

## Mission Trip Packing List

√	Item	Notes
	Airline ticket	
	Passport	<b>Verify that it will not expire</b> during your time out of country
	Health insurance card	If applicable – A front/back copy to be given to your team leader
	Drivers license	If you plan on driving while in Guatemala (not recommended)
	3 Color Copies of passport	Leave a passport copy with a family member in the US, a copy with your team leader, and one copy with you
	Luggage Weight & Liquids	50lbs/bag and check with airlines for Carry – On rules. Suggestion: Pack ALL liquids in checked luggage, in zip-lock bags
	Luggage	1 for personal, 1 for supplies, plus carry on for personal
	Spending money for day off	\$100 suggested for souvenirs and dinner in Antigua
	Bible	For team and personal devotions
	Journal and pen	We're certain it will be a noteworthy experience!
	Personal medications <b>(Bring extra in case of delays)</b>	Pack enough medicine for the trip in a <u>CARRY ON</u> - Do NOT check
	Personal Toiletries	Pack liquids in a plastic bag
	Water bottle	Do not drink any water except filtered water (including brushing your teeth)

## Clothes

√	Item	Notes
	Jeans/Bermuda Shorts/Capris	NO short shorts
	T-shirts	Please make sure slogans/ imprints are wholesome
	Sweatshirt, sweater or jacket	Chilly at night; Mornings/some job/ministry sites can also be chilly
	Tennis shoes or other shoes	To work in the villages
	Flip-flops or extra pair of shoes	For wearing at the mission house or while we are out (not in the villages)
	Undergarments, socks	Enough for the number of days of your stay and a few extra.
	Pajamas	Modest
	Leisure day clothes	Comfortable walking shoes, Khakis or long shorts, short sleeve shirt, jacket or sweater
	shorts or jeans for men; Bermuda shorts/Capris or jeans for women	Village-visit clothes

**Comments:** Guatemala has a conservative culture - shorts need to be to the knee, shirts need to be short sleeved (no spaghetti strap) and long enough to cover the midriff FULLY when arms are raised. Old clothes/shoes are best...it is dusty in the dry season (Nov-April) and muddy in the rainy season (May-Oct).

**Food:** If you have special dietary needs, please contact us before your trip. Many items are not available in Guatemala and you may need to bring them with you.

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	Hair care	Hairbrush/comb, shampoo, conditioner, etc.
	Teeth care	Toothpaste, toothbrush, dental floss, toothpicks
	Bathing/ Personal Hygiene	Razor/shaver, bar soap, deodorant, feminine products
	Hand wipes and/or sanitizer	Carry around with you to combat germs
	Lotion/Chapstick	
	Bath towel/washcloth	Are provided, but you may bring and leave if you wish
	Sheets/blankets/sleeping bag	Are provided, but you may bring and leave if you wish
	Sunscreen or Block	50 SPF or higher...remember how close to the equator you are
	Earplugs	For noisy roommates:)

MEDICAL	Item	Notes
	Prescription medications	Pack in your carry-on; DO NOT PACK in your checked bags
	Inhalers/Bronchodilators	For Asthma Patients
	OTC pain relievers	Aspirin, Tylenol, Aleve, Advil
	Cold and allergy medicine	Suddephedrine or contents of, IS NOT PERMITTED IN COUNTRY
	Dramamine	For travel to job/ministry sites, if you get car sick easily

√	Items	Notes
	Camera, extra cards, film, batteries	Note – disposable cameras are hard to find
	Videocamera/battery/charger/tapes	Batteries and memory cards – EXPENSIVE in Guatemala
	Backpack	For stashing keys, camera, snacks, hand sanitizer, etc.
	Water bottle	We will need these in the villages
	Small flashlight, batteries	For reading and for getting around at night
	Work gloves, safety glasses, tools	If you are doing construction work/special projects
	Hat, sunglasses	Especially if you will be working outside
	Inexpensive watch/alarm or phone	To use for early mornings:)
	Rain jacket and/or poncho	Rains each afternoon in rainy season (June - November)
	Spanish/English dictionary	For reference and practice
	Neck pouch for money	Not required but a good idea
	Mini locks	To secure baggage
	Ziploc bags, garbage bags	Handy for many things
	Toys/games to give/play with the kids	Cards, checkers, sidewalk chalk, jump ropes, soccer balls, silly bands, etc.