

Mission Trip Packing List

Global Community Outreach

√	Item	Notes
	Airline ticket	
	Passport	Verify that it will not expire during your time out of country
	Health insurance card	If applicable
	Driver's license	If you plan on driving while in Guatemala (not recommended)
	Photocopy of passport and health insurance card	Leave a copy with someone in the US; carry the original and one copy with you
	Bible	
	Journal and pen	We're certain it will be a noteworthy experience!
	Spending money for day off	\$50 usually sufficient for souvenirs, meals depending on how many souvenirs you want to buy. MAKE SURE TO BRING ATM CARD AND BEFORE LEAVING USA CHECK WITH BANK FOR USE OUT OF COUNTRY WE WILL NOT BE GOING TO BANK TO EXCHANGE CASH

Clothes

√	Item	Notes
	Jeans/long shorts	Our standard dress. Shorts need to be Bermuda or longer.
	T-shirts, short sleeve shirts	Please make sure slogans/imprints are wholesome; no tank tops
	Sweatshirt, sweater, or jacket	Chilly at night, year-round; mornings can also be chilly
	Tennis shoes waterproof, hikers, dress shoes for church	For everyday wear during rainy season your shoes will get soaking wet best to bring waterproof shoes
	Flip-flops	To walk to bathroom/shower
	Undergarments, socks	Enough for the number of days you will be here
	Pajamas	
	Leisure day clothes	Comfortable walking shoes, slacks or long shorts, short sleeve shirt, jacket, or sweater
	Ministry/church service clothes	Slacks or dark blue jeans for men most churches use slacks and nice dress shirt, skirts need to be right above the knees or longer can wear slacks depending on what church we attend please be prepared to wear a dress or skirt for women

Comments: Guatemala is a fairly conservative culture – shorts need to be Bermuda; shirts should be short-sleeved (no cap or sleeveless) and long enough to cover the midriff fully when arms are raised. Women are allowed only one earring per ear (none for men). No other body piercing allowed for men or women. Old clothes/shoes are best ... it is dusty here in the dry season and muddy in the rainy season. PLEASE BE PREPARED WITH THE ABOVE ITEMS AS THE MINISTRY WILL NOT LOAN ANYTHING THAT IS FORGOTTEN. **WASHER AND DRYER WILL NOT BE AVAILABLE.**

Personal Care

Medical

√	Item	Notes
	Prescription medications	Place in your carry-on, do not pack in checked luggage
	OTC pain relievers	Aspirin, Tylenol, Aleve
	Cold and allergy medicine	
	Pepto and/or Imodium AD	Visitors frequently experience mild intestinal discomfort
	Dramamine	Trip from airport to mission house is a 4hr trip with lots of curves and mountains if you have any symptoms of car sickness you need to bring medicine.
	Band-Aids, gauze, tape, ace wrap	
	Neosporin/hydrocortisone cream	
	Alcohol swab packs	

Comments: Please bring enough prescription medication for your entire visit – you cannot count on being able to refill anything here. Pack all necessary medicine and medical equipment in your carry-on bags – medicine should be packaged in original containers if possible. To save space you may want to designate one team member to pack a medical kit with the above “just in case” items, rather than everyone brings some.

Important Note: GCO is located in the mountains of Guatemala, at an altitude of ~5000 ft. Altitude can make some medical conditions worse. PLEASE check with your physician about any adjustments in medicine, etc. that might be necessary. THERE COULD BE LOTS OF TRAVELING IN BACK OF VEHICLES PLEASE BE PREPARED WITH PROPER CLOTHING AND TRAVEL MEDICINES THERE WILL NOT BE AN OPTION TO SIT IN FRONT SEAT AS MINISTRY PERSONAL RIDES IN FRONT

Miscellaneous/Optional

√	Item	Notes
	Camera, film, batteries	Note – disposable cameras are hard to find down here
	Video camera/battery/charger	
	Backpack or fanny pack	For stashing keys, camera, snacks, hand sanitizer, etc.
	Canteen/water bottle	Especially important if working outside
	Small flashlight, batteries	For reading and for getting around at night
	Work gloves	If you are doing construction work/special projects
	Hat, sunglasses	Especially if you will be working outside
	alarm	To use wakeup alarm
	Rainsuit and/or poncho	Rains each afternoon in rainy season (May - Oct)
	Spanish/English dictionary	For reference and practice
	sunscreen	Some days are hotter than others
	Mini locks	To secure baggage

Ziploc bags, garbage bags	Handy for many things
Pictures of your family	People love to see pictures
Toys/games to play with the kids	Cards, checkers, sidewalk chalk, jump ropes
Extension cord	To plug in electronics /phone
Deep wood off/mosquito spray	There are lots of no see-ums and mosquitos here
Phone	You need to know most of the time there will not be WIFI available so you might want to come prepared from your service carrier to use out of country
Personal hygiene	Shampoo, conditioner, body soap, deodorant, perfume/cologne, fingernail clippers and razor
Dirty laundry bag	

General Info

For international travel, please check with your airlines about luggage restrictions and any other information before flying VERY IMPORTANT THAT YOU KEEP YOUR LUGGAGE TAGS WITH YOU UPON ARRIVAL TO GUATEMALA AS IMMIGRATION WILL BE CHECKING TAGS WITH LUGGAGE. If you have empty space and are wondering how to fill it, please contact us to see if ministry needs anything . We appreciate anything you can bring!