

Packing List D.C. Mission Trip

Each student can take one checked-bag. Checked-bags must be less than 50 lbs and 62 linear inches. Each student may also have a carry-on bag that is no more than 24"x17"x10". Please don't bring any extra luggage unless you coordinate with Mr. Fox!

We will be traveling for 11 days. Plan accordingly!

- All clothes should follow the principles outlined in the SBJA Handbook.
- Use discretion, and please don't bring clothes or possessions that are expensive or that will draw attention.
- During the service portion of the trip, casual clothes are fine.
- During the history tour portion of the trip:
 - Jeans are fine, but you should wear an SBJA polo shirt each day.
 - We'll be walking up to seven miles a day, so bring comfortable shoes.
 - Weather will be in the 40s and possibly raining/windy, while indoor temps will be in the 60s/70s. **Wear layers** to be prepared for walking in the cold/rain without roasting inside buildings.

Clothes

- Socks (Enough for 11 days)
- Underwear (Enough for 11 days)
- Work shirts (Enough for five days)
- Work pants (Enough for five days)
- Casual shirts (Enough for two days)
- SBJA polo shirts (Enough for three days)
- Casual pants (Enough for five days)
- 1 church outfit (Should be professional but doesn't need to be fancy)
- Pajamas (Enough for 10 days)
- Modest swimsuit (Possibly for showering (?) and hotel swimming pool)
- Waterproof sandals (Optional – For use in shower)
- Comfortable **and warm** walking shoes
- Sweatshirts/fleeces (for layering)
- Rain jacket

Personal Items

- **TOWEL!**
- Personal medication with an extra day's supply (Must notify Mr. Fox of medicine/quantity/times it should be taken)
- Toothbrush, tooth paste, floss
- DEODORANT!!!
- Shampoo/Soap
- Personal toiletry items
- Disposable camera or inexpensive digital camera with extra batteries (no cell phones!)
- Vitamins
- Plastic bags for toiletries and dirty clothes

Other items

- If you're not a U.S. citizen, your passport
- School ID
- Sheets or sleeping bag (the CSM director recommended sheets)
- Travel pillow
- Water bottle
- Composition notebook
- Pens
- Bible
- Travel-sized **non-electronic** games - i.e. cards, Uno, checkers, hacky sacks, etc.
- Spending money for souvenirs, snacks, etc.

Suggested items

- Granola bars or easy, non-messy snacks (pack some in your carry-on for the plane ride!)
- Mittens
- Camera (perhaps an inexpensive digital or disposable camera)

What NOT to bring:

Anything that you're not willing to give away

Jewelry

Gum

Any **electronic devices**, except for a camera. Do not bring any smartphone, gaming device, movie player, etc. (If safety for your child is a concern, he/she may bring a flip phone. Most carriers allow you to switch devices online free of charge.)

Tripods or similar devices

Electronics Policy

Throughout my 10 years of leading trips, I have seen a significant difference in trips where electronic devices are/are not a significant presence. When electronic devices are not an option, individuals are more present, more interested, more connected, and more fun. They also tend to get better rest.

Both students and parents tend to react strongly to the no electronics policy, complaining that students will be bored or won't be able to stay in touch. Regarding boredom, I have seen that when electronics are not an option, students do just fine (the challenge is when they are available but not able to be used); they always find something to do and usually end up having more fun (Didn't we survive without personal electronic devices?). Bring card games, books, etc. Regarding staying in touch, each chaperone will have a cell phone, and you can contact us, or your child can contact you, at any point. We will also stay in groups, with one chaperone for every three students, to keep students safe and accounted for.