



**West Ohio Conference of the United Methodist Church
Volunteers in Mission**

Team Member Packing List

- Documents: medical information, notification of death, liability release, medical release forms
- Medications
- Clothing (work and casual) Long pants & long sleeve shirts
- Casual shoes & work shoes
- Hat for working in the sun, sunscreen, sunglasses or head band
- Work gloves
- Sleeping bag and pillow (air mattress)
- Towels and wash cloth
- Flashlight
- Bible
- Notebook, pencil/pen, stationary
- Cash for food for three days on the road and souvenirs
- Medications that you may need
- Copies of prescriptions of drugs you are taking with you
- Extra pair of glasses and/or contacts; extra hearing-aid batteries
- Insect repellent
- Toiletries, e.g. soap, shampoo, lotion, toilet paper
- Travel alarm clock
- Moist towelettes or sanitizer
- Desire to love as Christ loves, positive attitude, Christian spirit, and servant mentality

Optional

- Ear plugs
- Fanny pack
- Camera---If you camera is digital please bring the cable to transfer to computer
- Snack food (your own personal treats)