HEY WORLD-CHANGERS! YOU'RE ABOUT TO EMBARK ON AN EPIC ADVENTURE WITH REACHING A GENERATION IN THE HEART OF SOUTHERN AFRICA, WHERE DUSTY VILLAGE PATHS MEET BREATHTAKING SUNSETS AND POOLSIDE DOWNTIME. TO KEEP YOU COMFY, CULTURALLY AWARE, AND READY TO ROLL UP YOUR SLEEVES FOR SOME KINGDOM WORK, HERE'S A CLEVER PACKING BLUEPRINT – THINK OF IT AS YOUR SUITCASE SIDEKICK FOR BLENDING MODESTY, MINISTRY, AND A DASH OF FUN UNDER THE AFRICAN SUN!

CLOTHING FOR MINISTRY

- [ ] **Long Pants** *(several pairs, lightweight and breathable; **no yoga pants, leggings or bike shorts)*
- [ ] **T-shirts** *(modest fit—not too tight or short; opt for cotton or moisture-wicking; neutral/dark colors help with dust/sun)*
- [ ] **Closed-Toe Shoes** *(sturdy, comfortable for walking/ministry; e.g., sneakers or hiking shoes)*
- [ ] **Long Skirts - For ladies in Zambian villages:** *(lightweight and modes, also traditional skirts for purchase in Livingstone for around $6)*
- [ ] **Church Service Attire (***Casual but neat (e.g., collared shirt/polo, nice pants/jeans; modest skirts or dresses for serving in Children's Church))*
- [ ] **Optional extras -** *Lightweight long-sleeve shirts for sun/insect protection during outdoor ministry*

LEISURE / OFF-TIME CLOTHING

- [ ] **Shorts** *(comfortable length for pool/downtime)*
- [ ] **Flip-flops / sandals** *(for relaxation, pools, or casual evenings)*
- [ ] **Swimsuit** *(most accommodations will have pools)*
- [ ] **Casual t-shirts or tank tops for downtime**

HEALTH & SUN PROTECTION:

- [ ] **High-SPF Sunscreen** *(broad-spectrum, water-resistant)*
- [ ] **Hydration Aids** *(e.g., Liquid IV packets, electrolyte powders, or similar—dehydration can hit fast)*
- [ ] **Wide-brim hat or cap** *(for sun protection)*
- [ ] **Insect repellent** *(DEET-based recommended for evenings and mosquito-prone areas)*
- [ ] **Any chronic medications** *(enough for the trip + extras)*
- [ ] **Basic first-aid/meds** *(Pain relievers (e.g., ibuprofen or paracetamol), upset stomach remedies (e.g., Imodium/Pepto), anti-diarrheal, any personal needs*
- [ ] **Extra vitamins** *(e.g., multivitamins or immune support)*
- [ ] **Hand sanitizer and wet wipes**

OTHER ESSENTIALS

- [ ] **Bible/journal/pen**
- [ ] **Reusable water bottle**
- [ ] **Sunglasses**
- [ ] **Passport, copies, travel insurance docs**
- [ ] **Travel adapters**
- [ ] **Extra snacks** *(optional—the food is usually great, but good for picky eaters or energy boosts - Please also note that if you have severe dietary restrictions, it's a good idea to pack some of your own essentials just in case. We do our absolute best to support you with whatever needs you have while you're here, but not every spot we do ministry can fully cater to those—remote areas can be tricky!)*