

## Packing

Each person will bring two pieces of checked luggage and a smaller, carry-on backpack. One checked bag will be your own for personal items and clothing. It should be durable and easy to carry. While a large, hiking backpack is best, a suitcase will also work. The other checked bag will be full of medical supplies, not personal items, and will be packed and given to you prior to departure. Checked luggage can each be a maximum 50 pounds and 62 linear inches (total length + width + height). Make sure checked backpacks have no loose belts, straps or strings, as they can snag in the airport luggage carousels. Put a change of clothes, essential toiletries, and personal medications in the smaller, carry-on backpack. For the plane, this carry-on item can be a maximum 40 pounds and 45 linear inches (total length + width + height) and must fit in the overhead compartment. You'll use this small backpack as a daypack in Guatemala and keep it with you on long bus and vehicle trips to have water, snacks, reading material, and any other essentials throughout the day. Be prepared to wear your clothes multiple days in a row. We'll arrange for laundry to be done several times by village women.

### Personal Checklist

#### *Wearing*

- \_\_\_\_\_ Casual outfit (pants/jeans, capris, or skirt, and shirt.).
- \_\_\_\_\_ Nicer outfit (good pants or skirt, and shirt).
- \_\_\_\_\_ 2-3 pairs pants (jeans or quick-dry travel pants will work well). Avoid tight leggings.
- \_\_\_\_\_ Two pair scrubs to wear when working in the clinic.
- \_\_\_\_\_ 1-2 fleece tops.
- \_\_\_\_\_ Stocking hat.
- \_\_\_\_\_ Underwear (many prefer some sort of Spandex)
- \_\_\_\_\_ Swimming suit
- \_\_\_\_\_ A quick dry towel and a wash cloth
- \_\_\_\_\_ Label all your socks, T-shirts, scrubs, underwear with a permanent clothes marker, as you are able.
- \_\_\_\_\_ Lightweight rain jacket or rain poncho.
- \_\_\_\_\_ Pair of shoes (athletic or comfortable walking type) or sandals.
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Sunscreen
- \_\_\_\_\_ Insect repellent: DEET and/or picaridin. Also, pre-treating clothing with permethrin (Sawyer brand is good) is highly effective through multiple washings, but *don't breathe it during the treatment process.*

#### *Sleeping*

- \_\_\_\_\_ A sleeping mat and mosquito net *will be provided for you.*
- \_\_\_\_\_ Sleeping bag, warm pants, fleece top, and a stocking hat for sleeping. We won't have any heat when sleeping on the concrete floors when nights likely drop into the lower 40's F.
- \_\_\_\_\_ LED headlamp with spare batteries. *Essential.*
- \_\_\_\_\_ Ear plugs (at night there will be dogs barking, roosters crowing, etc.)

*Eating*

- \_\_\_\_\_ Eating utensils, cup, mug, plate, bowl (lightweight but durable)
- \_\_\_\_\_ Two water bottles to fill with purified water. Make sure they are empty on the plane.
- \_\_\_\_\_ Snacks (dried fruit, protein bars, nuts, meat jerky, peanut butter) and perhaps condiment packets (jelly, hot sauce, ketchup, etc.)
- \_\_\_\_\_ Gatorade-type powders to help with rehydration
- \_\_\_\_\_ Pocket knife (optional), for opening boxes, cutting rope, tape, fruit, meat, etc. Keep in your checked luggage.

*Hygiene*

- \_\_\_\_\_ Soap, hand sanitizer, toothpaste, toothbrush, shampoo, hairbrush/comb, hand razor, roll of toilet paper (make small rolls in Ziploc's for pockets), tampons (limited availability there) and other personal items (no electric hair dryers)
- \_\_\_\_\_ Wet wipes for personal hygiene
- \_\_\_\_\_ Clothes pins (several) to hang up wet clothes
- \_\_\_\_\_ Solar shower (optional)

*Medical*

- \_\_\_\_\_ Extra pair of glasses if you wear glasses.
- \_\_\_\_\_ Copies of prescriptions
- \_\_\_\_\_ Adequate supply of any needed prescription medications, in original containers.
- \_\_\_\_\_ Special medications, e.g., for athlete's foot, motion sickness, colds, diarrhea.
- \_\_\_\_\_ Gatorade-type powder (for dehydration)
- \_\_\_\_\_ Multivitamins
- \_\_\_\_\_ If possible, carry your medical insurance card and a record of your blood type.
- \_\_\_\_\_ Medical information in sealed envelope (if required)

*Miscellaneous*

- \_\_\_\_\_ A smaller, school-type backpack to carry on to the plane and to keep with your person during traveling days, when you won't have access to your large, personal backpack. Great for holding water bottle, sunscreen, insect repellent, toilet paper, snacks, reading material, notebook, etc.
- \_\_\_\_\_ 2.5 gallon zip lock bags or other thin, waterproof bags for packing things that need to stay dry. Rolling up your clothes and keeping them in these bags is the best way to save space.
- \_\_\_\_\_ Camera and spare batteries
- \_\_\_\_\_ Wristwatch
- \_\_\_\_\_ Compact umbrella
- \_\_\_\_\_ Notebooks and pen (one notebook for taking notes and one for journaling)
- \_\_\_\_\_ Harmonica, cards, traveling games, paperback books, Spanish/English dictionary
- \_\_\_\_\_ Spending money (optional \$100-250) will be collected before leaving, changed to Quetzales for us, and waiting for us upon arrival.
- \_\_\_\_\_ Passport pouch (for passport and money)
- \_\_\_\_\_ Photocopy of passport photo page and the one facing it.
- \_\_\_\_\_ Passport (sign it)

*Medical Professionals Only*

- \_\_\_\_\_ Photocopy of license

\_\_\_\_\_ Instruments of your trade: otoscope, stethoscope, blood pressure cuff, extra dental items, drug reference book.

### **Traveling from North Manchester to Guatemala:**

- a. *Clothes for traveling.* Pants and shirt, sweater or sweatshirt, and jacket. We'll leave heavy jackets at the airport with an arranged person to be brought back and waiting for us at the airport when we return. It is convenient to be able to shed layers as we go south. Avoid ostentatious things, expensive clothes, or jewelry.
- b. *Carry-on items.* Carry onto the plane all important documents, money, cameras, personal medicines, etc. A school-type backpack will work well as a carry-on. When flying, it is wise to carry also a toothbrush, change of clothes, water bottle (must be empty until after airport screening), wet wipes, and a few snacks.
- c. *Carry-on restrictions.* There are restrictions on the liquid, gel and aerosol items that are allowed in your carry-on. The containers must be 3.4 ounces or less, as can be purchased at any drug store, and they must fit in one, quart-size (7.5" × 8"), clear plastic zip-top bag (see image to the right). The zip-top bag needs to be easily accessible to airport security. Any beverages or toiletries purchased inside the airport beyond the security checkpoints will be allowed onboard the aircraft and they do not have to fit the above requirements. Items greater than 3.4 ounces and/or not contained in a zip-top bag may be allowed on board but must be declared to the TSA at the security checkpoint for screening. These items include medications and liquids/gels that are needed for diabetic or other medical conditions. See the airline's website if you have further questions.

