

Checklist of items to take to Guatemala

- Passport
- Credit card or cash card
- Medications you may want or need such as cold medicine or antihistamines for allergies)
- Sweatshirt or light jacket
- Sturdy work shoes
- Work gloves
- Work clothes (long pants/jeans)
- Comfortable walking shoes
- Casual clothes for evenings and sight-seeing
- Towel, wash cloth and soap
- Shorts/ swim suit
- Toiletries
- Hand sanitizer
- Sun Block (Guatemala is no place to tan – too much UV rays)
- Hats and/or caps with a brim to protect against sunburn
- Old sunglasses (UV protection)
- Extra contact(s) and solution (if you wear them)
- Old eye glasses (if yours break)
- A small day-trip bag, back pack or hip-sack to carry items to the worksite and while sight-seeing
- A few pictures or postcards of your home, family, etc. to show your new Guatemalan friends.
- Camera – disposable, digital or other. (We will have electricity to re-charge batteries.)
- Rotary apparel
- bandana(s)
- Coffee travel mug (they have great coffee)

- cold sack or blue ice (to keep beverages cold during the workday)
- latex or rubber gloves (for working with cement)

Optional items:

- Pocket knife (In checked luggage ONLY)
- Water bottle or you can reuse .5L bottles you buy in Guatemala
- Bug Spray with DEET
- Pepto Bismol tablets for upset stomach
- Flashlight
- Lightweight plastic poncho (however it rarely rains in Feb and March)
- Journal or book(s)
- Dictionary/translator
- Nice casual outfit – one to wear if we visit a nice restaurant