

## Volunteer Packing List

### Clothing

- ☐ T-shirts
- ☐ Jeans or lightweight pants
- ☐ One nice outfit for celebration dinner
- ☐ Comfortable walking shoes
- ☐ Flip flops (for the shower)
- ☐ Rain jacket or poncho
- ☐ Underwear, socks, etc.
- ☐ Pajamas
- ☐ Swimsuit (some hotels have pools)
- ☐ Long sleeve shirts and jacket

### Toiletries

- ☐ Shampoo and conditioner
- ☐ Body wash/soap
- ☐ Toothbrush, toothpaste
- ☐ Lip balm
- ☐ Sunscreen
- ☐ Lotion
- ☐ Insect repellent
- ☐ Hand sanitizer
- ☐ Kleenex
- ☐ Facemask

### Medical

- ☐ Personal medications
- ☐ At-home COVID-19 test kit
- ☐ Pepto-Bismol/ diarrhea medicine
- ☐ Medicine for motion sickness
- ☐ Antibiotics
- ☐ Tylenol or Ibuprofen
- ☐ Stethoscope, otoscope, headlamp  
(medical clinic team providers)

### Miscellaneous

- ☐ Phone and charger
- ☐ Passport, vaccine card
- ☐ Flashlight
- ☐ Sunglasses
- ☐ Ear plugs
- ☐ Notebook and pen
- ☐ Bible
- ☐ Spanish/English dictionary
- ☐ Extra wash cloth

- ❖ Scrubs will be provided to all team members at the hospital and medical clinic sites.
- ❖ May through October is rainy season in Guatemala. We recommend bringing rain gear if you are serving on a trip during that season.
- ❖ Bring warmer clothes to wear if serving in Totonicapán or Quetzaltenango, which have cooler climates.
- ❖ Outlets in Guatemala are the same as in the U.S. so no need to bring a power adapter.