

# †■ Sports Medical Mission Trip Packing Checklist

Prepared for Mission Teams

*(Space to write trip location & date)*

---



# ■ Sports Medical Mission Trip Packing Checklist

## Personal Essentials

- Bible & journal
- Passport/ID & copies (if international)
- Emergency contacts & insurance info
- Money belt or secure pouch
- Personal medications (with prescriptions)
- Water bottle (refillable, with filter if possible)
- Headlamp/flashlight (with spare batteries)

## Clothing & Protection

- Sports gear (shorts, T-shirts, athletic shoes)
- Scrubs (for clinic settings)
- Modest casual clothes for worship & community events
- Hat & sunglasses
- Rain jacket/poncho
- Sunscreen & insect repellent

## Sports Ministry Supplies

- Balls (soccer, basketball, volleyball, etc.)
- Cones/markers for drills
- Jerseys/pinnies for teams
- Whistle & stopwatch
- Jump ropes
- Portable pump & extra needles
- Sports-themed devotionals/tracts
- Small prizes/rewards (bracelets, wristbands, stickers)

## Medical Supplies (Sports-Focused)

- Athletic tape & pre-wrap
- Elastic bandages (Ace wraps)
- Ice packs (instant cold packs)
- Heat packs
- Knee/ankle braces (various sizes)
- Splints (SAM splints)
- Wound care (bandages, antiseptic wipes, gauze, tape)
- Gloves & sanitizer
- Pain relievers (acetaminophen, ibuprofen)
- Electrolyte packets / oral rehydration salts

## Electronics & Logistics

- Phone & charger



- Portable power bank
- Bluetooth speaker (for rallies/worship)
- Camera (team photos, outreach highlights)
- Projector (optional, for gospel presentations)
- Extension cords/adapters

### **Safety & First Aid**

- Personal PPE (masks, gloves)
- Small first-aid kit
- Allergy meds (antihistamines)
- Hydration tablets/powder
- Emergency contact list



[illegible]



# ■ Daily Sports Medical Mission Schedule Template

Morning Devotion & Prayer: \_\_\_\_\_

Breakfast: \_\_\_\_\_

Travel to sports field / setup: \_\_\_\_\_

Sports drills & warm-ups: \_\_\_\_\_

Devotion / Bible lesson: \_\_\_\_\_

Tournament games / clinics: \_\_\_\_\_

Medical station support (injuries, hydration, first aid): \_\_\_\_\_

Lunch break: \_\_\_\_\_

Afternoon camp games / outreach: \_\_\_\_\_

Closing rally (testimonies, worship, prayer): \_\_\_\_\_

Dinner & team debrief: \_\_\_\_\_



## ■ Devotional & Reflection Page

Scripture for Today: \_\_\_\_\_

Key Thought / Lesson: \_\_\_\_\_

How God Spoke to Me: \_\_\_\_\_

Blessings I Saw Today: \_\_\_\_\_

Challenges I Faced: \_\_\_\_\_

Prayers for Tomorrow: \_\_\_\_\_