

HONDURAS

PACKING LIST

What to Bring!

- Passport
- A book or something to do on the plane ride – it's a long one
- Hat
- Cell Phone (Not required)
- Modest shorts and nice shirts/t-shirts
- Nice pair of dress clothes for church
- Long pants (jeans) and nice shirts/t-shirts
- Clothes you do not mind getting dirty/ wet/ paint drips etc.
- Pajamas
- Swimsuit (one piece for girls)
- Work gloves (cheap disposable ones are fine)
- Walking shoes
- Sandals/ Mud Shoes
- Bag for dirty clothes/ Shoes
- Bath Towel and washcloth
- Toiletries (i.e. soap, shampoo, toothpaste, etc.)
- 1 roll of toilet paper
- Hand Sanitizer (Pural)
- Insect repellent
- Sunscreen (SPF 30 or higher)
- Antacid Tablets
- Tablets for Diarrhea
- Raincoat or umbrella
- Sleeping bag or Sheet/ Blanket
- Pillow
- Flashlight
- Alarm clock (Cell Phone alarm works great)
- Water Bottle or Camel pack
- Can of Gator Aid or Power Aid
- Powder or Gold Bond (small container)
- Granola Bars/Protein Bars (for energy)
- Bible
- Pen/Pencil
- Notepad
- Camera (recommendation: light that you can strap to your head)
- Spending money for snacks at the local store (\$10-\$15 should be enough)
- Souvenir money (bring some, but remember you are responsible for your money)

What not to bring!

- Skimpy clothes or brand name clothes (i.e. Tommy, Polo etc.)
- iPods/ other electronic music devices
- Electronic games
- Valuables or large sums of money

Don'ts

- No smoking on the trip
- No drinking of alcoholic beverages

Honduras Packing notes:

(1) We will be allowed 3 bags on the airplane - 1 carry on, which you should put some belongings and a few snacks in case your luggage gets delayed, 1 check in bag with personal items, and 1 bag for items that the team needs to carry down. I will keep you posted as to what you need to carry. When we fly together also make sure at the airport that they put a transfer sticker on your luggage.

(2) Add to your packing list 1 pair of mud shoes and one roll of toilet paper (we will collect the toilet paper in Honduras)

(3) The concept we use in packing is pack heavy, return light. Try to pack things that you will want to leave in Honduras for the church to give to the people, i.e. clothes, pillows, bedding.

(4) Make sure you carry your passport (place in a zip lock bag) and make a copy of the inside page to keep separate from your passport in case it gets lost.