

MISSION TRIP PACKING LIST

- ✓ **Twin bed size sheets and pillow case** (pillows and blankets provided)
- ✓ **Bath towel, hand towel, washcloth**
- ✓ **Passport & copy of passport**
- ✓ **Credit card/ATM card** (notify your bank)
- ✓ **US dollars & Guatemalan quetzales** (some local vendors don't accept credit cards)
- ✓ **Backpack**
- ✓ **Refillable water bottle** (purified water will be provided)
- ✓ **Sweater/Fleece**
- ✓ **Rain jacket** (April to November)
- ✓ **Sturdy shoes**
- ✓ **Sunscreen** (the Guatemalan sun can be strong)
- ✓ **Hat or cap**
- ✓ **Work clothes** (long pants and closed-toe shoes)
- ✓ **Ear plugs**
- ✓ **Work gloves**
- ✓ **Safety glasses**
- ✓ **Insect repellent**
- ✓ **Small flashlight**
- ✓ **Toothbrush & other toiletries**
- ✓ **Soap & shampoo**
- ✓ **Small roll of toilet paper** (to keep in backpack)
- ✓ **Aspirin/acetaminophen**
- ✓ **Pepto-Bismol chewable tablets**
- ✓ **Imodium/Loperamide tablets**
- ✓ **Dramamine or other motion sickness relief** (Guatemala has many curvy roads!)
- ✓ **Personal medications** (in original, labeled containers)
- ✓ **Liquid I.V. packets or similar electrolyte drink mix**
- ✓ **Open mind**
- ✓ **Servant's heart**

