

# WinShape Camps International Project 2025 Packing List

*\*All Project Participants are required to pack their personal belongings in **one carry-on and a backpack**. Reference the [Delta Air Lines Carry-On Baggage Guidelines](#) for sizing guidelines.*

## **Travel Essentials:**

- Passport
- Bible
- Journal
- Backpack
- Phone charger (WSC will provide adapters, as needed)
- Headphones (airplanes require headphones with a headphone jack or an adaptor for wireless headphones)
- Snacks: Granola bars, crackers, jerky, gum

## **Clothing Essentials:**

- Church outfits (1-2 outfits)
  - Men: Khakis or nice jeans, polo or button-down shirt, casual shoes
  - Ladies: Dress/Skirt (knee-length) or pants/nice jeans and top
- Camp Outfits:
  - Shorts (enough for six days)
  - T-shirts (enough for four days)
  - Sneakers
  - Note: You will be supplied with camp shirts for each day of camp (2 in Costa Rica and 3 in Brazil)
- Bathing Suit (following WSC Appearance Guidelines)
- Travel Outfits (1-2 outfits)
  - Travel outfits should be comfortable and maintain a more professional appearance while representing WSC during travel. Jeans or nice pants are acceptable. This outfit cannot include t-shirts, leggings, or sweatpants.
- Rain Jacket
- Pajamas
- Socks (7-10 pairs)
- Warm Layers:
  - Sweatshirt or light jacket and sweatpants/long pants for the evenings.
- Shoes (2)
  - Tennis shoes (required for camp)
  - Other shoes such as Chacos or Vans

## **Personal Essentials**

- Sunblock
- Insect repellent
- Laundry bag
- Toiletries
  - Toothbrush/Toothpaste
  - Dental floss
  - Shampoo/Conditioner
  - Deodorant
  - Body wash
  - Hairbrush
  - Hair products
  - Razor
  - Face wash
  - Moisturizer
  - Lotion
  - Other hygiene products (shaving cream, contact solution, etc.)

## **Optional Items:**

- Fun accessories (fun socks, hair bows, suspenders, etc. in the color of your Color Group)
- Neck Pillow
- Headbands
- Sunglasses
- Hat
- Basic Watch
- Travel Mug
- Pocket flashlight or headlamp

## **Additional Information:**

- Please adhere to WinShape Camps Personal Appearance Policy at all times during International Project.
- Each WinShape Camps Team will carry a First Aid Kit available to you at any time.
- Do not bring leggings and expensive/large jewelry.
- Do not bring a personal laptop or tablet (there will be a laptop for team use, if needed). WinShape Camps will not be responsible for the loss of electronics. They can easily be lost or stolen.
- There will be limited to no internet access at our lodging facility, so be ready to disconnect to connect. Download necessities on your phone (i.e., translator or Bible app, etc.).
- If you plan to use your banking card, please alert your bank letting them know of your travel. ATMs will be available and may have fees associated with them. We recommend bringing an additional \$25-50 for souvenirs and snacks.
- We will share emergency numbers with you closer to our trip!