Guatemala – May 2013
Packing List

Everything on this list must fit in your rolling suitcase and weigh less than 50 pounds. You can also bring a small carry-on. You may be given an additional suitcase with supplies for the week. The airlines are extremely strict and there is a fee for overweight/oversized/extra bags.

Super Important

- Passport & ID

Important

- Water bottle
- Sunscreen
- Clothing (must be modest - no knees, shoulders, or low-cut)
    - Closed-toe work shoes
    - Leather work gloves
    - Sunglasses
    - Work pants
    - Work shirts – layers (short-sleeve, long-sleeve, sweatshirt)
    - Nicer pants, shirts, skirts, dresses for church and visits
    - Sweatshirt/light jacket for warmth
    - Warm sleeping clothes – it gets cold!
- Towel
- Flip Flops for shower
- Purell
- Toiletries, feminine hygiene, your prescription medicine
- Medicine for diarrhea (just in case!), Cipro
- Journal & Pen

Probably a Good Idea

- Camera
- Copy of your passport
- Small flashlight
- Band-aids, Roll of toilet paper, baby wipes
- Spending Money - $50-$100
- Playing cards, personal sports equipment

Leave Behind

- iPod
- Cell Phone
- Other electronics