

# Things to Bring

Each participant may bring (1) CHECKED BAG and (1) CARRY-ON BAG. You may be asked to pack up to 5lbs of team supplies in your checked bag, so please pack only 45 lbs. Do NOT bring valuables you would be upset to lose, like expensive cell phones, iPods, tablets, expensive jewelry, etc.

## Carry-On Bag (Small backpack or day pack)

- Passport (must be valid until January 29, 2018)
- Spending money for snacks/souvenirs/laundry
- Bible, devotional book, pens
- Ministry supplies/props (leadership will provide more details near to departure date)
- Prescription or personal medication

## Checked Bag (45lbs or less, rolling suitcase/hiking backpack)

- Outdoor supplies (sunscreen, insect repellent, sunglasses/hat)
- Swimsuit (Girls one-piece or dark-colored t-shirt over two-piece; Guys wear t-shirt to/from pool or beach)
- (15) Sets of undergarments and socks
- Guys: 7-8 t-shirts, 3-4 pants (one nice for church, 1 pair jeans for work projects)
- Girls: 7-8 t-shirts, 2-3 pants/capris (1 pair jeans for work projects, 2-3 ankle length skirts)
- Comfortable clothes to wear around the compound (shorts OK)
- (1) Pair of pajamas/conservative sleepwear
- (1) Pair of work gloves
- (2) Pairs of tennis/athletic shoes, comfy for walking, sturdy enough for work projects
- (1) Pair of flip-flops and/or shower shoes
- (2) Sweatshirts (Guatemala is cool in the evening)
- 32oz Water Bottle (Nalgene or similar brand, must be re-useable and shatterproof)
- (1) Plastic bottle of peanut butter and one of jelly (grape/strawberry)
- Towel & washcloth
- Toiletries (shampoo, soap, deodorant, toothpaste, toothbrush, contact solution, etc.)
- Toilet paper (2 rolls), small container of laundry detergent (powder only)
- Contacts or glasses (if you wear them)
- Miscellaneous extras (alarm clock, flashlight/batteries, umbrella, healthy snacks)
- Optional: gently used or new clothing for the local church
- Optional: earplugs, concealed pouch for money, small gifts for nationals (bubble gum, candy)