



## PACKING LIST FOR STOVERS

### ESSENTIALS:

- 1 soft bag weighing no more than 50 lb packed. (to check)
- 1 carry-on (backpacks are great to take lunch/supplies to the site)
- Refillable water bottle
- hat or sun visor
- jacket or sweatshirt
- light raincoat (sturdy)
- closed toe shoes (hiking shoes are preferred because of their gripping soles)
- lightweight leather or similar gloves – good if they can ‘breathe’, not too loose fitting
- tote bag and/or fanny pack
- bug repellent
- washcloth / paper tissue
- soap & shampoo
- toothbrushes (extra in case you contaminate one)
- shower shoes (or flip flops)
- small flashlight
- alarm clock
- batteries for above
- travelers checks or cash
- passport & neck pouch for passport
- copy of passport inside luggage
- antibacterial hand wipes and/or antibacterial lotion/gel
- tissues and/or bathroom emergency kits (toilet paper, seat protector and hand wipes)
- earplugs / sleeping mask (for light sleepers)
- personal toiletry items, contact lens kit, medications. If you are bringing prescription drugs make sure you bring the generic name of the drug, as opposed to the name and manufacturer as it makes replacing a lot easier
- sun block
- Dust masks (inexpensive multipack)

### CLOTHING HINTS

- In the Highlands the air becomes more arid and the temperatures will be rather cool/cold in the evenings and warm during the day.
- Shorts are not culturally appropriate and may be considered offensive. Neither are string top or revealing blouses for females. Jeans and sturdy pants are recommended for stoving. Shorts are OK **only in Antigua.**

- You will be dusty, muddy and dirty at the end of the day, so you will want to change into something comfortable and warmer for the evening.
- There will be a significant amount of dust, so please bring inexpensive dust masks. Also, please be aware that your shoes will sustain significant wear and tear. They too will be dusty, muddy and dirty at the end of each day.
- In Antigua in the evenings you will want to be a little dressier, but no more than nice slacks is really necessary. The locals are more European in their ways than we are, but because we are in a hotel there will only be tourists with us—so it is all at your discretion. When visiting private homes, please adhere to the work attire (i.e., no shorts, no string tops for females).
- Do not bring valuable things.
- Please refrain from bringing gifts to the families. Small mementos are ok, but it is against HELPS policy to make private donations to the families directly.

These pointers are only helpful guidelines. Guatemalans are very hospitable and charming by nature and they have been used to our presence for a long time.