

PACKING LIST | GUATEMALA



The recommendations on this checklist reflect the experience of CHOICE Humanitarian as well as recommendations from expedition participants and FHe Leaders on previous Singular Humanitarian (SHe) expeditions. Please contact Michaela Shirley at michaela.s@familyhumanitarian.org for specific needs or concerns.

Be sure to check the weather forecast prior to departure to ensure appropriate packing. It is wise to think in **layers** when preparing for a service trip abroad. Highs most days about 80-85° F, but with the humidity, it often feels warmer. Low are generally 55-60° F and evenings are cool. Rain is very possible. It is recommended that all volunteers pack as light as possible since brief hikes might be required before entering and/or departing from the village. Other recommendations include bringing **duffle bags** and **camping backpacks** rather than suitcases (although those may still be used) for ease of transport. Please check with your airline regarding luggage allowances (as well as luggage fees for excess weight). FHe will not be responsible for such fees. Participants have found that packing everything in large **Ziploc-style bags** makes it easier to find socks and shirts during the expedition, but also keeps clothes clean and smelling nice. Bringing a bag for dirty clothes throughout the expedition is also recommended.

One golden piece of advice: Leave behind a clean change of clothes at the hotel or keep a clean change of clothes inside a bag during the entire expedition so that there is a fresh outfit to wear upon your return to Guatemala City.

NECESSARY ITEMS

■ light, durable walking shoes (well-built tennis shoes)	■ work or hiking boots/shoes (tennis shoes are fine, but expect them to get dirty)	■ tevas or flip-flops (for use in shower & in sleeping area)
■ 4-5 t-shirts or work shirts (comfortable, casual, quick-dry; may get ruined)	■ 3 casual dress shirts (optional if you prefer to change at the end of the day)	■ 3 pairs of casual comfortable pants; females may also prefer 1-2 skirts as well.
■ 3 pair of work pants (comfortable, casual, quick-dry)	■ 1 pair of modest shorts for personal use	■ change of clothes that will be functional in the village (carry-on: in event of lost luggage)
■ sweatshirt, fleece jacket, or warm coat	■ 1 long-sleeve shirt for the evenings	■ white shirt, tie and dress slacks for men; Sunday dress for women
■ underclothing (10 recommended; enough for entire trip without washing)	■ multiple pairs of socks (10 recommended; lightweight long socks protect ankles from insect bites)	■ swimsuit (modest one-piece for use in shower, optional)
■ rain jacket, poncho or trash bags	■ hat or sun visor	■ rubber rain boots (for rainy, muddy days)
■ water bottle	■ pocket size pouches of tissue	■ antibacterial wet wipe packets (80-100 per person) and/or hand sanitizer; individual pouches are most convenient. Put 5-10 in your backpack and the rest in your suitcase.

■ extra prescription medicine (carry-on: in event of lost luggage)	■ pain reliever (ibuprofen, etc.)	■ diarrhea medication (e.g. Imodium)
■ constipation medicine	■ chigger cream	■ hydrocortisone cream for itching
■ upset stomach tablets (Pepto Bismol or Tums)	■ decongestant or allergy medication (e.g. Sudafed)	■ cough drops (optional)
■ first-aid kit (band-aids, moleskin, triple antibiotic cream etc.)	■ mosquito repellent with at least 20% DEET; can use Permethrin (an insect repellent for clothing)	■ lip balm (with SPF)
■ sunscreen (SPF 15 or higher)	■ towel(s)/washcloth(s)	■ soap
■ shampoo & conditioner	■ toilet paper (1-2 rolls)/flushable wipes	■ feminine products
■ make-up for females	■ small mirror (helpful for grooming)	■ hairbrush
■ toothbrush/toothpaste	■ tweezers	■ face wipes
■ floss	■ mouthwash	■ deodorant
■ antiseptic skin cleanser (can save your skin)	■ pillow to use with sleeping bag	■ medium to warm sleeping bag (lightweight bag is easier to manage)
■ small inflatable mattress or foam pad	■ headlamp with new batteries	■ good work gloves (two pair would be wise)
■ jumbo, mid-size and sandwich Ziploc bags or drysacks (for dirty/wet clothes, garbage, organizing and packing)	■ day bag or backpack: to transport water, jacket, hat, gloves, snacks to worksite	■ scriptures
■ personal journal and pen	■ inexpensive durable watch	■ camera (plus charger, extra battery and extra film/disk)
■ passport	■ cash for souvenirs	

RECOMMENDED ITEMS

■ sleep aids (ear plugs, etc.)	■ FHe expedition guidebook	■ good book about Guatemala (pocket guide)
■ small travel pillow (donut neck pillow, etc.)	■ change of clothes for evenings	■ battery-operated pump with spare batteries for inflatable mattress (this could be shared by several participants); bring sheets
■ cold water soap (biodegradable camp soap) to wash out clothes	■ compact travel games or cards for bus ride and evenings (Connect 4, UNO cards, table games, cards)	■ supplies and games for activities with the villagers (fingernail polish, Frisbees, balls, bubbles, magic tricks, yo-yos, small bean bags, hacky sacks, balloons, jump rope, yarn weaving, inflatable beach balls, etc.)
■ small multi-Leatherman/pocket knife (with tweezers is helpful)	■ small calculator (to calculate currency conversion)	■ cultural sharing items (small musical instruments, etc.)
■ comfort food snacks and snacks for work site	■ small flashlight with new batteries	

OPTIONAL ITEMS

■ morning travel alarm	■ bandana (used around head or neck) or hat	■ sunglasses
■ travel sewing kit (i.e. needle and thread, safety pins)	■ clothes pins or safety pins (for hanging clothes)	■ tent
■ materials for Family Home Evening lesson or devotional (e.g. quotes, Ensign, spiritual thought, etc.)	■ items to donate: old clothing, school supplies, etc.; check to ensure they're appropriate.	

DON'T FORGET

- Obtain emergency medical evacuation insurance (recommended companies: SOS, Travel Guard or Global Rescue).

IMPORTANT PACKING TIPS

1. **Pack as lightly as possible.** You will be responsible to handle your entire luggage during any transfers or excursions. Suitcases or duffle bags with wheels are helpful.
2. **Don't bring large amounts of items in your personal medical pouch.** You will only need a small supply of each item; if necessary, more can be purchased in country.
3. **Make a copy of your passport picture page and put it in your suitcase** (expedites replacement of a lost passport).
4. **Suitcase/duffle bag dimensions are limited to a cumulative total of 62 inches (W+H+L).**
5. **When you check in your domestic flight, check your baggage all the way through to the final destination.** Be prepared to show your international e-ticket. You should not be charged the domestic baggage charge (luggage on domestic connections to international flights do not incur a baggage charge).
6. **Please label your clothes, especially underwear and socks.**

DO NOT BRING

- Expensive jewelry or watches
- Expensive clothing
- Chocolate; it melts