

Packing List for Guatemala

Linens

Washcloth (one provided)
Towels (One provided)
Small pillow (provided one are small and flat)
Sheets (your choice, they are provided)

Clothing

Rain Jacket/poncho, light weight jacket/sweatshirt (evenings can be cool)
Shower shoes
Jeans/scrubs and closed toe shoes for dump (May not want to bring these home)
Jeans, longer shorts, capris, skirts, scrubs (modest please)
T shirts
Underclothes
Ladies –2 skirts for church services
Guys – nicer pants and collard shirt for church service
Walking shoes or sandals (closed toe is best) (separate from dump pair)
Trash bag for dirty clothes
Small trash bags for dump clothes to re-wear
Bathing suit – one evening at pool (one piece)
Hat or bandana
2 or 3 hangers

Toiletries

Soap, deodorant, body spray, baby powder (pump soap for sink)
Shampoo, conditioner, comb, hair spray – good to prevent lice
Toothbrush, toothpaste
Baby wipes to keep with you at all times
Hand sanitizer – with you at all times
Feminine products
Razor and shaving cream
Paper towels (roll or box for bathroom)
Disinfectant spray (for shoes and clothes from dump if worn more than one)
Lice shampoo – just in case
Things to pull your hair back

Medication

Diarrhea meds, antibiotics, -just in case
Cold and sinus
Pain meds
Band-Aids and ointment
Sunscreen and burn meds
Sunglasses
Bug spray
Bug bite medicines

Other

A good water bottle

International Baggage Weight Limit: 50 pounds