



**TRAVEL  
OUTFITTERS**

328 north Highway 89 • North Salt Lake  
(801) 294-9303 (text or call)

www.ILCTravelOutfitters.com

Packing Demo & Training videos • Go to our website &

watch **“1” step mission prep**

**MissionaryStores.com**

Your One Stop Outfitter For A Mission

Version 7.22

### Packing & Luggage

- ☐ MTC “Carry on” Packing (22” max ground up)
- ☐ Large case for just the field
- ☐ Middle sized case for “If Needs” at MTC
- ☐ 2 wheels & PiggyBacking a MUST!
- ☐ Waterproof Shoulder Bag
- ☐ Plastic hangers ALL Hangup Shirts & Tops
- ☐ Packing cubes 4 to 5 (Dresser Drawers)
  - ☐ Undergarments
  - ☐ Workout clothes / PJ’s
  - ☐ Socks / Waist down (sisters)
  - ☐ Baptism clothes / Temple Case-  
Bedding on backside
  - ☐ Waist up clothing (sisters)
  - ☐ Cold weather areas- gloves, scarves,  
hats
- ☐ Shoe Bags (4)
  - ☐ 2 pairs Mission shoes
  - ☐ Service shoes
  - ☐ P-day shoes
  - ☐ Gym shoes
  - ☐ Slide style wet shoes
- ☐ Laundry bags
  - ☐ Hang up for outer clothing (Use for  
shopping bag also)
  - ☐ Mesh hang up for garments
  - ☐ Zippered small mesh (socks)
- ☐ Towels
  - ☐ 2 Large Bath towels “Microfiber”
  - ☐ 2 Hand towels (one for bathroom and  
one for kitchen)
  - ☐ 2 Wash clothes or Sweat Clothes for  
wiping face
- ☐ Organizing Bags (6 to 9) (See list on back)
- ☐ Hanging Toiletry Bag (See list attached)

### Homework Assignments

- ☐ REVIEW clothing already owned
- ☐ Layout “3” packing areas
  - ☐ MTC
  - ☐ Mission field items (large case)
  - ☐ If needed at the MTC, Medium case
- ☐ **OPTION:**
  - ☐ Carry on for MTC
  - ☐ Middle size for 1st year
  - ☐ Large case for 2nd year

### Shoulder bag basics

- ☐ Waterproof Shoulder Bag
- ☐ Separate Scriptures (Bible & Triple combo)
- ☐ Giveaway copies of Book of Mormon
- ☐ Pamphlets
- ☐ Pass along cards (use also as Birthday cards)
- ☐ Marking device
- ☐ Note supplies
- ☐ Oil vial
- ☐ Squeezable Water Bottle
- ☐ Sisters (Feminine hygiene)
- ☐ Everyone (Toilet Paper)
- ☐ Daily cash

### Bedding

- ☐ Twin size travel sheet permethrin treated (bunksack)
- ☐ Extra sheet set for dry time & exchanges
- ☐ Heavy bug areas use “Safari Wrap” for morning &  
evening protection
- ☐ Inflatable Travel pillow (optional)
- ☐ Zippered pillowcase
- ☐ NEW Mosquito net treated for BEST protection

### Toiletries

- ☐ Hanging Toiletry Bag with shower caddy
- ☐ Travel Bottles (TSA Approved) 3.4 oz max.
- ☐ 2 toothbrushes in toiletry bag
- ☐ Toothbrush covers
- ☐ Solid deodorant
- ☐ Chafing stick
- ☐ Hanging Soap holder / Travel soap
- ☐ Soap bar (Shampoo, Body wash & Shave cream)
- ☐ Sisters review make up
- ☐ Dual Voltage Curling iron / Flat iron
- ☐ Dual Voltage Hair dryer

### Homework Assignments

- ☐ 3-1-1 rule (understanding 3.4 oz/ 1 qt / person)
- ☐ 7 day Bottle test to see usage
- ☐ Shampoo soap “Try it” for a week
- ☐ Live out of Toiletry bag for 7 days X MTC + 2 weeks
- ☐ Toothpaste tablets

### Travel & International Knowledge

- ☐ Water Protection (see handout “Water”)
  - ☐ Pre-Filter
  - ☐ Squeezable Filtered Water Bottle  
from NASA (2)
  - ☐ Extra filters 1 or 2
  - ☐ Germicidal tablets for bacteria
- ☐ Mosquito, Fleas & Bed Bugs
  - ☐ Pretreatment of Clothing with  
Permethrin 10% per International  
specs
  - ☐ Dry weather protection
    - ☐ Deet Lotion 30% (up to 11  
hrs)
    - ☐ Deet Spray 98%
- (Picaridin is wide spectrum protection & doesn’t melt Satin,  
Silks, Plastics and elastic like DEET spray)
  - ☐ Picaridin Lotion 20% (up to  
14 hours)
  - ☐ Picaridin Spray 20%
- ☐ Wet Weather protection
  - ☐ Natural repellant
- ☐ Bed Bugs Protection
  - ☐ Permethrin spray .5%
- ☐ Sun, Skin & Teeth
  - ☐ SPF 30 Sunscreen
  - ☐ SPF30 Face Stick
  - ☐ Aloe
  - ☐ Hand Sanitizer / Repellent  
(Tea tree, peppermint, )
  - ☐ Bar Shampoo hand soap
  - ☐ Tooth brush in day bag
  - ☐ Toothpaste tablets

### Homework Assignments

- ☐ Study small town stores & try out the cooking,
- ☐ Take recipes to handout
- ☐ Study Bug densities in YOUR area (look at  
altitude)