

Honduras Mission Trip Packing List

Items to pack:

- Bible
- Passport (Honduras requires at least a 6 month validity date)
- Personal Daily Medications
 - Meds for diarrhea, nausea and antibiotics
- Sunscreen
- Sunglasses
- Insect repellent and/or dryer sheets
- Hat, Bandana (something to protect from sun)
- Baby Wipes
- Hand sanitizer
- Shoes
 - **Work** (closed toe)
 - Tennis shoes or other comfort shoes
 - Flip Flops for shower
- Clothes
 - Sunday clothes **only if trip includes a church service
 - Shorts, T-shirts (no tank tops, please)
 - Long pants or mid-thigh shorts (depending on what **work** clothes you prefer)
 - Light jacket/rain jacket/poncho **rainy season is our summer
- Garbage bag for dirty clothes
- *Toiletries (all liquids must be 3oz. or less and packed in a quart Ziploc bag)
- Spending Money for souvenirs and snack
- Work Gloves
- *Lunch and snack items (crackers, nutrition bars) (pack in Ziploc Bags)
- Waterbottle
- Flashlight
- Wash Clothes *Towel will be provided

*These items should be packed in your book bag to have easy access during airport security check.

**Trip participants may have ONE CARRY-ON size bag (Baggage must fit easily in the carry-on baggage area/approximately 22" x 14" x 9") and ONE PERSONAL ITEM (backpack, purse or computer bag).