

## Russia Mission Trip – Packing List PSALM 40:1-3

### **Girls Suggested Wardrobe:**

Choir Uniform  
1-2 Long-sleeved turtlenecks or warm shirts  
2-3 prs Dress pants  
2 warm sweaters  
1 pr jeans  
2 pr polyester long underwear (warm even when damp)  
6 pr socks (regular plus extra thick warm socks)  
Dress Shoes  
Sneakers  
Sweats or long pajamas for sleeping  
Down jacket with hood  
Warm, light gloves  
Warm scarf  
Warm hat  
Warm snow boots and thick socks  
6 sets of underwear  
Slip  
Extra feminine products, in case needed

### **Guys suggested wardrobe:**

Choir uniform  
2-3 Long-sleeved shirts  
2-3 pr Dress pants  
2 warm sweaters  
Dress jacket  
2 ties  
Belt  
1 pr jeans  
4 pr dress socks  
Dress shoes  
Warm weather-proof hiking boots (for snow)  
3 pr thick socks  
Sneakers  
6 pr underwear  
Sweats or pajamas for sleeping  
Down jacket with hood  
Warm knit hat  
Warm, lined gloves  
Warm scarf

## **Other Stuff:**

Bible  
Sleeping bag  
Toilet paper  
Towel and Washcloth  
Toothbrush/Paste  
Soap  
Shampoo/Conditioner\*  
Deodorant\*  
Chap stick  
Hair care items (keep it simple!) Electricity is doubtful!  
Small mirror  
Shaving supplies\*  
Glasses or contacts  
Kleenex packets (plenty)\*  
Meds for colds, sore throats, etc.  
Prescription medicines  
Pepto Bismal  
Plastic bags for wet items  
Pillow case for dirty clothes  
Soap to hand wash clothes\*  
Clothesline  
Small flashlight/spare batteries  
Camera/Batteries  
Small pillow  
Snacks you can't live without  
Journal/pen or pencil  
Inexpensive watch  
Small gifts  
Photos of home, family, and friends to share  
Reading materials

\*Bring sample size containers to save space and weight  
    Music be 3oz or less in a clear zip-locked bag

## **What not to bring:**

Cell phones (Can't use them anyways)  
Laptop (There will be several available from staff to download pics from your camera)  
Inappropriate reading material  
MP3 Players

## **Guidelines**

Pack light....pack light.....pack light!!!

Bring clothes that are interchangeable to adapt to a variety of situations

Finish packing at least 2 days before departure.

If you are not sure you will need something, don't bring it!

Pack lighter!!!

## **Baggage size restrictions:**

1 Checked bag (35.5in x 29.5in x 16in) 50lbs max

1 Carry on (22in x 18in x 10in)

Duffle bag, or soft sided suitcase

Back pack

## **Medications:**

All prescription medications must be in their original container with your name and your doctor's name.

## **Sleeping Bags:**

Large duffle bags will be provided to carry your sleeping bags. If you can pack it in your suitcase, that would be better.