

# Short Term Missions to Honduras

## Packing List - *suggestions*

### GENERAL:

- **PASSPORT**
- Shampoo & Conditioner
- Soap – body & facial
- Toothbrush
- Toothpaste & floss
- Mouthwash
- Deodorant
- Lotion
- Sunscreen
- Sunglasses

### OTHER:

- Work Gloves
- Flashlight/Headlamp
- Alarm Clock/Watch
- Hand held fan
- Small fan for bed
- Zip-lock bags (for opened food)
- Insect Repellent
- Spanish Dictionary
- Camera and batteries/charger
- Laundry bag

### GIRLS:

- Facial Cleanser
- Moisturizer

### GUYS:

- Shaving Cream
- Razor
- More deodorant (ha!)

### CLOTHING:

- Undergarments & socks
- PJ's
- Pants, capris (females)
- Shorts - if there is a sport project
- T-shirts
- Light Jacket or Sweatshirt
- Rain Poncho
- Nice Sunday Clothes
- Long pants for projects
- Shoes: work boots, sneakers, sandals
- Hat/Visor

### NO's:

- No cut-offs
- No tank tops or spaghetti straps
- No open toe shoes for construction

### SNACKS: (ideas)

- Microwave Popcorn
- Nuts, Raisins, Trail Mix
- Dried Fruit
- Granola Bars

### DEVOTIONS:

- Bible
- Journal
- Pen

- Crackers
- Empty Water Bottle
- Powder Propel
- GREAT Attitude to serve

### FIRST AID:

- Advil/Tylenol
- Pepto Bismal Tablets
- Vitamins
- No Malaria Prophylaxes
- No Rx meds that are not for you
- Health Insurance Card Info

Feel free to add additional items to suit your personal needs. Please don't hesitate to ask for clarification on any of the above mentioned items.