

## Guatemala Packing List

**Clothing** (Weather will PROBABLY be: Highs in 70-80s, lows in the 50-60s around Antigua, and highs in the 80s-90s in Sur Occidente/Suchi, lows in the 60-70s, sunny or rainy- be prepared for both as the time of the year dictates the weather)

- Warm Jacket (it can get cold at night in Antigua)
- Rain jacket and small umbrella
- 1 pairs of comfortable, close-toed shoes- we will be walking A LOT (and closed toed shoes are more appropriate for men at church)
- 1 pair of boots/ tennis shoes that can get dirty
- 1 nicer outfit (not fancy)
- Shorts/ pants (appropriate length)-**long gym shorts are fine, but lightweight pants are better and more culturally appropriate, NO SHORT GYM SHORTS OR RUNNING SHORTS- they should hit right above the knee!! If you bring short gym shorts, you will be asked to change, so please don't bring them.**
- 1 pair of long pants & 1 long sleeved shirt that can get dirty
- T-shirts (appropriate, a few shirts that can get dirty)
- Pajamas (appropriate for roommates)
- Socks and undergarments
- Females- midcalf or longer skirt/ dress for church community worship services

### Toiletries- DO NOT bring big bottles- small travel sized only

- Toothbrush and toothpaste
- Shampoo/conditioner/ soap
- Deodorant
- Hairbrush/comb
- Sunscreen, Bugspray
- Spare set of contact lenses/ glasses, contact solution (if applicable)
- Towel and Washcloth
- Feminine products (for women!)
- Flipflops/shower shoes

### Other

- Camera (disposable cameras work great if you don't want to bring a nice one!)
- Extra batteries for camera or charger
- **Watch**- it is important for you to always know what time it is so you can be on time!!
- Alarm clock
- **Reusable water bottle that holds 1 Liter of water- very important!! IF your bottle does not hold one WHOLE liter, bring two water bottles (make sure they are empty for flight). The best water bottles for traveling have a cap that covers the mouthpiece, like Nalgene. Make sure to write your name on your water bottle. Also, LifeStraw has great water bottles that have a built-in filter. These are great because you do not have to worry as much about the quality of water since the straw filters it for you! (<https://www.amazon.com/LifeStraw-Bottles-2-Stage-Integrated-Backpacking/dp/B07HFRLVCZ>)**
- Small pack of tissues (in case a restroom is out)

- Non-perishable snacks (nuts, granola bars) to keep in a bag in case you are prone to get hungry between meals (although there will also be snacks available for purchase in Guatemala)
- Small Spanish/English dictionary
- Spanish/English bible
- Simple North Carolina type gift (to give to a host family or group we are visiting .... ie a NC magnet, NC peanuts, small piece of WNC pottery, postcards of your town etc)
- Printed pictures of your family/ church to share with Guatemalan families
- Handkerchief- always good for traveling!
- Electrolyte replacement powder (like small packets of Gatorade to put in water- not sugar free kind) to encourage hydration
- Flashlight or headlamp
- Mosquito net

### **Pack in your carry-on (small backpack)**

- Passport (*also, bring one copy of your passport packed in a separate bag from your passport and leave a copy at home as well*). Leave a color copy with the church as well so someone can easily scan and email a copy in case of an emergency.
- Health Insurance card, including numbers to contact the US from abroad if necessary
- Prescription medicines and copies of prescription medicines (Customs officials may need to verify these) as well as OTC meds that you take on a regular basis (ie for migraines, allergies, etc)- ***Please pack in a clear plastic bag labeled with your name if you are under 18 for the adult in charge of meds***
- Money belt/ passport holder
- Toothbrush and toothpaste, deodorant (make sure it is less than 3 oz and in a quart sized Ziploc)
- Any valuables (don't bring them unless it is necessary- no laptops, iPads, etc!)
- Change of clothes (including 2 pairs of underwear!) in case luggage is lost or delayed
- Earplugs (can help you sleep on plane and in unfamiliar places)
- Travel information/ book, articles about Guatemala to read on flights
- Small notebook and writing utensil for journaling
- Money
  - o Bring about \$50 US Dollars for meals in airports, ***some*** places in Guatemala will also take US Dollars
  - o OPTIONAL: \$50-\$150 worth of Guatemalan quetzales (you can order these at the bank OR make arrangements for an order with your group leader)

### **DO NOT BRING:**

- Jewelry or valuables, iPads, Laptops, etc
- hair dryers, straighteners, curling irons, etc
- short shorts or skirts
- knives or other sharp objects or weapons
- high heeled shoes- they don't work on cobblestones or any shoes that are prone to give you blisters
- a bad attitude 😊