

(Recommended Packing List for Mission Trip--  
Noninclusive)

- 1) **Tylenol**—for pain or fever
- 2) **Motrin**—for pain or fever
- 3) **Pepto Bismol**—for upset stomach
- 4) **Immodium** for diarrhea
- 5) **Cipro** (ciprofloxacin)
- 6) **Benadryl** 12 or 25 mg tablet—bring at least 10
- 7) **Deet** or any mosquito repellent
- 8) Bring some **long sleeved night wear** to protect yourself against mosquito bites at night.
- 9) Flashlight
- 10) Motion sickness medication
- 11) Comfortable shoes or sneakers (flip flops are not recommended at the work site)
- 12) **Prednisone** 10mg (10 pills) if you get some—great for allergic reaction
- 13) Bible, journal, pen
- 14) **Prayer!**