

## Honduras Packing List

<p><b><u>Toiletries</u></b> Toothbrush &amp; Paste (recommended in Ziploc bag) Brush Ponytail holders / Clips Baby wipes Hand sanitizer Hand sanitizer wipes Lip gloss / Chapstick Moisturizer with SPF Shampoo / Conditioner (TRAVEL SIZE BOTTLES ONLY) Bar of soap Bug repellent Sunscreen Band Aids Toilet paper Baby or body powder All personal medications Garbage bag for dirty or soiled clothing</p>	<p><b><u>Clothing</u></b> Blue jeans (to wear while working in village) and/or shorts at least fingertip length or longer (Bay Islands) T Shirt NO EXPLICIT REMARKS OR SAYING ON SHIRTS Shorts/Lounge pants and T-Shirt for sleepwear Two to three skirts and shirts or summer dresses (sleeveless is acceptable in the islands, but no halters or spaghetti straps) Collared shirts for church services Tennis shoes or COMFORTABLE SHOES Flip flops Socks Hat or baseball cap Bandanas or headbands Lightweight jacket Rain gear/ poncho Undergarments One piece swimsuit or modest tankini and cover-up (women)/ swim trunks (men) (Bay Islands)</p>
<p><b><u>Linens</u></b> Washcloths (2) Bath towels (2) Pillow (if you like 2) 1 beach towel (Bay Islands)</p>	<p><b><u>Other</u></b> Camera Bible Notebook &amp; pen Flashlight with extra batteries Fanny pack or backpack in lieu of purse Clothespins and twine to hang mosquito netting or wet towels Passport and copy of passport in suitcase Snacks such as granola bars, peanuts are handy for traveling time on bus and plane</p>

\*Pro tip: Always double-bag liquid containers to avoid a giant mess if they burst or leak during travel. Check with your airline's regulations and make sure that you only put liquids in your carry-on luggage that are small enough to comply with the guidelines. All bigger liquid containers can go in your checked bag.

**What NOT to pack:**

- Expensive jewelry or other valuable or fragile belongings
- Anything airlines will take away from you (i.e. pocket knives, large bottles of liquid in your carry-on luggage, etc. Check your airline's website to see what is prohibited.)
- Fresh produce. If you are traveling internationally, customs will not be happy about it and it will hold you up for an extended time with everyone waiting on you. We will have plenty of fresh produce for you to eat in country.
- Too many books. They're heavy and you probably won't have much time to read them anyway.
- Too many snacks. You don't need half a suitcase full. **If you have a dietary restriction:** talk to your team captain and make sure that those coordinating your team's food in the country are prepared to accommodate it and carry a few extra snacks just in case.
- Too many unnecessary electronic devices (i.e. iPads, computers, Kindles). These are difficult to guard well while you are in country and working at a ministry site. It is always best to keep just one small device (i.e. cell phone) and keep it on you.