

# Mission Trip Packing List

## Casa Para Niños Aleluya

revised June 2008

### Paperwork/\$\$/Essentials

√	Item	Notes
	Airline ticket	
	Passport	Verify that it will not expire during your time out of country
	Health insurance card	If applicable
	Drivers license	If you plan on driving while in Guatemala (not recommended)
	Photocopy of passport and health insurance card	Leave a copy with someone in the US; carry the original and one copy with you
	\$25 per day/per person	Per-day fee for Casa Aleluya – covers food, lodging, transportation, water, electricity , etc. ( <b>cash only</b> , no checks or travelers checks)
	\$3 per person	Exit fee/airport tax
	Spending money for day off	Daytrip to Antigua; \$50 usually sufficient for souvenirs, meals
	Dollar bills/change	Optional – if you want to buy treats for kids
	Bible	
	Journal and pen	We're certain it will be a noteworthy experience!

### Clothes

√	Item	Notes
	Jeans/long shorts	Our standard dress. Shorts should be knee-length or longer.
	T-shirts, short sleeve shirts	Please make sure slogans/imprints are wholesome; no tank tops
	Sweatshirt, sweater or jacket	Chilly at night, year-round; mornings can also be chilly
	Tennis shoes, hikers or sandals	For everyday wear
	Flip-flops	To walk to bathroom/shower
	Undergarments, socks	Enough for the number of days you will be here
	Pajamas	
	Leisure day clothes	Comfortable walking shoes, slacks or long shorts, short sleeve shirt, jacket or sweater
	Village-visit clothes	Slacks for men, ankle-length skirt for women

**Comments: Ours is a fairly conservative culture – shorts should be to-the-knee, shirts should be short-sleeved (no cap or sleeveless) and long enough to cover the midriff fully when arms are raised. Tattoos should be hidden, and women are allowed only one earring per ear (none for men). No other body piercing allowed for men or women. Old clothes/shoes are best ... it is dusty here in the dry season and muddy in the rainy season.**

### Personal Care

√	Item	Notes
	Hair care	Hairbrush/comb, shampoo, conditioner, etc.
	Teeth care	Toothpaste, toothbrush, dental floss, toothpicks
	Bathing	Razor/shaver, disinfectant bar soap, deodorant
	Laundry detergent	Washer/dryer available in gringo dorm if needed
	Toilet paper	2 rolls per person/per week
	Hand wipes and/or sanitizer	Carry around with you to combat germs
	Lotion/chapstick	
	Bath towel/washcloth	
	Lice shampoo/bedding spray	
	Suntan lotion	
	Earplugs	For noisy roommates

Comments: We are in constant need of personal care items for the children – consider bringing full-size items and leaving them here for the children to use. Pack liquids in Ziploc bags to prevent leakage/spills.

## Medical

√	Item	Notes
	Prescription medications	Place in your carry-on, do not pack in checked luggage
	OTC pain relievers	Aspirin, Tylenol, Aleve
	Cold and allergy medicine	
	Pepto and/or Immodium AD	Visitors frequently experience mild intestinal discomfort
	Dramamine	
	Band-aids, gauze, tape, ace wrap	
	Neosporin/hydrocortisone cream	
	Alcohol swab packs	

Comments: Please bring enough prescription medication for your entire visit – you cannot count on being able to refill anything here. Pack all necessary medicine and medical equipment in your carry-on bags – medicine should be packaged in original containers if possible. To save space you may want to designate one team member to pack a medical kit with the above “just in case” items, rather than everyone bring some.

**Important Note: Casa Aleluya is located in the mountains of Guatemala, at an altitude of ~7500 ft. Altitude can make some medical conditions worse. PLEASE check with your physician about any adjustments in medicine, etc. that might be necessary.**

## Miscellaneous/Optional

√	Item	Notes
	Camera, film, batteries	Note – disposable cameras are hard to find down here
	Videocamera/battery/charger/tapes	
	Backpack or fanny pack	For stashing keys, camera, snacks, hand sanitizer, etc.
	Canteen/water bottle	Especially important if working outside
	Small flashlight, batteries	For reading and for getting around at night
	Work gloves, safety glasses, tools	If you are doing construction work/special projects
	Hat, sunglasses	Especially if you will be working outside
	Inexpensive watch/alarm	To use and/or leave here
	Rainsuit and/or poncho	Rains each afternoon in rainy season (May - Oct)
	Spanish/English dictionary	For reference and practice
	Neck pouch for money	
	Mini locks	To secure baggage
	Ziploc bags, garbage bags	Handy for many things
	Pictures of your family	The children love to see pictures
	Toys/games to play with the kids	Cards, checkers, sidewalk chalk, jump ropes

## General Info

For international travel, airlines allow 1 carry on and 2 pieces of checked luggage. The carry-on may weigh up to 40 lbs; each checked piece may weigh up to 50 lbs. If you have empty space and are wondering how to fill it, check our website for our current list of supply needs. We appreciate anything you can bring!