



Packing List for Honduras



Clothing:

- Women: Dress, long skirt, or dress pants for church Sunday
- Men: Long pants & shirt for church Sunday
- Comfortable clothing (sweats) for evenings @ the Mission House
- Socks for a week
- Underwear for a week
- Warm Sleepwear
- Comfortable shoes (sneakers or walking shoes) suggest 2 pair
- Work boots/shoes, and clothes to do concrete – if you might be assigned to do floor construction

Toiletries:

- Soap or body wash
- Toothbrush & Toothpaste/ Floss
- Deodorant
- Shampoo/ comb/ brush/
- Make-up (Optional)
- Shaving kit

Other Items:

- Travel size hand sanitizer
- One roll of toilet paper or all-purpose wipes
- Insect repellent & sunscreen
- Earplugs if snoring bothers you
- Camera with extra batteries & film—if camera is not digital
- Sunglasses
- An extra pair of glasses if you have them
- Medications
- Non-drowsy Dramamine if you get motion sickness
- Passport**
- Bible
- Pen & journal, small notebook or pad
- Fanny Pack
- Water bottle
- Alarm clock
- Flashlight with extra batteries
- Rain poncho
- Sun hat or ball cap