

# Love Begins Here Missionary Packing List

**First Day Arrival Time: 5pm | Last Day Dismissal Time: 11:00 am**

## **Let's get started with a couple of initial pointers:**

- Feel free to follow up on social media (Facebook: Love Begins Here - Green Bay / Instagram: lbh\_greenbay). We will be updating those frequently during the summer
- During the day, participants will have to wear sturdy, closed toed footwear, such as tennis shoes. In the evenings, they can transition into more traditional summer footwear and sandals, if they would like.
- Please note that missionaries are encouraged to dress modestly, and expected to dress appropriately. As such, mission trip participants will not be able to wear clothing which is overly-revealing, such as bare midriffs, spaghetti-straps, sagging or very short shorts. (For the ladies, shorts must have a 3 inch inseam, at minimum.) Participants will be asked to not wear any clothing which displays or promotes a message which is inappropriate for their age (incl. alcohol) or in conflict with Christian values.
- Participants may not be showering in an area where there are individual shower stalls, so they should bring swimwear for the showers. Swimwear will also come in handy during the evenings when we may play water games, go swimming and the like.
- For the ladies, bring one piece swimwear or tankinis that cover the whole midriff!
- At LBH, we take plenty of time to change our clothes and get ready for swimming outings and the worksite. **On that note, we also take some time to dress a bit nicer for daily Mass, as well.** To this end, we would like the ladies to bring a knee length (or longer) skirt to slip over their shorts or pants (other than sweatpants or yoga pants) and the young men to bring a pair of pants (other than sweatpants) to wear for attending Mass. If young ladies are unsure of their skirt lengths, bring a pair of leggings to wear underneath.

## **DEFINITELY BRING:**

- Shorts - T-Shirts - Underwear - Socks - Skirt or Pants for Mass (Ladies) - Pants for Mass (Gentlemen)	- Sweatshirt - Pajamas - Closed Toed / Tennis Shoes - Sandals - Towel - Swim Suit - Sunscreen -Pair of work gloves	- Laundry (Plastic) Bag - Water Bottle - Toiletries (Soap, Toothbrush, Toothpaste, Shampoo, Hair Brush, Deodorant, Lotion, Lip Balm)	- Sleeping Bag or Bed Linen - Pillow - TWIN SIZE Inflatable Mattress or Sleeping Pad (we sleep on hard floors!)
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## **PERHAPS BRING:**

- Medications (In Original Containers)	- Camera, Memory Cards, & Batteries	- Book - Flashlight	- Pen & Journal - Car group leaders may want to bring a cooler (1 per car)
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## **DO NOT BRING:**

- Drugs (Prescription drugs must be noted on the health information sheet!), Alcohol. Weapons
- Portable Video Games
- iPods & MP3 players
- Cell Phones

## **CELL PHONES:**

We would like for all parents and teen missionaries to read the following closely and adhere to this policy. Not following this policy would be considered a breach in the missionary contract all teens and their parents sign off on.

- Love Begins Here this summer will not allow cell phones on any mission trips. Be assured that all of the adult chaperones have phones that can be used in case of emergency, and Love Begins Here does a great job of documenting your kids' weeks! They'll be able to access all the photos and videos from their trips online when they come home.
- Any phones that teens bring (accidentally or disobediently), Love Begins Here staff will take them from the teens and keep them in locked storage for the entire week.
- Detachment from our cell phones will allow us to enter more deeply into service of our neighbors and developing relationships with fellow missionaries. Living a simple life, as inspired by the missionaries of charity, is what we are striving for on Love Begins Here mission trips.



## Medication Form for those Bringing Prescription Medication

*In the absence of parents, a designated chaperone will be carrying any prescription medication and giving the medication to each student as designated on this form. Please turn in this form along with the prescription medication in a plastic Ziplock bag at the registration table on the first day of your mission experience. Someone will specifically be there to collect it.*

Name of Student	LBH Host Parish
Name and Phone Number of Parent:	

Medication Name	Dosage	Route (How given?)	Frequency	Start Day	Stop Day
1.					
2.					
3.					

**Inhaler and Epi-Pen Only:** This student and his/her parents have been instructed in self-administration and the student may carry an inhaler or Epi-Pen and self-administer. **YES** ☐ **NO** ☐ (Check one if it applies)



Under each day, please write in **time**, **dosage**, and **how often** each medication is taken that day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday

Are there any side effects we should know about?