

PACKING LIST

<i>Clothes etc.</i>	<i>Other Stuff</i>
3-4 t-shirts (dri-fit or cotton) (<i>no white T's!</i>) (1 will be your GL SHIRT) 2 long sleeve t-shirts for work 1 nice shirt 1 fleece top, light jacket or sweatshirt 1 rain jacket or poncho with hood 1 hat (for sun – baseball caps are fine) 2 pairs of long sturdy pants- Jeans or khakis for service projects 2 pair of light long pants (spanish school) Long skirt for special events 1 pair of longer athletic shorts for soccer Plenty of undergarments SHOES AND SOCKS: 2 pair of comfortable and sturdy work shoes (hiking boot like, tennis shoes acceptable- when it rains it's nice to have a dry pair) 6 pair of socks- several should be long socks (fire ants!) Soccer cleats (<i>if you own them/want to bring</i>) 1 pair flip-flops, sandals, or slides around house <i>(this footwear can't be worn outside the house)</i>	PASSPORT GL Trip Folder (MUST BRING)- will be given at retreat 1 medium to large sized backpack, duffel or bag- CARRY ON DIMENSIONS 1 small backpack (for day use in Guatemala)- mus able to fit under your seat Big garbage bag (for dirty clothes) Sunscreen and Insect repellent (talk to roommates and share) Gender specific toiletries (assume you can't buy any in Guatemala) Towel Anti-bacterial gel Hygiene wipes Any medication you're taking Glasses (if you wear contacts- in case you lose a contact)(also bring extra contacts) Sunglasses Camera- no phones Pics of your family (convo starters) Spanish English Dictionary Great book or two (to read!) Deck of cards, UNO or other small game Travel alarm Headlamp or small flashlight Work gloves Gatorade powder/Liquid IV and or pedialyte 2 water bottles (one will stink eventually) Snacks for duration of trip and flights

DON'T BRING:

Tank tops and other revealing clothes (**We will dress conservatively on travel days and at homestays as well as in public**)
You won't wear shorts to service projects / cultural excursions / spanish
Tons of makeup (not even half a ton!) curling irons, hair dryers etc. (**Hats make nice "combs"**)
Any electronic device (except cameras and travel alarm)
Anything that you would feel upset about losing (jewelry etc.)
NO YOGA PANTS or Leggings
No super short shorts