

## Packing List Minneapolis - Saint Paul, MN | July 13, 2024

Clothing	Personal Items	Must Haves	For Floor Sleeping Trips Only
☐ Dress clothes for church (1 pair)	☐ Bug Spray	☐ Bible	☐ Camping pad
☐ Clothes you're willing to get dirty each day	☐ Anti-bacterial hand sanitizer	☐ Pen	☐ Sleeping bag/sheets
☐ 5-6 pairs of clothes	☐ Sunscreen/sun-block	☐ PPM Handbook / Journal / Pelican Guide	□ Pillow
☐ Lightweight sleepwear	☐ Sunburn medication and lotion	☐ 2 Water Bottles	
☐ Undergarments	☐ Bath towel and/or beach towel	☐ Hat or baseball cap	
Swimwear (modest one-piece)	□ Washcloth	Sunglasses	
Socks	☐ Comb/Brush	☐ Inexpensive watch	
☐ Closed-toe/tennis shoes	☐ Contacts/contact solution and case (if	☐ Flashlight	
☐ Sandals for shower	needed)	☐ Zip-lock bags (for wet/dirty clothes)	
at least 2 pairs of long pants for mission	☐ Glasses/glasses case (if needed)		
sites	☐ Toiletries		
at least 2 long sleeve shirts	☐ Toothbrush / toothpaste / floss		
	□ Soap and shampoo		

Here is what NOT to bring or wear on the field:

- Items or attire that could be construed as taking a political or divisive stance
- Jewelry or clothing that are valuable and at risk of being lost or damaged
- Tank tops, muscle shirts, or sleeveless tops
- Shorts, dresses, or skirts that are shorter than fingertip length
- Two-piece bathing suits showing midriff