**Packing list**

* Sleepwear
* Undergarments
* Socks
* Top of Form
* Swimwear (one-piece or tankinis for the ladies)
* Beach towel
* Bottom of Form
* Closed-toe shoes/running shoes
* Flip-flops/sandals
* 1-2 pairs of jeans/sweatpants
* 3-5 pairs of shorts (basketball short length)
* 12-14 t-shirts
* A hoodie
* Spending money
  + Pesos (order a week or more in advance)
* Passport
* Medications
* Bag to put dirty laundry in
* Toiletries
  + Brush
  + Shampoo/Conditioner
  + Toothbrush/toothpaste/floss
  + Deodorant
  + Hair ties and bobby pins (if applicable)
* Bible
* Pen
* Large water bottle
* Hat
* Sunglasses

Notes:

* Please **empty** your water bottle before airport security.
* Please pack everything in a small duffle bag/suitcase and a small personal bag. We will be checking our luggage, but please pack in a carry-on size suitcase or bag.
* It is recommended that team members only bring what is equivalent to $60-75 Canadian in Pesos. It is unwise to bring a substantial amount of cash. A small amount of American currency can also be brought for when we are traveling through Arizona.
* Melanie will be bringing: Advil, Tylenol, Bendryl, Pepto Bismal, cold medicine, cough lozenges, hand sanitizer, a first aid kit, gum, wet wipes, and lots of sunscreen.