

Below, we have listed some of the things that you will need to pack for your trip to Belize. We have also listed some things that are needed by the churches and local people. Many groups leave behind items such as sheets, towels, and over the counter medications. We give these items to local people as needed. We encourage groups to "Dress to Bless"... which means, wear clothing items that you can leave behind to bless others. Many people shop at the thrift stores for the clothing they will wear while working in Belize and then they leave them behind... some even buy suitcases from the thrift store and leave the suitcase as well. It makes for much lighter travel back home and you are able to bless others. We wash all the clothing and then give them to others who are in need.

We are able to provide many adults with clothing that is left behind but we rarely have any children's clothing to give away so any children's clothing would be welcome.



THINGS TO BRING FOR YOURSELF

INSECT REPELLANT

Sun screen

Sun Shades

Sheet, pillow, pillow case

Toilet tissue

Camera

Personal Journal

Bible

Light weight clothing for everyday (modest)*

Clothing for church services (simple & modest)*

Tennis shoes

Sandals or flip flops

Money for souvenirs/snacks

Basic first aid items

LOCAL CHURCH NEEDS

Bibles

Teaching materials (Sunday school, Bible study, Discipleship)

Worship CDs

Printed Song Lyrics

Craft supplies

BASIC ITEMS NEEDED BY LOCALS

Pain relievers (Tylenol)

Antibiotic ointment

Toothache medicine

Lice shampoo

Cough medicine

Toothbrushes, toothpaste

School supplies (pencils, pens, etc)

Reading glasses

Small flashlights