

# packing checklist

Please plan to carry on your personal luggage (airlines typically allow one carry on bag and one personal item such as purse or backpack) which allows Global Hands of Healing to ship the team bags with supplies, equipment, forms, etc. as cost-effectively as possible. If you choose to check your personal bag, the current airline baggage fee will apply and must be prepaid in advance of the trip and is in addition to your trip fee. Be sure to remove any medications or valuables such as iPad, laptop, etc. from your checked bag.



## Clothing

Many times bags will be transported on top of the bus, including large checked bags. Although they are covered with a tarp, rain is commonplace so it's a good idea to pack items in a garbage bag or plastic dry cleaners bags which then go inside your duffel bag or suitcase.

- personal clothing for 8 days (no shorts during clinic hours)
- comfortable shoes that can handle water or mud (closed-toe shoes at clinic)
- Raincoat and/or umbrella



## Toiletries

- bug repellent - at least 25% deet is recommended or Cactus Juice Outdoor Skin Protectant Spray works really well (available on Amazon or your local Ace Hardware store)
- sunscreen
- hand sanitizer (suggested to be carried with you at all times)
- washcloths (if you require them, not typically provided by hotel)
- travel size tissues (to keep with you at all times as sometimes toilet paper is not available at clinic sites)
- soap
- shampoo
- deodorant
- toothbrush and toothpaste
- immodium, dramamine and any other medications you may need



## Miscellaneous

- water bottle (the 1L screw top reusable Nalgene bottle with carabineer works very well). Filtered water is available at the hotel so that water bottles can be refilled as needed.
- cash<sup>1</sup> - be sure to bring some cash with you for personal purchases such as souvenirs, meals not covered by the trip fee or alcoholic beverages. Credit/debit cards are not always accepted. Smaller bills such as \$5, \$10 or \$20 are easier to exchange at the hotel, but each bill must be pristine with no writing, markings or tears on them.
- mid-sized backpack is recommended and will work as a "tote" for clinic days and optional excursions (keep the backpack with you at all times)
- passport (plus keep a copy of it in a different place and leave a second copy at home)
- snacks (for clinic days, travel time on bus, etc)
- Electrical voltage is the same in Central America as in the United States and no converter required
- laptops, cell phones, tablets (at your own risk). You may want to check with your cellular service provider about International cell services options while you are out of the country. Otherwise you may be hit with a hefty phone bill when you are back.

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<sup>1</sup> Exchange rates and currencies vary from country to country. Extreme new bills are needed to exchange in Guatemala; normal "looks new" bills are needed to exchange in Costa Rica; Panama is on the US dollar - no exchanges needed.