

San Pedro Sula, Honduras Packing List:

Clothing:

- **7 t-shirts or lightweight tops** (breathable, tank tops that are modest and not athletic are acceptable)
Please avoid T-shirts with large graphics, slogans, music groups, patriotic themes, political messages, alcohol or tobacco references, or anything that could be distracting or misunderstood. Simple, neutral shirts are best. Shirts with Christian messages or Scripture are acceptable, as long as they are respectful and modest.
- **1-2 pairs of pants** (lightweight hiking material, khakis, and jeans are all acceptable)
- **2-3 pairs of shorts** (modest length if appropriate for the mission work)
- **1 set of work clothes** (clothing you do not mind getting dirty, if needed)
- **1 set of church/meeting clothes** (modest, dress-casual attire)
- **Light jacket or sweater** (for airplanes, cooler evenings, or air-conditioned spaces)
- **7 sets of underwear and socks**
- **2-3 sets of sleepwear**
- **1 pair of comfortable walking shoes**
- **1 pair of sandals or slides**
- **Hat or cap** (sun protection)
- **Swimsuit** (ladies: modest one-piece swimsuit)

Please avoid athletic-style clothing for ministry activities. Instead, pack modest, casual clothing that is comfortable and respectful for serving on the mission field.

Toiletries:

- Toothbrush, toothpaste
- Hairbrush or comb
- Shampoo and conditioner
- Soap or body wash
- Deodorant
- Sunscreen (high SPF)
- Bug repellent (preferably with DEET)
- Hand sanitizer
- Personal medications in original containers, enough for the entire trip plus extra
- Razor, shaving cream
- Feminine hygiene products (if applicable)

Essential Items:

- **Passport** (must be valid for at least 6 months after travel dates, also keep a copy separate from the original)
- **Cash (US dollars) and a secure way to carry it** (e.g., money belt)
- **Credit/debit cards** (notify your bank about travel)
- **Reusable water bottle**
- **Daypack or small backpack** (for daily use)

- **Phone and charger** (know what your international calling plan provides; Honduras uses 110V, the same as the US)

Optional:

- Snacks (granola bars, trail mix)
- Camera
- Portable Charger
- Sunglasses
- Notebook and pen (for journaling or taking notes)
- Bible or devotional material

SAMPLES:

MISSION
TRIP
OUTFIT IDEAS



MODEST
PRACTICAL
COMFORTABLE
PURPOSEFUL



TOPS WITH SLEEVES & CAPRIS | FULL-LENGTH PANTS, CAPRIS & MODEST SHORTS



POLO SHIRTS, BUTTON-DOWNS & KHAKIS, CHINOS, JEANS OR NEAT SHORTS – CLEAN, COMFORTABLE, AND FOR A DAY

PERFECT FOR:

 CHURCH MISSIONS

 WARM CLIMATES

 TRAVEL & SERVICE

 EVERYDAY MINISTRY

 LIGHTWEIGHT
FABRICS

 BREATHABLE
& COOL

 MODEST
& RESPECTFUL

 EASY TO PACK
& MIX

 FOCUSED ON
THE PURPOSE

DRESS WITH
PURPOSE.
SERVE WITH
LOVE.



MISSION TRIP

OUTFIT IDEAS



MODEST
PRACTICAL
COMFORTABLE
PURPOSEFUL



SLEEVELESS TOPS & CAPRIS

LIGHTWEIGHT PANTS & MODEST SHORTS



POLO SHIRTS WITH KHAKIS, CHINOS OR NEAT SHORTS - CLEAN, COMFORTABLE, AND READY FOR ANY DAY

PERFECT FOR:

- ♥ CHURCH MISSIONS
- 🌐 WARM CLIMATES
- 🧳 TRAVEL & SERVICE
- 👥 EVERYDAY MINISTRY



LIGHTWEIGHT
FABRICS



BREATHABLE
& COOL



MODEST
& RESPECTFUL



EASY TO PACK
& MIX



FOCUSED ON
THE PURPOSE

DRESS WITH
PURPOSE.
SERVE WITH
LOVE.



Ideas for youth

MISSION
TRIP

OUTFIT IDEAS

CONFIDENT
COMFORTABLE
PURPOSEFUL
YOU



RELAXED TEES, JOGGERS & CARGO PANTS

COMFY, MODERN & MISSION-READY



GRAPHIC TEES, ATHLETIC SHORTS & JOGGERS

EASY TO MOVE, BUILT FOR IMPACT

PERFECT FOR:

- ♥ YOUTH GROUP TRIPS
- ✦ SERVICE PROJECTS
- ☼ SUMMER MISSIONS
- 📦 EVERYDAY FAITH



COMFORT
ALL DAY



BREATHABLE
FABRICS



EASY TO PACK
& WEAR



MADE FOR
ANYWHERE



LIVE YOUR
PURPOSE

BOLD FAITH.
REAL IMPACT.
BE YOU.

MISSION
TRIP
OUTFIT IDEAS

CONFIDENT
COMFORTABLE
PURPOSEFUL
YOU













RELAXED TEES, JOGGERS & CARGO PANTS

COMFY, MODERN & MISSION-READY















GRAPHIC TEES, ATHLETIC SHORTS & JOGGERS

EASY TO MOVE, BUILT FOR IMPACT

PERFECT FOR:

♥ YOUTH GROUP TRIPS

● SERVICE PROJECTS

● SUMMER MISSIONS

📦 EVERYDAY FAITH

COMFORT
ALL DAY

BREATHABLE
FABRICS

EASY TO PACK
& WEAR

MADE FOR
ANYWHERE

LIVE YOUR
PURPOSE

BOLD FAITH.
REAL IMPACT.
BE YOU.

EVENING CASUAL OUTFIT IDEAS



COMFORTABLE
MODEST
RELAXED
PRACTICAL



WOMEN: TANKS, TEES, LOUNGE PANTS, JOGGERS & MODEST SHORTS



MEN: BASKETBALL SHORTS, ATHLETIC WEAR, JOGGERS & LONG PANTS



BREATHABLE



EASY TO PACK



MODEST



COMFORTABLE



GREAT FOR
EVENINGS



DRESS WITH
PURPOSE.
REST WITH
JOY.

CHURCH OUTFIT IDEAS



MODEST
RESPECTFUL
COMFORTABLE
NEAT



WOMEN: MODEST DRESSES, SKIRTS, DRESS PANTS & REFINED TOPS



MEN: POLOS, BUTTON-DOWNS, CHINOS & LIGHTWEIGHT TROUSERS



MODEST



COMFORTABLE



NO JEANS



SANDALS
OR SNEAKERS



CHURCH READY



DRESS WITH
PURPOSE.
WORSHIP
WITH JOY.



MODEST
SWIM
OUTFIT IDEAS



MODEST
PRACTICAL
COMFORTABLE
RESPECTFUL



ONE-PIECE SWIMSUITS

ONE-PIECE + COVER-UP

SWIM TOPS & BOARD SHORTS



RASH GUARDS & SWIM SHORTS - COMFORTABLE, QUICK-DRY & SUN-SAFE



ONE-PIECE
OPTIONS



BOARD
SHORTS



RASH
GUARDS



SUN
PROTECTION



MODEST &
PRACTICAL



READY FOR
WATER DAYS

DRESS WITH
PURPOSE.
SERVE WITH
JOY.

