

Packing List

Required

Tennis shoes
Flip flops- shower shoes
Socks
Underwear
Long Pants
Shirts- no tank tops
Jacket/hoodie (take on airplane)
Rain Jacket or poncho
Shower & toiletry items (including soap)
Swim suit- Modest (probably won't use, but just in case)
Hat
Water bottle (purified water is provided)
Passport
Passport carrier- neck or waist
ID (Drivers License, Military ID, Student ID)
Money (U.S. for airport food and Quetzales for souvenirs)
Tissues/wet wipes
Headlight/Flashlight
Chapstick
Pepto Bismol tablets
Hand Sanitizer
Work Gloves (for outdoor projects)
Prescriptions/Glasses/medication (if needed)
Sunscreen and insect repellent

Optional

Spanish/English Dictionary
Hiking sandals (Tevas, Chacos, etc.)
Small blanket (for airplane)
Pillow (if you want your own)
Sunglasses
Capris/below the knee shorts/skirts
Camera (not expensive or big)
Book
Motion sickness pills
Anti-diarrhea pills
Earplugs
Snacks- individually wrapped
Gum
Journal & pen
Clothes for optional church services
Hand mirror

Not Allowed for youth participants

iPods
iPads/computers
Phones (can be brought to use in airport)
Electronics of any kind

All Medical Team Members (Interpreters Included)

Scrubs are required Monday through Friday when the clinic is open. Support personnel and interpreters need to at least wear scrub tops. Medical people need to carry a copy of their medical licenses. Bring the tools of your trade if you have them, ie stethoscopes, otoscopes, blood pressure cuffs/machines, thermometers.