Guatemala
Packing List

Medications:
(-) It is essential that you bring all prescription medications (extra doses, if critical medication) in a waterproof container.
(-) All medications must be reported on Medical Questionnaire form and discussed with your trip leaders.

Your Head
- (1) Hat with bill/brim that will protect you from the sun.
- (1) Sun Glasses
- (1) Sunscreen/Chapstick with sunscreen
- (1) Earplugs

Your Upper Body
- (1) Waterproof/Windproof shell or rain jacket
- (1) Warm fleece jacket or packable puffy synthetic jacket
- (1) Lightweight puffy or fleece jacket/pullovers/vest
- (10) T-shirts- for construction and hiking (no spaghetti straps, no camouflage, no offensive language/images on clothing)
- (2) Around town shirts (polo, collared)

Your Legs
- (2 each) Around town pants & pants for construction site
- (2) Knee-length shorts or capri pants
- (1) Lightweight hiking pants
- (12) Underwear
- (1) Bathing suit

Your Feet
- (2 prs.) Work boots or hiking boots with good ankle protection
- (1 pr.) Flip flops for the shower
- (1 pr.) Sneakers/walking shoes
- (10-12) Socks

Other Stuff
- (1) PASSPORT
- (1) Money and/or ATM card
- (1) Backpack
- (1) Bug spray
- (1) Water Bottle
- (1) Headlamp (optional)
(1) Batteries for above – Spare set
(1) Bandanna (nose wiper, etc.)
(1) Wrist Watch with alarm (optional)
(1) Pajamas (Conservative)
(1) Towel
(1) Toiletries/Feminine Products
(1) Work Gloves
(1) Ziploc bags for keeping clean/dirty items separate
(1) Journal and Pen
(1) Small Spanish/English Dictionary (optional)

**Bring electronic items at your own risk**