

HONDURAS TRAVEL PACKING LIST

1. **CLOTHING:** t-shirts or casual shirts, jeans/pants, sweater/jacket, poncho/rain jacket, tennis shoes. (Do not wear expensive shoes as they will get very dirty). Many people bring their older scrubs (or purchase scrubs second hand at thrift stores) to work in. One nice outfit to wear for church services. (dress or pants for ladies, long pants for men). Flip-flops for the shower. Women should not wear shorts to any clinic days as that is frowned upon in the culture which we will be a part of. Men can wear knee length shorts to the clinics. Sunglasses, Sunhat. Many people leave their old clothing and shoes behind. The church there is grateful for anything we leave behind and will distribute them to those in need. Do not bring any valuables or valuable jewelry.
2. **TOILETRY ITEMS:** 1 to 2 full rolls of toilet paper per person. (The ladies usually bring 2 rolls each. You probably want to bring a small portable roll of toilet paper to each clinic day. None of the bathrooms we will be using during the day have paper.) Soap, razor/blades, shaving cream, toothbrush/paste, dental floss, feminine hygiene products, shampoo, deodorant, one towel, wash cloth and hand towel. Bring your own personal-sized hand sanitizer.
3. **BED LINENS:** sheets, blanket, pillow, if needed. The place we stay has enough pillows, but most everyone brings their own sheets. Bring a blanket if you get cold. Days will be warm, but nights less so.
4. **PERSONAL MEDICATIONS:** may include Cipro, Imodium, Motrin/Tylenol, Mylanta tablets, cloraseptic lozenges, cough drops, sunscreen SPF greater than 30, insect repellent, Band-Aids, Afrin nasal spray. If you carry any controlled drugs (e.g. codeine), get a letter from your personal physician stating that these items are prescribed for personal use.
5. **WATER BOTTLE:** Many people will buy two plastic bottles of water in the airport (after you clear security) and just refill them every day when we return to the church. You must bring your own water to the clinic every day. (Belt or shoulder strap would be helpful)
6. **MONEY:** Money (for shopping, misc. expenses in \$1, \$5, \$10, \$20 bills and traveler's checks/credit cards). You will need to bring at least \$35 to \$40 to pay your personal exit fee to get out of the country. Honduras uses Lempiras as currency. When we arrive in Honduras, we always have someone who comes on the bus and will change US dollars to Lempiras so don't worry about obtaining Lempiras before you leave the US. Do not bring bills larger than \$20 as no one will take them. Also, merchants like very new, crisp money. They will not take bills that are marked on or significantly torn or beat up.
7. **PASSPORT & LEGAL ID:** (driver's license, etc.) Passport carrier would be very helpful. Not expiring within 6 months!
8. **SUITCASE:** with wheels and/or backpack. All personal items must fit in one checked piece of luggage (50 pounds) plus a carry-on bag. Some suitcases are made to the exact dimensions allowed under and over the seat on the aircraft (carry-on bag). Remember to use your carry-on luggage to carry items, which you must have to survive if your checked luggage never arrives. Your suitcase will get stacked on to a truck several times and may get a little beaten up. Do not bring good luggage.
9. **LUNCH & SNACKS:** Because there is no place to go to get lunch in the remote areas, bring lunch for 5 days. People eat a variety of things from packaged tuna/chicken salad to candy, nuts, energy bars for snacks. There is no place to warm anything so all lunches are eaten at room temperature.
10. **HEALTH CARE PROFESSIONALS ONLY:** Medical equipment (stethoscope, otoscope/ophthalmoscope, Merck manual, Sanford's and other desired references)
11. **OPTIONAL ITEMS:** Camera equipment (camera, batteries), stationary items (pens, journal); Earplugs; extension cord; flashlight
12. **GIFTS:** Many of us bring small things to give away to the people we see. Bibles, combs, candy, gum, bracelets, toys, stickers and hand stamps for the children, etc.

Many of the above items are optional. Your list will depend on your personal needs and your trip.