



# Mountain Chapel Mexico Mission Trip 2026

## PACKING CHECKLIST

July 18–24, 2026 • Tijuana, Mexico • Check off items as you pack!

**Note:** Bedding IS provided at the campsite. Mexico does NOT allow importation of fresh produce. Do NOT bring used clothing, shoes, blankets, pillows, or used crafts.

### Essential Documents

- Valid Passport (exp. after Jan 2027)
- Copy of ID / Passport
- Emergency contact card
- Mexico Travel Visa
- Travel insurance info
- Mexican auto insurance (if driving)

### Clothing (5+ days)

- Comfortable work clothes (5+ sets)
- Casual/evening clothes
- Hat / sun protection
- Undergarments & socks
- Closed-toe work shoes / boots
- Light jacket or hoodie
- Comfortable walking shoes
- Sleepwear

### Toiletries & Health

- Sunscreen (SPF 30+)
- Toothbrush & toothpaste
- Shampoo / soap
- First aid basics (band-aids, etc.)
- Personal allergy items / EpiPen
- Insect repellent
- Deodorant
- Prescription medications
- Hand sanitizer
- Lip balm with SPF

### Work & Ministry

- Work gloves
- Bible
- Small backpack / daypack
- Water bottle (reusable)
- Journal / notebook
- Camera / phone charger

### Food Drive Contribution

- 1 lb of rice, pinto beans, OR oatmeal

*Each team member is asked to bring one pound in their personal belongings to support the community.*

