

What to Bring

(See Reverse for More Details)

- **Original passport**
- Water bottle labeled with your name
- Sun block (Optional: lip balm, brimmed hat, sunglasses)
- Soap, shampoo, other toiletries, towel, wash cloth (An extra towel was provided there)
- Extra contact lenses or back-up pair of glasses and care supplies, non-electrical if possible
- Purell or other similar product
- Ibuprofen or Tylenol Imodium, AD or Pepto-Bismol, prescribed medications, even if occasional use, (i.e. inhaler, allergy medication etc.) Bring in original container.
- (Optional: Baby wipes)
- Feminine products as needed
- Toilet Paper - one roll
- Bible
- Notebook and pen
- Traveler's wallet to be worn inside of clothes (Or wallet in a front pants pocket)
- Spending money (no more than \$100.00 (U.S.) in pesos: may need to preorder/ also will need some American money for airport food)
- Small denomination bills
- Insect repellent
- Film/memory card/camera
- Flashlight
- Spanish / English dictionary (Paper is generally better than electronic)
- Any stuffed animals, t-shirts, caps or small gifts for the children

Clothes: Casual/Nothing with American or Mexican flag

- Shorts or casual pants, a pair of jeans
- T-shirts (no strapless or narrow strap shirts) (Modest necklines please.)
- Tennis shoes (and a back-up pair of shoes)
- Sandals or aqua shoes for in pool
- Swim-suit (one-piece) (Girls: If two-piece, stomach must be covered or wear t-shirt over it)
- One dressier outfit for Mass and tourist trip (ladies should bring a skirt or dress—no mini skirt, sport slacks or casual pants for gentleman such as khakis)
- Underwear and socks
- Light jacket or sweatshirts (It can get cool in the evening)
- One light rain coat or rain poncho

Food

- Remember our focus is to try to integrate into their culture – we are there to experience their entire culture – including food – limit your food to three or four items. We eat with the children at NPH. We drink purified bottled water.
- Some like bringing some flavoring to add to their water
- If you have special dietary requirements please let Mike know ASAP
- Candy (but NO GUM) for the kids
- Peanut butter crackers, cheese crackers, fruit rollups, protein snacks, granola bars
- NO fresh fruit or veggies or meat products

SPECIAL NOTES ON PACKING

1. Everyone is allowed **one bag or suitcase and one carry-on (plus one bag used for trip supplies)** for the trip. There are specific sizes for bags going out of country. You will be notified of regulations.
2. There is neither room nor adequate power for blow dryers and curling irons. Please do not bring them.
3. ***Cell Phones: With the exception of adults bringing cell phones for the purpose of emergency calls, it is preferred that you not bring cell phones. If you bring a cell phone you are asked to not use it in Mexico (it probably will not work anyways). Calls from the US airports would be fine, unless you are asked not to do so. In the case of travel delays, we will restrict information coming back to Lakeville to our official calls so there is not misinformation given to those back in Minnesota.***
4. ***Portable Music Players (MP3): It is preferred if you do not bring these, but they are allowed for use when trying to rest or sleep. They are not to be used when we are with the children or when we are engaged in activities together.***
5. Remember that people almost never pack too little—they almost always pack too much!
6. Please do not bring valuables. All Saints is not responsible for lost or stolen items.