Proposed Packing List for Volunteers Serving in Jamaica

ESSENTIAL DOCUMENTS

- [ ] Passport (valid 6+ months beyond travel dates)
- [ ] Trip insurance documentation (insurance provided in trip cost)
- [ ] Flight itinerary
- [ ] Emergency contacts
- [ ] Completed Jamaica C-5 entry form (access it online here)
- [ ] Credit/debit card (notify bank before travel)
- [ ] USD cash for small purchases

CLOTHING

Worksite Clothing

- [ ] Loose-fitting long-sleeve shirts (sun protection)
- [ ] Long pants or durable work pants
- [ ] Closed-toed shoes
- [ ] Hat with brim
- [ ] Work gloves
- [ ] Lightweight rain jacket or poncho

Church Clothing

- [ ] Women: Modest dresses or dress/skirt + blouse
- [ ] Men: Slacks and collared shirt
- [ ] All: Avoid revealing or tight clothing

Everyday/Free-Time Clothing

- [ ] Modest T-shirts
- [ ] Shorts (knee-length preferred)
- [ ] Light sweater or jacket
- [ ] Sleepwear
- [ ] Beachwear (optional)

LODGING & PERSONAL ITEMS (CAMP-STYLE)

- [ ] Travel pillow
- [ ] Quick-dry towel & washcloth
- [ ] Shower shoes
- [ ] Toiletries
- [ ] Personal medications
- [ ] Laundry bag
- [ ] Earplugs & sleep mask

HEALTH & SAFETY

- [ ] Sunscreen
- [ ] Insect repellent
- [ ] Hand sanitizer & wipes
- [ ] Electrolyte or hydration packets
- [ ] Small first aid kit (bandages, ointment, etc.)
- [ ] Anti-nausea/anti-diarrheal medicine
- [ ] Any other travel medications recommended by your primary care physician

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ELECTRONICS

- [ ] Phone & charger
- [ ] Portable power bank
- [ ] Optional: eSIM or international plan
- [x] *Jamaica uses U.S. plug types A & B — no adapter needed
- [x] Tools are provided at worksites

TRAVEL & LOGISTICS

- [ ] Reusable water bottle
- [ ] Small daypack
- [ ] Sunglasses
- [ ] Snacks for travel days
- [ ] Notebook & pen
- [ ] Bible/devotional materials
- [ ] Small gifts/cards for hosts (optional)

OPTIONAL (FOR FREE TIME IN MONTEGO BAY)

- [ ] Sandals
- [ ] Beach towel
- [ ] Snorkel mask
- [ ] Spending money
- [ ] Hotel info (if arriving early/leaving late)

Walking Alongside
THE LOCAL CHURCH GLOBALLY