


"packing list

Be sure to include at least the items marked as "necessities". You are welcome to bring more than the amounts or items listed in this packing list. However, keep in mind that you are serving as a missionary and are going to live without some worldly comforts. Anything you do not take with you during ministry (in your suitcase or backpack) must fit into storage.

Possible Items

- Journal & notebook
- Pens & writing supplies
- Modest swimsuit
- Laundry bag
- Vitamins & medicine
- Electronic devices (see technology guide) 

Winter Wear

- Winter coat
- Winter boots
- Gloves/mittens
- Winter hat/toque

If you do not own winter wear, you might want to wait until you get to Ottawa to purchase these items at better prices



Necessities	
7-8 days supply of socks & underwear	
2 pairs of jeans/casual pants	
2 pairs of modest sports shorts/pants	
3-4 t-shirts	
3-4 casual shirts/blouses	
3 pairs of shoes (casual, athletic, dress)	
1 pair of casual dress pants or skirt to wear with your NET shirt (ie khakis, not jeans)	
WOMEN: 1-2 dresses or suit-like skirt/trousers with blouse & belt	
MEN: dress pants, long-sleeve dress shirt, dress tie & belt (make sure to have proper dress shoes)	
1-2 sweatshirt or sweaters	
1 light jacket/windbreaker	
2-3 modest pajamas or t-shirts & shorts	
Toiletries & towel	
Watch	
Sleeping bag & pillow	
Bible & Catechism	
Backpack (school style, not hiking style)	
Driver's license/Provincial photo ID/Health Card/Passport	