

Guatemala

Sample Packing List

Please keep in mind that we are NOT encouraging you to buy special gear or clothing for this trip. Use what you have. Borrow the rest. Suggestion: You might want to get together with some of your team members and "share" items. For instance, if you plan on packing first aid supplies, one of you could bring Band-Aids, one of you could bring aspirin, etc. This is entirely up to you.

ONE MANAGEABLE BACKPACK THAT CAN BE COUNTED AS A CARRY ON. We are saving money on luggage this way, AND...we only have one vehicle for all of us...if it's too big to ride on your lap for 4 hours...We will bring 1 extra big checked bag for anything extra needed

BASICS:

- Bible
- Notebook/Pen
- Water Bottle
- Chopstick/Lip Balm
- Daily Medications (prescriptions must be in labeled packages)
- Travel Food/Money (*see "Additional Costs" section, pg. 8*)
- Small alarm clock
- Toiletry articles (keep it as basic as possible).
- Towel/Washcloth(s)
- Work clothes
(These will get dirty, possibly ruined – suggestions: old jeans, overalls, old t-shirts, etc. Most will wear the same clothes everyday)
- Jeans (2-3 pairs)
- Comfortable walking/play /work shoes
- T-shirts
- Dress clothes for church
Women: Shirt & LONG skirt, appropriate shoes
Men: pants, nice shirt, appropriate shoes (no shorts)
- Underwear & Socks
- Work Gloves (1 pair of good one's, or 2-3 pair of cheap ones)
- Jacket/Sweatshirt
- Sleeping Attire (that you can wear in any situation...church floor, host homes, etc.)
- Sunscreen
- Sweatshirt or long-sleeved flannel shirts
- Flashlight & batteries

GENERAL RULE: Modest clothing is best. Women: no tank tops, form-fitting or tight clothing, no skirts above the knees. Men: no earrings or tank tops.

WELL-PREPARED (These are in addition to "Basic" items. Remember, these items are optional.)

- Camera/Film
- Spanish/English Dictionary
- Baby Wipes
- Gum
- Souvenir Money
- Shower Sandals
- Dirty Laundry bag(s)
- Modest bathing suit (Women: 1-piece only)
- Shorts (long & modest)
- Hair ties, bandanas, hat, etc.
- Calling card
- Gift for your hosts (more details later)
- Gifts for children on the worksite (more details later)
- Sunglasses

GOING THE EXTRA MILE (In addition to "well-prepared"...these items are optional, not required.)

- Photos of your family/friends to show your hosts
- Cloth or nylon pouch to wear around your neck/waist to keep money, calling card, passport, etc. in
- Extra medications or first aid supplies
- Medical insurance card (check with your insurance provider to see if you are covered outside of the US)
- Blood type card or information