

# Honduras Packing List

## ***To Ship:***

2-Towels

2-Wash Clothes

Small rug

Light Poncho

Sunscreen

Insect replant

Anti-Bacterial wipes

Extra tooth brush

Snacks

Camp Chair (Folding style

All items shipped should be either left for the locals or make sure you have room in your suitcase to bring back. Also all liquids and snacks should be in zip lock bags

## ***Items to Pack:***

Light Jacket (If you are cold natured. It is sometimes cool in the mornings)

Cloths (Most of the team wears scrubs or jeans. No shorts. T-shirts are acceptable)

Trash Bag for dirty cloths

Personal Toiletry Items

Flashlight

Small Kleenex package (for emergency TP)

Anti-Bacterial gel

Sleeping Bag or sheets and light blanket

Pillow

Ear Plugs (Some of our folks snore.... a little)

Bible

Health Insurance Card

Driver's License

Passport (Make a copy and keep it with you also)

Prescription meds

Camera

Shower Shoes (Crocks, flip flops, etc)

Comfortable close toe shoes