



Packing List

KEEP PASSPORT ON-PERSON NOT IN BAGS

Keep all valuables in your carry-on bag

Do not over-pack

Carry On To Plane

- Passport
- Printed Flight Itinerary
- Cell Phone (+ charger, earbuds)
- \$100-\$150 Cash plus Credit/Debit card(s)
- Printed Medical / Travel Insurance policy
- Prescription medicine(s)
- Over-the-counter medicines for pain relief, fever, diarrhea
- Electronics (camera, laptop/tablet) + chargers
- Printed Contact info for Coordinators + family back home
- Pens (2)

Checked Baggage

- Long Pants (4-5) (yoga pants, jeans, capris)
- Skirt/dresses (2)
- Shorts (4)
- Short-sleeve shirts (7-8)
- Long-sleeve shirts (1-2)
- Underwear (7)
- Socks (7)
- Light Jacket / Sweatshirt / Hoodie (1)
- Sneakers (1)
- Sandals / flip-flops (1)
- Sleepwear (covers legs and arms)
- Small umbrella
- Hat (for sun) + sunscreen
- Bath towel (small)
- Hand sanitizer
- All normal toiletries (soap, shampoo, makeup etc)
- Gift for host family
- Bug spray for mosquitos
- Do NOT bring bedding / pillows (they will be provided)
- [Outlet Adapter](#) (or buy for \$1 in Guatemala)