

Honduras Trip Packing List

- Passport, e-ticket (make copies and carry, also)
- Yellow health record (separate from Passport)
- Pillow (optional)
- Alarm clock
- Cosmetic/shave kit
- Mouthwash/toothbrush
- Dial (antibacterial) soap
- Toilet paper (remove cardboard core) put in zip lock bag
- Shower shoes
- Sunscreen (30 SPF)
- Sunglasses/extra glasses
- Mosquito spray (45% Deet)
- Medicine kit (personal medications)
- Flashlight
- Drinks (sealed bottled water)
- Snacks (Raisins/peanut butter crackers, etc)
- Band-aids/antibiotic ointment
- Wet wipes/hand sanitizer
- Rubbing alcohol/betadine
- Duct tape/masking tape
- Hat
- Protective footwear/walking shoes
- Long-sleeved shirt
- Poncho/umbrella (rain/sun)
- Clothing-sweater (or jacket if up in mountains)
- Bible
- Textbook/Spanish Dictionary
- Teaching materials for activities
 - Paper/posterboard
 - Markers/pens/pencils
 - Glue stick/scotch and masking tape
- Notebook/journal