

# Honduras Packing List

**“It is not about me” attitude**

**Servant heart**

**Back pack**

**Water bottle**

**Sunscreen**

**Hat/bandana**

**2 pair work shoes** (tennis shoes, work boots)

**T-shirts** (no tanks)

**Shorts** (reasonable length please, we ask knee length)

**Scrubs** (these are great light weight option)

**First aid kit** (band aids, Neosporin, Tylenol, Imodium, pepto)

**Feminine Hygiene products** (you can get them here but they are expensive and limited brands available)

**Bug spray w/deet**

**Hand sanitizer** (waterless)

**Sleep clothes** (it can be cool at night)

**Light weight hoodie or jacket**

**Rain Jacket** (it is rainy season)

**Mountain food:** This is food you will pack to take out on the work site each days. It needs to be portable and open and go food. Here are a few examples

- protein bars, trail mix, peanut butter crackers, beef jerky, tuna packs, canned fruit & veggies (pop top) granola bars

**Other clothes & shoes:** This is for non-work time. Going into town, hanging out at the mission house. Modesty please

**Journal:** we HIGHLY suggest you journal your thoughts and experiences.

**Bible**

**Hanging with kid’s stuff:** coloring books and crayons, jump ropes, nail polish, hair stuff etc.

**Spending money:** suggested amount \$150 - \$200

- This is for eating out, going into town for ice cream, the snack store at the mission house, any shopping you might do for gifts etc..
- **Tools:** Some like to bring their own hammer, tool belt, work gloves, but it is not necessary.