

Toiletries

- Toothbrush and toothpaste
- Shampoo, soap, hair brush
- Hand sanitizer, anti-chaffing stick
- First aid kit or band aids
- Baby wipes, toilet paper, travel clothes detergent
- Medicines, Tylenol, Benedryl, sleep aids, chapstick
- Sunscreen
- Feminine hygiene products

Clothing

- Cool, air-dry tank tops or t-shirts
- Modest shorts or light pants
- Dress, skirt or polo (for church and special events)
- Waterproof jacket
- Walking boots or sturdy shoes
- Flip flops
- Scarf, buff or hat
- Sunglasses
- Swimsuit

Other Items

- Mosquito net (optional)
- Pillow, light blanket or sheet
- Light towel (for showering)
- Money belt
- Work gloves
- Camera
- Gallon Ziplocs (great for keeping things dry and clean)
- Hydration tablets or electrolyte packets

Donation Items

- Hard candy that holds up in heat and humidity (enough for a large number of children)
- School supplies (notebooks, pencils, dictionaries, world maps)
- Soccer equipment (balls, pumps, pump needles)
- Arts and crafts materials (scissors, crayons, paint sets)
- Games (Uno)