

# SBS ~ Guatemala Summer Mission Packing List

## SOME THOUGHTS ON PACKING...

Items for Your Carry-on Bag (backpack recommended)...

- |  |   |
|--|---|
| <input type="checkbox"/> Passport                      | <input type="checkbox"/> Basic toilet articles          |
| <input type="checkbox"/> Plane ticket (get at airport) | <input type="checkbox"/> Kleenex                        |
| <input type="checkbox"/> Spending Money: \$50          | <input type="checkbox"/> Feminine necessities           |
| <input type="checkbox"/> Camera                        | <input type="checkbox"/> Change of clothing             |
| <input type="checkbox"/> Notebook                      | <input type="checkbox"/> Granola bars or other          |
| <input type="checkbox"/> Prescription medications      | <input type="checkbox"/> Moist towelettes/antibacterial |



## WHAT TO PACK...

### Important Documents

- Plane Ticket (you will receive at the airport)
- US Passport-make sure it does not expire w/in 6months
- Vaccination Log (single Yellow booklet or record log)
- Money for airport food, etc.
- Money belt or document pouch

### What NOT to bring!

- Cell Phones
  - I-pods/shuffles
  - Anything of value to you
- \*Keep in mind that many of the items we possess in the US are very luxurious to those in third-world countries. The youth in the home cannot afford these items therefore in an effort not to boast, we recommend not bringing electronics and other modern items.
- Side By Side cannot be responsible for any lost or stolen items.*

### Toiletries/Medications

- There will be a first aid kit provided
  - Prescription recommendations at your doctor visit, ie. Cipro
  - Toiletries - toothbrush, tooth paste, soap, shampoo, razor, feminine hygiene products
  - One roll of toilet paper
  - Antibacterial wipes/Kleenex pkg small enough for pockets
  - Deodorant
  - Contacts, solution, eyeglasses
  - Canteen/water bottle to refill. Safe drinking water at the NPH home provided.
  - Prescription Medications - don't forget to pack any inhalers! (Please place medications in a zip lock bag with your name, medication names, dosage, and frequency of use.)
  - Sunscreen
  - Insect repellent w/ 30% deet recommended
- \*A good idea is to pack shampoo, conditioner, and anything liquid into Ziploc plastic bags for travel.



### Incidentals

- Sleeping gear (single bed sheets, light blanket, travel pillow).
- Flashlight (for reading at night)
- A few zip lock bags
- Easy-to-carry snacks, like granola bars. Powder Gatorade, etc.
- One suitcase (see baggage guidelines handout). Plan to leave behind sheets, blankets, towels for the NPH home to use.

### Clothing, Coverings, and more...

- Light jacket and/or sweatshirts
- Comfortable shoes: tennis shoes, sandals (especially for shower). A pair of sturdy, closed shoes are required for work projects.
- Long and short-sleeved shirts, t-shirts are recommended. NO spaghetti tank tops for women. Men must wear a shirt at all time.
- Two jeans for work projects
- Long pants & polo type shirt for possible dressy occasion
- One each pair of pants/long sleeve shirt/sweatshirt for non-work projects
- Long skirt or dress (not too short) for possibly dressy occasion
- Swimsuit, for showering
- 3 pairs of shorts. (Capris, Long Skirts for women are okay).
- Shorts or skirts must be worn just above the knees
- Two towels
- Washcloth
- Week's supply of underwear and socks
- Hat
- Sunglasses
- Rain poncho (travel size)
- Work gloves



### Preparing Yourself

- Bible, pen, pencil
- Notebook for journaling
- Reading material
- Read about the NPH home and culture ahead of time, [www.nph.org](http://www.nph.org)

### Equipment

- Camera, extra film, memory stick(s), batteries, charger
- A picture of your family to show the NPH children. (only a recommendation)

### Additional Information to ponder...

- Review what's really needed and travel light
- Leave prejudices and stereotypes behind
- Don't pack extra worries and cares
- Leave your daily life behind