



PACKING LIST

<i>Clothes:</i>	<i>Other Stuff:</i>
<p>PASSPORT <i>Potentially bring clothes that you would donate</i> 3-4 t-shirts (dri-fit or cotton) <i>(no white T's!)</i> <i>(1 will be your GL SHIRT)</i> 2 long sleeve t-shirts for work 1 nice shirt 1 fleece top, light jacket or sweatshirt hat <i>(for sun – baseball caps are fine)</i> rain jacket or poncho with hood 2 pairs of long sturdy pants- Jeans or khakis for service projects 2 pair of light long pants <i>(spanish school and or excursions)</i> plenty of undergarments 1 pair of longer athletic shorts for soccer 1 pair flip-flops, sandals, or slides around house 6 pair of socks- several should be long socks <i>(fire ants!)</i> soccer boots <i>(if you own them)</i> Long skirt for special events 2 pair of comfortable and sturdy shoes <i>(hiking boot like)</i> Tennis shoes/sneakers are ok acceptable <i>(When it rains, it is nice to have a dry pair of shoes.)</i></p> <p>NO YOGA PANTS or Leggings No super short shorts</p>	<p>PASSPORT GL Trip Folder (MUST BRING)</p> <p>We recommended you carry everything in carry-on size bag</p> <p>Bags: One medium to large sized backpack, duffel or bag- carry on size One small backpack <i>(for day use in Guatemala)</i> Sunscreen and Insect repellent <i>(talk to roommates)</i> gender specific toiletries <i>(assume you can't buy any in Guate)</i> Anti-bacterial gel Laundry bag Towel Any medication you're taking Glasses <i>(if you wear contacts- in case you lose a contact)</i> camera- no phones a great book or two <i>(to read!)</i> Pics of your family <i>(convo starters)</i> deck of cards, UNO or other small game travel alarm work gloves sunglasses Spanish English Dictionary Gatorade powder/Liquid IV <u>and or</u> pedialyte 2 water bottles <i>(one will stink eventually)</i> Snacks for plane and home</p>

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!)
 Anything that you would feel upset about losing, jewelry etc.
NO YOGA PANTS or Leggings
No super short shorts