

**Packing List: Individual (Take the Minimum/Pack Lightly)**

Sleeping Bag/Sheets *	Hair Bands, Bandannas (1-2)
Sleeping Pad/Air Mattress *	Sneakers (1)
Pillow (1)	Work Boots/Shoes (1)*
Towel/Washcloth (1-2)	Lightweight Rain Gear/Poncho
Jeans or Work Pants (2-3)	Flashlight
Shorts (2)	Shampoo
Swimsuit (1—should be a one piece for girls, shorts style for boys)**	Toothpaste/Toothbrush
T-Shirts (3-4)	Soap
Short-Sleeve Work Shirts (3-4)	Comb/Hair Brush
Long-Sleeve Work/Sweatshirts (1-2)	Book, Bible
Light-Weight Jacket/Sweater (1)	Journal, Writing Materials
Sleepwear	Medication
Socks (6)	Personal Needs (deodorant, etc.)
Underwear (6)	Sunscreen
Work Hat, Cap, or Sun Visor (1)	Sunglasses
Work Gloves (1)	Spending Money

**\* Check with Program Director or Site Coordinator**

\*\* if your girls do not have a one-piece swimsuit, have them plan on wearing a t-shirt over their two-piece. Suits are often worn in the shower area.

**Packing List: Community (Take the Minimum; Distribute Evenly)**

Basic First Aid Kit and Insect Repellent  
Laundry Detergent (just in case)  
Hair Dryer/Curling Iron  
Camera & Film  
Favorite Board Games (1-2)  
Basketball, Soccer Ball, Frisbee, etc.  
Cooler (large enough to hold lunch & drinks for each team of 5-6)  
Cooler Ice Packs and Drink Cooler

**Leave Behinds: Individual & Community**

Electronic Games, Game devices/iPods/MP3 players\*  
Expensive Clothing or Jewelry  
Pocket Knives

**Cell Phones**

Cell phones will be part of the YNIA experience in 2018. However, they will not be allowed at worksites or during gathered prayer and program times unless specified by the Program Director.

\*if your participants decide to bring these along for the long trip from home to YNIA, please advise them to keep them packed up during the program. This will help keep those items safe and allow for better community participation.

**Remember:** Try to fit everything you are taking into one medium-size duffel bag. Your team's bags all need to fit in the van! Pillow, sleeping bag and air mattress (if needed) may be packed separately.

**Important:** Be sure to bring along a copy of your *family health insurance card*.