts for work site)
Short sleeved t-shirts (no sleeveless)
Socks/underwear
Light weight long sleeved shirt

Camp site clothes

Shorts
Sweat pants & sweat shirt
(warm clothes needed in evening)
T-shirts

- Clean clothes for the drive home – in a zip-loc bag if you want to really keep them clean
- Rain Gear
- Bandana
- Hat - with brim or visor
- Spanish dictionary (optional)
- Sharpie pen (to label anything you missed)

Label EVERYTHING with your name!

Personal Tools:

Hammer
Tool Belt or Apron (nail aprons are available to borrow, if needed)
Work Gloves – two pairs, at least one pair should be leather
25' Tape measure