



Packing Tips

WHAT DOES ONELIFE PROVIDE?

A limited amount of space, shared with a roommate(s), requires some planning and preparation when packing. We provide a twin size mattress, twin size bed, and some dresser/closet/storage space. Students will also have access to standard kitchen appliances, such as microwaves and fridges. Depending on your site, what is provided will look a little different. If you have specific questions, reach out to the site staff.

PACKING FOR THE SEASONS

A good rule to follow is to only bring the clothes that are appropriate for the season. Fall semester may start off warm, but it will get cold by October. Spring semester will start off cold, but will get warmer from March to May (specific weather will also depend on the site). Remember, you can take items home at breaks and bring back anything you will need for the changing seasons.

STORAGE

Please note that storage at each OneLife site is very limited. We are only able to store things for students who live very far away when needed. Everyone should plan on packing for the seasons and trading out clothing and personal items over breaks.

LIFE TOGETHER

So much of community building at OneLife happens from the organic process of living together. We encourage you to have fun while planning for life at your site, but also consider the needs of those you will be living with. Once you get your roommate assignments, start communicating about who will bring what.

WHAT TO BRING

Note that NOT ALL of the items listed are necessary. Toilet paper, paper towels, trash bags, and cleaning supplies are supplied at your site. Please note too, that this list is only a suggested list and not an exhaustive list (see travel lists below for specific items needed for our trips).

**OneLife is not responsible for any items of value that you choose to bring to campus. We advise you to leave particularly valuable items at home.*

- **For your Room**

- Twin-size sheets
- Comforter/bedspread/blanket
- Pillow
- Daily toiletries
- Towels, washcloths
- Laundry detergent
- Laundry bag/basket
- Clothes (everyday clothes, work clothes, athletic clothes, nice dress clothes- will be needed on occasion) **see the OneLife Way for the dress code*
- Footwear (everyday footwear, athletic shoes, hiking shoes/boots, nice dress shoes)



- **Miscellaneous (optional, but helpful)**
 - Alarm clock/watch (remember, no cell phones during the week)
 - Camera (you will not always have access to your phone)
 - Personal fan
 - Extension cord and power strip
 - Hangers
 - Umbrella/Rain gear
 - Storage bins/crates (remember, though, that there is limited storage space)
 - Board/Card Games
 - Art supplies
 - Musical instruments
 - Travel-sized Bible (helpful for travel)
 - Snacks
 - **some sites may not allow you to hang decorations directly on the walls*

- **For Class** *Please have a good system for taking notes during classes week by week. Bring the following standard school supplies:
 - Notebooks
 - Writing utensils
 - Backpack
 - Bible (translation of your choice)
 - Laptop or tablet (A computer is optional, but helpful for papers and research assignments. Students take notes by hand in class.)

- **Travel** *Specific packing lists will be provided for each trip, but in general you will need the following:
 - Luggage (duffle bags are most convenient for shorter trips; larger luggage may be used for longer trips)
 - Sleeping bag
 - Backpack
 - Headlamp (useful for many of our trips)
 - Water bottle

- **Passport**
 - You will need a passport to travel overseas. If you do not have a passport, please apply for one as soon as possible! Per new government regulations, passports cannot expire within 6 months of travel. **You need to have or apply for a passport BEFORE you arrive at OneLife!** Passport information is available here: <http://travel.state.gov/passport/>.



Trek (Backpacking) Packing List

Please note that the Trek trip takes place during the spring semester. If you do not already own these items, please hold off on purchasing them. You will receive a tutorial when you arrive.

Packing List

- 1-2 water bottles (at least 2 liters total)
- Sleeping bag (minimum 20 degree, provided if needed)
- Sleeping pad (provided if needed)
- Backpack (minimum 65L, provided if needed)
- Mess kit (provided if needed)
- Headlamp + batteries
- Hiking boots (waterproof)
- Camp/River crossing shoes (closed toed; heal strap)
- Rain jacket and rain pants
- Warm winter jacket (non-cotton, as packable as possible)
- Hat (non-cotton, beanie)
- 2 Pair gloves (1 non-cotton liners; 1 windproof, waterproof shell gloves or mittens)
- 1 pair (top & bottom) of non-cotton long underwear
- 2 fleece/sweaters (non-cotton)
- 2 pairs of warm pants (non-cotton, no jeans)
- 2 t-shirts (non-cotton)
- 1 pair of shorts
- 3-4 pairs of non-cotton socks (that go above your boots)
- 1-2 pairs of non-cotton sock liners (preferred, but optional)
- Bandanas (optional, but helpful)
- Undergarments (non-cotton)
- Sunscreen and bug spray (optional)
- Sunglasses and/or hat
- Prescription Meds
- Bible, journal, pens
- Toothbrush & toothpaste
- Comb
- Feminine hygiene supplies
- Earplugs (optional)
- Camera (optional)
- Possibly: one small bag, labeled with your name (packed separately) with: athletic/tennis shoes, 1 complete athletic outfit (including undergarments and socks)

Do Not Pack

- A watch
- An iphone/ipad/smartwatch/mp3 player
- Headphones
- Deodorant, lotion, face wash, etc.



International Travel Packing List

Please note that packing lists will be very dependent on the destination of the international trip. A more thorough list will be provided closer to the time of the trip. This list is of general items you should need.

Students will typically have ONE checked bag (44lbs/less) and one personal/carry on item (book bag, purse, etc.) and should pack the following:

- **PASSPORT!!!!!!!!!!**
- Toiletries
- Sunscreen
- Good walking shoes
- Clothes (both weather and culturally appropriate)
- Bathing suit (meets the dress code and is culturally appropriate)
- Light jacket
- Raincoat
- Hat and/or sunglasses (both recommended)
- Bible, journal, pens
- Camera (optional)
- Outlet/voltage adapter (dependent on the destination country)
- Cellphone charger
- Credit/Debit Cards (call bank to put a travel alert on your card)
- Personal spending money
- Travel pillow (optional)
- Headlamp or flashlight
- Over the counter meds (Tylenol, Ibuprofen, Tums, Airborne, motion sickness meds, etc.)
- Watch (optional)
- Empty water bottle (1 or 2)
- Activities for flights
- Snacks for flights and between meals (optional)
- Feminine Hygiene Products