



## Guatemala

### Packing list for Checked Suitcase:

You can bring one suitcase or large duffel (50lbs. max). Pack light; remember you have to carry it! All liquids should be in Ziploc bags.

- Bug repellent and sunscreen
- Flashlight
- Small alarm clock
- Two rolls of toilet paper
- Optional personal equipment – electricity is equivalent to US
- Shower sandals
- Towel/washcloth(s)
- Sleeping bag (if needed)
- Dirty laundry bag or large plastic bag
- Medium weight (light weight\*) jacket and sweater
- Rain jacket
- Pajamas
- Sunglasses, hat, and hair ties (for the women)
- No tight fitting or low-cut clothing!
- T-shirts (no tank tops)
- Pants (2 or 3 pair)
- One pair tennis shoes or comfortable walking shoes
- One pair dress shoes (sandals are fine)
- One pair of work shoes
- Dress clothes for church (women: blouse and below-knee skirt or jumper;  
men: pants, button-down or polo shirt; no shorts for church)
- Modest one piece bathing suit
- Shorts/Capris (long and modest)
- Underwear and socks
- One pair of work gloves
- Copies of Passport and Health Insurance Card
- Gifts for your host family
- Small gifts/toys/candy for children
- Photos of family & home to show new friends & hosts

### \*For Summer Teams Only

**\*\*Note:** Orphanage teams are encouraged to have at least one locking suitcase to store valuables (wallets, cameras, etc.) while not using them. In general, take caution with your valuables at the work site. We recommend that you keep your belongings in your backpacks, instead of leaving them out in view. Keep unnecessary valuables and money at your host homes.

### **Suggested Packing List for Carry-on:**

Passport!  
Photo ID  
Camera, film  
Medications (original container)  
Health Insurance Card  
Medication Card  
Toiletries (according to current regulations)  
Wet Ones  
Chapstick  
Bible  
Journal & pen  
Spanish/English dictionary  
Travel food  
Water bottle (if allowed by current regulations)  
Spending money (in \$1 & \$5 denominations)  
Change of clothes  
Written testimony