

YWAM Lae Outreach Packing List

- Clothing (see below for specifics and recommendations)
- Shoes
- Sleeping mat/bedroll, sheet, pillow, pillowcase
- Towel
- Printed Visa Letters
- Toiletries (soap, shampoo, toothbrush, toothpaste, feminine products etc.)
- Water bottle
- Chargers for your electrical devices
- Power bank (make sure to put in carry-on luggage)
- Phone
- Flashlight/torch
- Hat
- A cloth to wipe sweat off your face during the day 😊
- Flip-flops/jandals
- Insect repellent (check your airline and airport rules that you'll be transiting through as it could get confiscated)
- Sunscreen
- Hand Sanitizer
- First Aid Kit (see detailed list below)
- Mosquito Nets

Other optional items:

- Medication/Vitamins
- Musical instruments
- Phone/music device
- Bluetooth speaker
- Small sewing kit (buttons, thread, needle, safety pins)
- Ear plugs
- Adapter- PNG uses Australia/New Zealand style outlets
- Something to carry your shampoo, soap etc. to and from the bathrooms

Please note: valuable items (e.g. laptop, jewelry, instruments etc) are brought at your own risk.

You will need hiking backpacks when you go to and from the village. If you come with a suitcase you can store that in Lae while on outreach.

Clothing Specifics

The majority of your outreach will likely be spent in hot, humid climates. Please maintain conservative dress standards.

As it is so hot we recommend the majority of your clothes to be lightweight clothing. Bring a long sleeve or light sweater and long pants in case you spend any time in the mountainous cooler climates.

Men's dress standards

- For church and while doing ministry- dress with longer shorts that fall below the knee (not board short style) or pants, and a nice shirts with sleeves.
- For lounging around, doing outdoor work or playing sports, it's okay to wear singlets and rugby-style shorts.
- Please wear a shirt in public areas except for swimming.
- Swimwear - Boardshort style is recommended- no speedos.

Women's dress standards

After you arrive you can go shopping at the market to buy a meri blouse for about K30 (USD \$10), you will wear this to church. They're also very comfortable for this hot climate.

- Looser fitting clothing
- Shorts/skirts/dresses that cover the knees
- Tops must cover the shoulders, chest, and stomach
- If you are wearing leggings please wear a long top that goes to your knee
- Swimwear – wear long shorts and loose-fitting shirts over your swimsuit
- Modest nightwear

Suggested Footwear

- 1 pair of work shoes
- 1 pair of flip flops/sandals
- 1 nicer pair for church

First Aid Kit Suggested Items

- Bandages of varying sizes
- Antibiotic cream (like Neosporin)
- Imodium
- Ibuprofen
- Anti-itch cream
- Oral rehydration sachets
- Thermometer
- Pepto-bismal
- Tweezers
- Alcohol wipes