

What to Pack for Camp

* Most airlines allow your check-on baggage to be up to 50 lbs (22 kg) for international flights. Mercy Projects is asking you to use only one of your check-on allowances for your personal belongings. Any extra check-in baggage that the airline allows you to take will be used for ministry supplies. Please contact your team leader or MP for more information (missiontrips@mercyprojects.org) *(Please be flexible if you are asked to bring camp supplies and you are only allowed one checked bag).*

*If you are arranging your own flights, you are responsible to contact the airlines about your baggage requirements (NOTICE: separate flights within Europe may change weight restrictions).

*In addition to your suitcase, you are allowed one carry-on (weighing no more than 10 pounds/4.5 kg). Backpacks are ideal to carry-on.

* Laundry services are not usually available. Although you may choose to wash some clothing in the sink and hang them in your room to dry, we suggest you bring enough undergarments for your entire stay.

Weather



Summer: Temperatures in Ukraine/Armenia range from the low 50F (10C) to highs in the mid-upper 80'sF (26C). It's usually chilly in the morning & evening and warm-hot during the day. It is normal to have high humidity and summer rainstorms.

Winter: Winter temperatures in Ukraine range from close to 0 F (-17), to highs in the mid-upper 20'sF (-6C). It's usually freezing in the morning/evening and cold during the day. It is possible that the heat indoors does not work as well as you are used to at home so bring layers (refer to the packing list below)!

Attire/Dress Code

Please come prepared with a jacket and comfortable, warm, and water resistant walking shoes or hiking boots with a good non-skid sole. Dress comfortably, yet conservatively so you will not offend others. Modest make-up and jewelry is allowed. **Daily wear will consist of** jeans or shorts, t-shirts, and sweatshirts during the summer; while winter wear will consist of sweats when indoors and jackets, gloves, beanies, and scarves while outdoors. Dresses/skirts should be worn to all church services. During the summer be sure to pack a swimsuit that is appropriate for a Christian children's camp. Remember, **modesty** is the best policy. Please be intentional about what you pack and avoid the following items; short shorts, halters, tank tops, inappropriate logos, or tops that do not cover your entire midriff.

Please, Do Not Bring expensive jewelry, inappropriate clothing. **We recommend against:** *excess* of electrical appliances such as: mp3 players, curling irons, blow driers, shavers, cameras etc. please be mindful of the following:

Why? 1) Showing off our expensive luxuries at camp, 2) There may not be secure location to lock everything at every location, or 3) Please do not seclude yourself from the rest of the team (ie. ipod is acceptable for plane but not needed at camp) Thank you for your cooperation!

Packing List

It's a great idea to check off the items on this sheet as you pack your bags for your trip! So take this sheet, grab your suitcase and carry-on luggage, and let's get packing!

All Seasons Packing List

Passport!
 Some spending money for 2-3 meals(varies on trip)/souvenirs
 Bible
 Folder with MP Packet info (Packet 2)
 Items for any classes you are teaching
 Notepad and Pen
 Wrist Watch (with alarm)
 Water Bottle
 Coffee Mug/Travel Mug
 Personal Toiletries
 -Deodorant
 -Toothbrush/ Toothpaste
 -Shampoo/Soap...etc.
 Bath Towel (hanger to dry towel)
 Sandals to wear in shower
 Toilet Paper (1 roll for travel)

Armenia teams: sleeping bag liner/sheets
 Walking Shoes/Socks
 Undergarments
 Sweatshirt
 Shirts
 Pants
 Pajamas



Optional/Additional Ideas

Small Twin Sheet to cover mattress/Pillow Case
 Blank note cards to give as encouragement
 Camera with extra batteries
 Flashlight
 Small gifts for translators, counselors, & kids
 Travel Umbrella/ Alarm
 Photos of you and your family
 Flash Drive – For sharing pictures at end of camp
 English/Russian or English/Armenian Dictionary

Suggested Medications: Any personal prescription medications, Vitamins, Decongestants, Aspirin/Tylenol, Diarrhea Medication, and medication for constipation

Season Specific Packing List

Winter/Fall/ Spring

Water Resistant Jacket
 Water Resistant Gloves
 Clothing that can be layered for outdoors
 Thermals
 Scarf to shield face from cold
 Water Resistant Boots (for snow)
 Beanies/Warm head coverings
Heat may not work well indoors! Bring Layers.

Summer Items:

Bathing Suit
 Hat
 Sunglasses (inexpensive sunglasses)
 Sun block
 Mosquito repellent