

Suggested Packing List

Legal Documents:

Passport and an extra copy in your luggage
Airline Tickets (*Disbursed at the Airport*)
Notarized travel authorization for minors
Medical information

The First Day:

Liter of bottled water
Lunch/snacks

Note: There will be several hours between the airport and your first group meal. You can bring *cash* to buy food and water for traveling.

Work Gear:

Work pants
Good working shoes
Hat or bandana for sun protection
Old, long-sleeve cotton shirts
Sunglasses
T-shirts
Water bottle
Work gloves (leather, not gardening)

Non-Work Gear:

- Casual shirts/blouses
- **Dress shirt and tie (men)**
- **Dress or skirt/blouse (women)**
- Light jacket or sweatshirt for cool evenings
- **Slacks (lightweight and washable)**
- Shorts for men; capris for women
- **Modest Sleepwear**
- **Socks**
- Swimming suit (modest, 1-piece for women)
- **Underclothes**

Personal Toiletries:

- Lotion (hand and body)
- Bath soap (liquid or gel is easier)/Baby wipes
- Instant hand sanitizer/Wet wipes
- **Toothbrush/toothpaste**
- Shampoo/conditioner
- Deodorant
- Comb/brush
- Travel toilet paper or pocket sized tissue packs
- Prescription eyeglasses (easier than contacts)
- Laundry soap for hand washing clothes (laundry services are available in Honduras)

Linens:

- Air mattress, lightweight blanket, sheets, and small pillow
- Towel and washcloth
- Mosquito net or tent[^]

Items appearing in BOLD print are necessities

♦Subject to change by airlines

[^]Extended horseback trips

Personal Medical Supplies:

- Band-Aids and moleskin
- **Personal medications (in your carry-on)**
- Aspirin or substitute
- Stomach aids:
 - *acidophilus*
 - Imodium A-D
 - *Pepto-Bismol*
 - Vitamins
- Insect repellent (15%+ DEET, Skin-so-Soft)
- *Sunscreen (30 SPF)*
- Sunburn treatment, aloe
- Sanitary supplies
- Anti-fungal foot powder

Miscellaneous Items:

- **Bible**
- Journal (*provided for you*) and pens
- Musical instruments
- Worship material, music
- Camera and film
- Clock or watch
- **Flip-flops or sandals for shower**
- Flashlight and extra batteries
- Lightweight day pack
- Money for personal spending
- Photos of home, family and friends
- Address list of friends, relatives and donors
- Ear plugs, preferably wax (*for light sleepers*)
- Spanish-English dictionary
- **A small single-person clip-on fan**

Eating Utensils:

- Cup, plate and bowl[^]
- Fork, spoon and knife[^]

What **NOT** To Bring:

- High heel shoes
- Camouflage clothing
- T-shirts with offensive wording/pictures

Luggage Allowance:

- One carry-on piece that is not to exceed 40 pounds and has to fit under the seat or in the overhead bins.
- One checked suitcase that weighs not more than **50♦** pounds and its length plus width plus height is not more than 62 inches.
- The airline allows two checked suitcases that comply with the restrictions, but we ask that each volunteer reserve the second suitcase allowance for transporting mission supplies

Note: This is a suggested packing list; you are not required to bring everything on it.