

## Guatemala Packing List

### Personal Care

- \_\_\_ Passport & Neck Pouch (Wear passport ALL the time)
- \_\_\_ 2 copies of Passport (one in suit case, one for friend to carry)
- \_\_\_ Sunscreen (Esp, if going to Tikal)
- \_\_\_ Lip Balm
- \_\_\_ Sunglasses (extra pair of contacts, glasses)
- \_\_\_ Hat/cap/visor/bandana
- \_\_\_ Insect Repellent/DEET (Esp, if going to Tikal)
- \_\_\_ Shampoo, comb, brush
- \_\_\_ Razor
- \_\_\_ Toothbrush x2, paste (2nd Toothbrush VERY handy to have)
- \_\_\_ Shower shoes/flip flops
- \_\_\_ Small packs of Kleenex
- \_\_\_ Medications (in their own Prescription bottles)
- \_\_\_ Vitamins, Tylenol, Motrin (Antidiarrheal, Benadryl)
- \_\_\_ Ear Plugs
- \_\_\_ Hand Sanitizer/Wipes
- \_\_\_ Hair dryer (current is the same)
- \_\_\_ Personal toiletries
- \_\_\_ Laundry soap (only if you want to handwash clothes)
- \_\_\_ BathTowel & Hand towel Microfiber=lightwt, easy to pack, Dry fast
- \_\_\_ Washcloths x 3, Sponge (wash cloths not provided @ their Hotels)

### Clothing

- \_\_\_ Scrubs & OR hats
- \_\_\_ One "nice" outfit (to wear last night at the Banquet)
- \_\_\_ Jeans/slacks
- \_\_\_ Sweater/ light jacket (i.e. light fleece)
- \_\_\_ Light rain coat/poncho (can count on it raining at some point)
- \_\_\_ Umbrella
- \_\_\_ Good walking shoes (For Tikal=GOOD sandals. Not flip flops)
- \_\_\_ Shorts, sleeveless top (For tourist excursions)
- \_\_\_ Plastic hangers x 1-3 (handy to hang towels, etc.)
- \_\_\_ Suction hooks (handy to hang towels, etc.)
- \_\_\_ Belt

### Other Supplies

- \_\_\_ CASH (Traveler's checks are difficult to cash)
- \_\_\_ Hip purse, fanny pack (big purses not handy too risky for theft)
- \_\_\_ Laundry bag (i.e. plastic bag for dirty/wet clothes)
- \_\_\_ Water bottle to refill (Purified water will be provided)
- \_\_\_ Flashlight (very handy) (for late night bathroom trips)
- \_\_\_ Thermarest/Air mattress (nice, necessary only if over 40)
- \_\_\_ Travel Alarm with batteries (definitely needed)
- \_\_\_ Pens, pencils (if MD bring 5 or 6 since you lose them)
- \_\_\_ Sharpies x 2
- \_\_\_ Camera with charger (or extra batteries)
- \_\_\_ Extra memory cards
- \_\_\_ Ipod, charger
- \_\_\_ Small rolls Toilet Paper (Plus hand sanitizer & BRING on BUS)
- \_\_\_ Small padlocks (things have been stolen)
- \_\_\_ Small collapsible bag (handy for shopping)
- \_\_\_ Small calculators (handy for shopping/money exchange)
- \_\_\_ Duct tape (handy, repairs, packing, labeling, etc.)
- \_\_\_ Eng-Spanish Dictionary
- \_\_\_ Address book Palm, Blackberry, etc. Chargers
- \_\_\_ Stethoscope (not necessary for every Medical person)
- \_\_\_ Airline pillow/blanket
- \_\_\_ Continental Card (not req.) Frequent Flyer Card
- \_\_\_ 2 Jumbo Ziplocks (handy for wet clothes)
- \_\_\_ Quart Ziplocks x 3-4 (handy for snacks, toiletries, etc)
- \_\_\_ Snacks as desired (no fresh fruit, etc)
- \_\_\_ Sleeping bag/Pillow (can leave for next year or barter it)

### SEPARATE CARRY ON for 1st night in Guatemala

- \_\_\_ Pack Extra sets of clothes and Underwear (in case your big luggage does not arrive for 2-3 days)
- \_\_\_ Toiletries and personal meds should be in your carry on bag
- Shorts OK **ONLY** in Antigua. I Never: Revealing tops, bare midriffs and no short Shorts.