**Packing List:**

We suggest you take the following items with you

* 1 nicer casual outfit for church and meetings (take into consideration the climate)
  + No short skirts or shorts. Only knee length please
* NO spaghetti straps
* 1-2 pairs of shorts and/or long pants. Women may wear long pants in villages. Shorts should more than likely not be worn in the villages, but okay in the city and/ or resort
* 2-3 casual shirts or blouses. No tank tops or shirts showing mid-drift. Sleeveless are okay.
* 3-4 sets of scrubs for medical camps
* 1-week supply of underclothing (laundry is available only sporadically)
* 1 set of pajamas
* 1 pair of sneakers or 1 pair of broken in work or hiking boots
* 1 pair of shower shoes or flipflops
* Protective head gear (hat, sun visor, bandanas)
* 1 swimsuit (Ladies: NO two-piece suits, please)
* **Canteen or water bottle (large)**
* **Rain gear**
* 1 lightweight jacket or sweater
* BIBLE

TOILETRIES:

These should include the usual stuff (soap, shampoo, toothbrush, toothpaste, deodorant, etc.) In addition, **do not forget sunscreen, insect repellant** (28% or higher)**, and toilet paper.**

PRESCRIPTION MEDS: these should be in their prescription bottles

OTHER ITEMS:

* 1 small bath towel and washcloth
* Flashlight and extra batteries
* Camera if you like
* Sunglasses
* Notebook for journaling, pen and pencil
* Day pack for village trips
* Personal snacks
* Passport and photocopy of the same

**NOTE:** You will not be able to use electrical devices such as curling irons, blow dryers, etc. due to the lack of sufficient current. You may find low wattage units just for travel. The current in Central America and Caribbean is 110v but 50 hertz cycle which will put extra strain on blow dryers. The receptacles are the same as ours.