WHAT TO PACK
Comalapa Version

WELCOME TO GUATEMALA!

When packing for Guatemala, keep in mind that you can buy many of the things you need once you are here (toiletries, clothes, etc.) though it can be difficult to find specific things you may want (e.g. a particular brand).

CLOTHES

Because of the work involved, you can get dirty fast, so you will want adequate changes of clothing. Quick dry clothing is always a good idea.*

- T-shirts
- Loose jeans/trousers (bring at least two pair of long pants suitable for construction work; they should not be skin tight and they should be comfortable!)
- Warm sweater and pants (it gets cold at night)
- Jacket (a good raincoat during the rainy season, May - September; windbreaker for the dry season, October - April)
- Hat(s) (as protection against the sun and the cold)
- Warm sweats or pajamas (it gets cold at night)
- Lots of socks and underwear (these will dictate when and how often you do laundry).

FOOTWEAR

- Work/hiking boots or sneakers (appropriate for a construction site)
- Rubber boots (during the rainy season). These are also locally available if you don’t wish to pack them and want to wait and see if you will need them.
- Sandals (suggested for evenings and weekends)

*Comalapa is a conservative community; our female volunteers are not permitted to show their shoulders, chest, midriff, knees, or wear spandex.* (See sections on “confianza” and “appropriate behavior” for further reasoning).
TOILETRIES

- Towel
- Any specific hygiene products needed
- Contact solution (if you wear contacts)
- Females: feminine hygiene products (tampons are difficult to find)

PERSONAL WORK EQUIPMENT (HIGHLY RECOMMEND)

- Rubber-/PVC-coated work gloves or regular work gloves
- Hearing protection (e.g. ear plugs for work and sleeping, if you are a light sleeper)
- Eye protection (e.g. sunglasses or goggles)
- Dust protection (e.g. dust mask or bandana)
- Tape measure
- Water bottle
- Day pack
- Pocket knife (Leatherman/Gerber)
- Pencil

MISCELLANEOUS RECOMMENDED ITEMS (PERSONAL)

- Any medication needed during the time of your stay
- Sunscreen
- Flashlight/Headlamp
- Batteries
- Insect repellent
- Camera/charger
- Books