

## Guatemala Trip Packing List

Number	Item	Check
4	Work Shirts (modest)	
4	Work Shorts/Pants (modest)	
1	Long Sleeve Shirt	
1	Light Jacket/Sweater/Hoodie	
4	Shorts/Capri (casual)	
1	Pants/Jeans (casual)	
6	Shirts (casual)	
1	Bathing Suit	
2	Pajamas	
9	Underwear	
6-8	For Girls- Bras (sport and regular)	
6	Socks	
1	Flip Flop (shower)	
1	Closed toed work shoes	
1	Sneakers	
1	Rain Coat	
1	Bandana and/or Hat	
1	Sunglasses	
1	Sunscreen	
1	Bug Spray	
1	Pillow	
1	Twin Sheets & Light Blanket OR Sleeping Bag	
2-3	Towels	
1	Work Gloves	
1	Refillable Water bottle	
1	Flashlight	
1	Hairbrush- (hair ties & bands)	
1	Tooth brush & paste	

1	Shampoo & Conditioner	
1	Body Wash (soap)	
	Pepto-Bismol	
	Imodium	
	Band-Aids & Medicine	
	Hand Sanitizer & wipes	
	Passport	
2	Copy of Passport (one packed in luggage & one to turn in)	
1	Day Pack (to carry to/from worksite)	
	Individually Wrapped Snacks (crackers, cookies, chips, bars)	
	Crystal Light Packs	
	Kids' Gifts (individually wrapped gum, candy, bubbles, crayons, balloons, etc...)	
	Bible	
	Entertainment- Books, Cards, Games, Frisbee, Ball, Notepad, & Pen, Phone Charger	
	Money for 3 meals, Shopping & Snacks	