



# Packing List for Honduras



*Try to put as much of this as possible in a carry-on bag! Then you can use your two allotted, checked bags for donated items that need to be transported to Honduras.*

## Clothing

- Light weight clothing - Jeans are okay, but may be hot. Cotton works well; Dry wick clothing is great!
- Light weight sleeping clothes
- Bathing suit for recreation day
- Shoes – good walking shoes (they will get dirty)
- No or minimal jewelry
- Flip flops (for shower and recreation)
- Poncho or lightweight jacket with hood in case of rain

## Accessories

- Money for souvenirs, water, snacks (New bills only; worn or marked bills not accepted)
- Small backpack (to carry around daily)
- Sunglasses
- Passport & Driver's License – Make copies of your passport (keep the copies with you)
- Small bag that hangs around the neck or waist for storing passport and money to keep on your person at all times. (Available in luggage dept. at stores like Wal-Mart/Target)
- Small flashlight
- Journal or notebook & pen – FOLN provides a small reflection journal for the trip

## Personal Care / Toiletries

- Shampoo, toothbrush, deodorant, razor, etc. (simplify)
- Sun screen 25-30 SPF, at least (very important)
- Bug spray with DEET,
- Small travel toilet paper roll or travel packets of Kleenex to keep with you
- Pack of moist wipes and/or hand sanitizer
- Towel, if desired (hotel will provide 1 small towel)
- Pepto-Bismol, Imodium AD, Tylenol, Advil and any other over the counter medications you regularly take. (FOLN Leader will have a first aid kit available)
- Rx medication you regularly take, in its original container

## Recreation

- Playing cards or jacks – optional, but a big hit with the kids!
- Small Spanish phrase book or app – helpful, but not required
- Camera, if desired
- Photos of your family to share (no photos of possessions, pets, etc...)