

# Packing List

1. Work clothes that you don't care to ruin (long pants are preferable for construction days)
2. Work shoes that you don't care to ruin
3. Work gloves
4. Hat for construction days
5. Flashlight
6. Sun Screen
7. Jeans
8. Socks (extra socks)
9. Two nice outfits (Women- knee length skirts, dress or dress pants- Guys-jeans if you want, but no holes in them please and no t-shirts. We will be visiting churches, homes and nursing homes. They will dress their best for us so it would be appropriate if we could look nice for them.)
10. Every day clothes that are casual (Women- tanks as long as they are 1 inch. NO SPAGHETTI STRAPS. Shorts need to be Bermuda length or longer. NO SHORT SHORTS)
11. Flip-flips
12. Face wash cloths (never know when we'll have water or not, so it's nice to be prepared)
13. Bug Spray (heavy duty stuff-for real)
14. Water bottle (one of the ones that you can wash and reuse)
15. Germ-X
16. Small travel size Pillow
17. Toothbrush/ toothpaste, and any other personal items you would need to prepare yourself
18. You get one towel provided by the mission house for the week... You can bring an extra towel and wash cloth if you would like.
19. TSA says you can carry up to 5 4oz bottle in your carry on. Use these for shampoo, conditioner/ body wash etc... You shouldn't need more than that for the week.
20. Passport and one copy of your passport
21. One roll of toilet paper or Kleenex (it's optional down there to most Hondurans and not always provided like it is in America... Also, Germ-X before you shake someones hand... :)
22. Swim suit (Sorry girls, no two pieces)
23. \$40 Exit fee... You can't leave the country with out it...
24. Spending Money (\$150... or less. This is the MOST I would take. Things down there are not expensive. It's 19 lempira to our 1 dollar. The mission has snacks for \$1 that you can buy- its good to have a few \$1 bills with you for that. We will have a day to go souvenir shopping. You won't need money for much else.)
25. Any medicine you normally take please bring. If it is a prescription make sure it has your name on it. If you get motion sickness, the roads are a little rough and the drivers are rougher... Bring meds for that for sure! Pepto, and stomach medicines are not bad to have.
26. Bible/Pen/Journal. We will have devotions every morning.