

HONDURAS PACKING LIST

Outfits

Bring one or two pairs of athletic wear for work days or sleep, but typical outfits should be like you would wear on a normal day here. We want to respect the ministries and people we are serving by presenting ourselves with excellence. Honduras is extremely humid and we will be without AC most of the time.

TOPS

T's and tank tops

BOTTOMS

Shorts are fine, just no "short shorts" (think fingertip length)

CHURCH OUTFIT

Girls: dress/skirt and a nice shirt.

Guys: pants and a nice shirt.

ACTIVE CLOTHES

1 or two outfits you aren't worried about getting dirty in (tennis shoes, T-shirt, workout shorts, etc.)

SWIM SUIT

Girls: one piece or two piece covered with a shirt

SHOES

flip flops/comfortable walking shoes

SOCKS AND UNDERWEAR

OUTERWEAR

Hoodie (there's always cold places—ex. Planes/airport)

Raincoat or poncho (sometimes it downpours)

PAJAMAS (the lighter the better because it is pretty hot during the nights)

Essentials

Sheets (for bedding)

Pillow case

Mini battery fan (fans/electricity go off at night, this makes it easier to sleep)

Flash light

Water bottle

Carry-On/Purse

Photo ID

Copy of your passport (just in case)

Stuff to do on the plane (crosswords, downloaded movies, books, etc.) •

Snacks (no liquids)

Spending money (\$200 should be plenty)

Bible

Journal and pen

Toiletries/Miscellaneous items/Optional

Toothbrush and toothpaste

Razor & shaving cream

Sun-screen and Aloe Vera (very important)

Deodorant (Girls: if you tend to sweat a lot you might want to get men's deodorant for a little extra protection-I like Red Zone)

Soap and Shampoo (if you put grapefruit seed extract or tea-tree oil in your shampoo it will ensure that you do not get lice)

Towel/wash cloths

Feminine hygiene products

Baby wipes (nice to wash up with)

Travel toilet paper (some of the places we go to will not have TP)

Hand sanitizer (sometimes there aren't places to wash your hands)

Comb/brush/hair ties/head bands

Gold Bond powder (sometimes you get a little sticky and this is nice to keep you dry)

Hair appliances (flat iron, hair dryer-if you want them)

Medicines: antibiotics, vitamins, ibuprofen, allergy tabs, Etc. (make sure all prescriptions are in a prescription bottle)

Bug spray with Deet (it's a lot stronger and bite preventive, you can get at Walmart)

Wrinkle releaser

Travel stain remover

Trash bags/grocery bags for any wet/dirty clothes

Snacks (sealed tightly and securely, nothing that will melt)

Travel Tips/Safety/Rules

Dress light when traveling - be prepared to remove shoes and metal objects at security points.

It's a good idea to pack an outfit or two in your carry on incase luggage gets lost.

Do not discuss terrorism, weapons, explosives or other threats while at the airport. Do not joke about having a bomb or firearm.

One checked bag on the way there and back- 50lb limit.

One carry-on plus one personal item (purse, backpack, etc.)

No liquids in your carry-on more than 3oz.

Tag all your luggage - outside and inside (name & address)

Zip lock baggies are great for any liquids that may open accidentally or miscellaneous items

We travel as a TEAM - never alone.

Buddy System- if you need to go anywhere please inform a leader and travel in pairs.