

Short Term Missions to Honduras

Packing List - *suggestions*

GENERAL:

- Passport!!**
- Shampoo & Conditioner
- Soap – body & facial
- Toothbrush
- Toothpaste & floss
- Mouthwash
- Deodorant
- Lotion
- Sunscreen
- Sunglasses
- GREAT Attitude to serve

GIRLS:

- Facial Cleanser
- Moisturizer

GUYS:

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

DEVOTIONS:

- Bible
- Journal
- Pen

CLOTHING:

- Undergarments & socks
- PJ's
- Pants, capris (*females*)
- Shorts
(*ok at hotel/team house*)
- T-shirts
- Light Jacket or Sweatshirt
- Rain Poncho
- Nice Sunday Clothes
- Long pants for projects
- Shoes: work boots, sneakers, sandals
- Hat/Visor

SNACKS:

- Nuts, raisins, trail mix
- Dried fruit
- Granola bars
- Crackers
- Empty water bottle
- Powder Propel

NO's:

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

FIRST AID:

- Advil/Tylenol
- Pepto Bismol Tablets
- Vitamins
- No Rx meds
(*unless for yourself*)
- Health insurance card info

OTHER:

- Work Gloves
- Flashlight/Headlamp
- Small fan for bed
- Zip-lock bags
(*for opened food*)
- Insect Repellent
- Laundry bag

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.