

Guatemala Packing List

General Packing Do's and Don'ts

DO: Travel Light! Pack everything into one (soft) wheelee and one backpack.

DO: Ensure you should be able to live out of your backpack for 2-3 days in case our luggage gets lost or delayed during travel. In your backpack you should have: your original passport and a copy of it (staff will likely hold this for the majority of the time), toiletries, water bottle, entertainment for the plane ride (i.e. books and homework), iPad, phone and/or computer with charger, and one full change of clothes including PJs.

DO: During our flight to and from Guatemala, and on long travel days, wear something comfortable and casual-layer with a jacket or sweater.

DON'T: Bring anything valuable or special to you. Nothing flashy or new.

DON'T: Bring any shirts that advertise something or say inappropriate things.

DON'T: Let your parents pack your bag for you. It isn't useful when we are on the go and you aren't sure what you have or what you don't have with you.

Clothing to Bring

1.) Footwear:

- (1) One pair of sandals or Chacos
- (1) One good pair of closed toed walking shoes
- (1) One pair of sturdy hiking boots

2.) Sleepwear:

- (2) Sets of pajamas

3.) Clothing:

- (7) Seven short sleeved shirts
- (3) Three pairs of shorts
- (3) Three pairs of long pants or skirt (synthetic or lightweight cotton)
- (1) One fleece/puffy jacket for if it gets cold
- (1) One set of synthetic base layers- pants and shirt
- (7) Seven pairs of synthetic socks
- (1) One rain jacket and rain pants
- (1) Nice outfit- dress or collared shirt- for celebratory dinners.
- (2) Two bathing suits
- (1) Swim top/ other sun protectant

4.) Misc.

- (1) Full brim hat
- (1) Pair of sunglasses
- (1) One quick dry camping towel or beach towel

Other Personal Items

- 1.) **Toiletries:** Sufficient amounts for the length of the trip (several small bottles/jars are easier than one big one). Have these items in a clear plastic bag or pouch in your small backpack so you can show them when going through airport security.
Tip: It is recommended to pack a few small Kleenex packets in your small backpack as there may not always be toilet paper where we travel.
- 2.) **Medications:** If you take over-the-counter or prescription drugs, be sure to bring meds in labelled prescription bottles or store containers.
Tip: Because of the time change, some students may choose to take melatonin on the flight as it helps you sleep and allows you to adjust more quickly.
- 3.) **Water**
 - (1) Hydration pack bladder
 - (1) Reusable water bottle
- 4.) **Sleeping Gear**
 - (1) Sleeping bag liner
 - (1) Travel pillow
- 5.) **Travel Accessories:**
 - (1) One Flashlight and extra batteries
 - (1) One Baseball hat
 - (1) One small laundry detergent packet
 - (1) One small bottle of Body Wash or Soap (Dr. Bronners recommended since it is highly concentrated, and one drop goes a long way)
 - (2) Two wash cloths
 - (1) One small quick-dry camp towel (in addition to your swim towel)
 - (1-2) One to two books, journal or sketchbook and pencils
- 6.) **Snacks:**

(10-12) Ten to twelve nutritious sugar-free non-perishable personal food items.
Tip: Important to save for emergency or "back-up" dietary supplement to have for the trip.
- 7.) **Spending Money:** \$100-200 spending money, depending on your eating and shopping habits.
- 8.) **Something cultural:** Please bring something small and easy to travel with that reflects you and/or American culture to share. This could include a small game, cards, photos, etc. We will show these to our host family and other Guatemala natives so they can learn a bit about American culture!