

## What should I bring to Guatemala? CHECK LIST

- Jeans (bring old ones as we will throw them away, a must while building)
- T-shirts (no tank tops)
- Shorts (no short-shorts)
- Sweatshirt
- Socks
- Quick dry towels
- Flip flops for shower
- Bug spray w/deet (see Bug Spray handout)
- Sunblock
- Hand mirror
- Poncho (cheap will work)
- Camera (no cell phone)
- Journal
- Backpack (this will be your only carry-on for the plane)
- Ziplock bags (for packing)
- Moisturizing lip balm (i.e. Chapstick)
- Work gloves (two pair)
- Tennis Shoes (old is best, will throw away after, a must while building)
- Walking shoes (closed toe)
- Granola bars
- Pepto Bismol
- Rubber gloves
- Spending money (no more than \$300 - must be new bills)
- Advil/Tylenol
- Tools (optional)
- Face mask (for home building)
- Baseball hat
- Sunglasses
- Hand Sanitizer
- Feminine products (girls)
- Baby wipes (small package)
- Flashlight (small)
- Medication (if required - must have all labels on)
- Wristwatch