



Mission Trip Packing List & Dress Code Guide

To ensure everyone's safety, comfort, and respect for the communities we are serving, please adhere closely to the following packing list and dress code guidelines.

1. Quick-Reference Clothing Standards

All clothing should fit comfortably and provide full coverage while standing, bending, or working.

Clothing Category	Approved Items	Prohibited Items
Worksite Apparel (Clothing and shoes will get dirty and may be stained or damaged at worksites) (5 Changes)	• Sturdy jeans or old khakis • Durable worksite shorts (must reach mid-thigh or lower - roughly within 6 in. of the middle of the knee) • Modest T-shirts	• Running, wind, or biking shorts • Crop tops, tank tops, or sleeveless shirts • Short-shorts • Graphic images with alcohol, drug, and tobacco references and/or images of a violent or sexual nature.
Casual Apparel (Non-worksite) (7 Changes)	• Athletic shorts (Nike/soccer styles are okay off-site) • Casual pants, jeans, or shorts • Leggings (only when paired with a long shirt that covers your bottom) • Modest T-shirts	• Biking shorts or ultra-short shorts • Crop tops, tank tops, or sleeveless shirts • "Lampshading" (oversized shirts that fully hide your shorts)
Mass / Formal Attire	• Modest dress clothes (dresses, skirts, slacks, nice shirts) • Covered shoulders and modest necklines	• Jeans, shorts, or t-shirts • Spaghetti straps, strapless, or open-back tops

2. Packing Checklist Clothing & Footwear

- **5 Sets of Work Clothing:** Items that you do not mind getting dirty, stained, or ruined on the worksite.
- **7 Sets of Casual Clothing:** For VBS, spending time at the Basilica, and evening activities.
- **Mass Attire:** Modest, respectful clothing for church services.
- **Socks & Underwear:** Packed for 7 days (it is highly recommended to bring 2 changes per

day to stay clean and dry).

- **Closed-Toe Work Shoes:** Sturdy work shoes, boots, or durable sneakers (absolutely no sandals, slides, or flip-flops on the worksite).
- **Casual Shoes:** For off-site activities and visits to the Basilica.
- **Light Jacket or Sweatshirt:** For air-conditioned indoor spaces and cooler evenings

Worksite Gear & Hydration

- **Insulated Water Jug:** Half-gallon to 1-gallon size (e.g., Igloo or similar style) to keep water cold all day.
- **Work Gloves:** Cotton gardening gloves or durable leather work gloves.
- **Sun & Bug Protection:**
 - Hat (broad-brimmed or baseball cap)
 - Sunglasses
 - Waterproof sunscreen
 - Insect repellent / mosquito spray

Recreation & Swimwear

- **Swimsuit:**
 - *Girls:* Modest swimsuits (preferably a one-piece or a tankini that fully covers the midriff).
 - *Guys:* Standard swim trunks (no speedos).
- **Two Beach Towels:** One for pool/beach use, and one to keep in the transport vehicle to protect the car seats after workdays.

Toiletries & Personal Care

- **Daily Toiletries:** Deodorant, soap, shampoo, conditioner, toothbrush, and toothpaste.
- **Shower Shoes:** (Optional, but highly recommended for shared shower spaces).
- **Bandana:** (Optional, great for sweat or dust on the worksite).

Health & Miscellaneous

- **Large Plastic Trash Bag:** For storing damp or dirty laundry throughout the week.
- **Spending Money:** \$50 to \$75 is recommended for snacks, drinks, and Basilica gift shop..

Important Medication Policy for Minors

If you are a minor taking prescription medication, your medicine **must** be kept in its original, legally labeled pharmaceutical container. Please place the container inside a clear, 1-gallon Ziploc bag clearly labeled with the participant's **full name, dosage, and administration schedule**. ***Please see your parish representative and/or medication coordinator for appropriate medication policy details.***

Questions? Please contact james@missonsanjuan.org with any inquiries about this packing list.