

PACKING LIST

Pack light in an airline-approved carry-on sized luggage and small backpack.

ATTIRE

***See Dress Code

- Short sleeve shirts
- Pants
- Long sleeve shirt/hoodie/sweatshirt
- Church clothes
- Rain jacket/poncho
- Pajamas
- Socks (extra socks)
- Undergarments
- Sneakers/hiking/casual shoes
- Flip flops/sandals
- Hat/visor/sunglasses

BASICS

- Pillow case
- Laundry bag/trash bag
- Flashlight
- Small umbrella
- Water bottle
- Snacks that won't melt
- Phone charger
- Travel items

PERSONAL CARE

***Must be 3 fl. oz. or less

- Toiletries
- Shower products
- Toothbrush/toothpaste
- Deodorant
- Hand sanitizer/wet wipes
- Sunscreen
- Insect repellent
- Medication

IMPORTANT

- Bible and journal
- Cash (clean, crisp bills)
- Copy of passport in luggage (leave an additional copy at home)
- Copy of international travel pre-check form
 - [CLICK HERE](#) for Honduras
 - [CLICK HERE](#) for Nicaragua
 - Not needed for Guatemala
 - Not needed for Nepal

If you have packing questions, please ask us for help. Checked baggage allowances will be used to pack supplies for the local residents and/or miscellaneous items for our missionaries. Please do not bring any other gifts, supplies, or items unless pre-approved.

DRESS CODE

Most Christians living in remote villages dress very conservatively. To honor the culture of these believers and to not hinder our impact, Commissioned International requires team members to adhere to the following dress code. Please understand that this is an effort to be respectful to those we serve and not to deprive you of your individuality. It is vital to the success of our ministry that we are mindful of cultural differences, including our appearance.

GENERAL: All clothing should be modest and free of any questionable designs. Tops should be t-shirts or other short-sleeve shirts. Pants are required at all times including while serving, travel days, and sightseeing days. Bottoms should be pants such as khakis, jeans, linen, capri/chino, hiking, scrubs, etc. Pajamas should be modest lounge clothes.

LADIES: Dresses and skirts below the knee are acceptable and should be worn to church. Sleeveless tops are acceptable, but spaghetti-strap tank tops are NOT permitted. Fingertip-length shorts are acceptable ONLY during leisure time at Commissioned International lodging facilities and village sleeping quarters.

MEN: Pants should be worn to church. Collared shirts are required for those preaching. Shorts are acceptable during leisure time at Commissioned International lodging facilities and village sleeping quarters.

ADDITIONAL SUGGESTIONS: Clothes should be comfortable, breathable, and casual. Shoes should be chosen for comfort and suitability for walking on rough terrain. Pack sufficient clothing for the duration of your trip, as you will not have access to laundry facilities.