

Packing List for Mission to Guatemala 2018

Important: We request that you try to pack all of your personal clothing and effects in your carry-on bag, and backpack on the plane. There are two reasons for this:

- (1) Checked bags will sometimes get lost and show up days later
- (2) We want to use the checked baggage for donations and supplies. You may carry on one bag less than forty pounds and one personal item (purse, backpack, laptop).

The baggage allowance is 2- fifty pound bags (please raise an additional \$100 in case luggage fees are re-imposed this summer). By using the checked luggage of the crew, we can bring duty-free donations to the children (shoes, clothing, etc.). For donation items needed for the mission, please see the “**Donations List**” on the bottom of the **forms** page of the mission website: www.nowisthetimeformissions.com/forms

Things to pack: In general, bring older clothes that you don't mind getting dirty because we WILL be in dirty places, and it will most likely rain. We also hope you will leave some of your clothes as a donation on the last day of the mission.

Clothing: 1-light rain jacket/slicker, 1-warm sweater/fleece (it can get cold at night), jeans, pants, capris, short-sleeved shirts for daytime, long-sleeved shirts or a light jacket for evenings, underwear and socks. As far as quantity: 2 to 4 pants, 5 to 6 short-sleeved shirts, and 2 to 3 long-sleeved shirts/or just a light jacket for each week should be sufficient. For those staying 2 weeks, we will arrange for laundry services. Travel Tip: Wear bulky clothes on plane.

Shoes: 2 pairs: 1) Comfortable shoes such as sneakers or Crocs and 2) Hiking boots/shoes for working in mud (it's the rainy season). Construction teams: Bring tall rubber boots ONLY if you wear size 12 or bigger (smaller sizes we have). **For safety reasons, you MUST have closed toe shoes at all times at our work sites - no sandals or flip-flops.**

Toiletries: TRAVEL SIZE versions of: Sun tan lotion, bug spray or lotion with high DEET content, something to pull long hair back with, toothbrush, toothpaste, shampoo, conditioner (the water tends to dry out hair), wash cloth if desired (no wash cloths at the hotel) pajamas, hair brush, hairdryer (only if necessary), feminine necessities, vitamins/medicines, razor, shaving cream, deodorant, a few band-aids (although the team leaders will all have first aid kits), Imodium or Pepto-Bismol (just-in-case), hat or bandana.. Remember to bring bottles less than 3 oz, and observe the TSA 3-1-1 carry-on luggage restrictions (see **3-1-1** below)

3-1-1: 3-1-1 for carry-ons = 3 ounce bottle or less; 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring. 3 oz. container size is a security measure. Other 3-1-1 Information can be found at: <https://www.tsa.gov/file/travel-tips-learn-about-3-1-1-liquids-rule>

Miscellaneous To Bring: **1 large Nalgene-style hard-plastic/stainless steel water bottle**, work gloves (construction teams only), a couple of protein bars for travel days, powder “power-aid” water bottle packets, travel alarm and/or watch, small LED flashlight, small digital camera, baseball cap for sun protection, pocket sized tissues and hand sanitizer, passport, photocopy of passport, health insurance card, a few photos of you and your family to share with your new Guatemalan friends. ([See this article for Shawn's recommendations of What To Bring](#))

Things NOT to bring: Electronics of any kind - no laptops, smartphones (except to use as camera), iPads, iPods, etc.), shorts and/or string-top blouses/halter tops/sleeveless shirts (these are considered rude and immodest in Guatemala), lots of extra over-the-counter meds (there are pharmacies close to our hotel), lots of snacks (there are convenience stores near hotel), bottled water (this will be provided, and bottled water is not allowed past airport security)