

SUGGESTED PACKING LIST

1/-12

- ___ Flight Confirmation if not traveling under Group Reservations (Team leader will have all Group Reservation documents)
- ___ Passport –must bring it – check expiration date
- ___ Special pouch made to hide passport and money from view
- ___ One Pass Miles number (to give check- in attendee)
- ___ A lunch for Travel Day (may not get to eat dinner til 6-7pm)
- ___ 5 day supply of Sweet or salty items and snacks to add to your daily lunch bag
- ___ Flexibility
- ___ Pen, notepad, journal book, [Optional: bible & rosary]
- ___ Emergency info: addresses, phone numbers, insurance data
- ___ Prescription medicines (must be in original containers)
- ___ Over-the-counter medicines (for headache, allergies, diarrhea, band-aids, or allergies to insect bites) Deet to ward off chigger bites or bed bugs
- ___ Saline Nose Drops [to keep nasal passages moist & prevent sore throats]
- ___ Cleaner for contact lens and extra pair of glasses if applicable
- ___ Sunglasses
- ___ Sun screen
- ___ Flexibility
- ___ Disposable washcloths or Scruffy Ball (no washcloths available)
- ___ Toiletries: soap, toothbrush and paste, deodorant, shampoo, razor, etc.
- ___ Shower shoes (optional)
- ___ Clothes for layering: jacket/ windbreaker, sweater, sweatshirt, long sleeve shirts.
- ___ Warm PJ's (nights can be cool)
- ___ Rainy Season: Poncho, raincoat & rain shoes for water and mud. (March to Oct.)
- ___ Good shoes for walking, standing, comfy shoes for Hotel. Extra pair of shoes.
- ___ Sense of humor
- ___ Sunday church clothes (casual mid-calf skirts/dresses for women and casual slacks and shirt for men)
- ___ Mission Site clothes: Men- jeans or casual slacks for men; Women – mid-calf dresses, skirts or jumpers for women.
- ___ Medical Team only: Scrubs to wear for Clinic or Hospital area only.
- ___ Air /Travel Clothes: Women can wear loose fitting jeans with modest tops.
- ___ In Hotel only: warm ups or something comfortable to wear.
- ___ Flexibility; Sense of humor
- ___ Chap stick and hand lotion
- ___ Small packages of Kleenex. VERY important to bring.
- ___ Anti-bacterial hand wash and/or wet wipes VERY important to bring
- ___ A few Plastic Grocery-type bags for daily garbage and/or possibly wet clothes
- ___ Small flashlight and batteries (walking from restaurant or for a power outage)
- ___ Camera and extra film- to be used according to S.O.S. protocol
- ___ Cheap watch
- ___ Limited or no jewelry
- ___ Ear plugs, eye mask to block out noise & light for better sleeping
- ___ \$5.00 phone card to call home for emergency
- ___ Insecticide spray (bed bugs, chiggers- must pack inside action packers if 3 oz or more)
- ___ Optional: Travel alarm clock
- ___ Optional: Small pocket knife [must pack inside action packer going to Guate.]
- ___ Optional: Hangers or over the door clothes hanger (no closets)
- ___ Optional: Mirror
- ___ Optional: Bilingual dictionary
- ___ Optional: Personal water bottle to refill at the hotel. 2 plastic water bottles will be given to each at Guatemala airport
- ___ Optional: Laundry soap, small amount for hand washing
- ___ Optional: Family photo [screen for what is in the background of your photos]
- ___ Flexibility – **NOT OPTIONAL**