

PACKING LIST FOR HONDURAS

GENERAL ITEMS	CLOTHES
<input type="checkbox"/> Passport	<input type="checkbox"/> Work pants/shorts (pants recommended)
<input type="checkbox"/> Airline Tickets	<input type="checkbox"/> Work gloves
<input type="checkbox"/> Money: \$100-200 USD	<input type="checkbox"/> 1-2 bandanas (protect face from dust)
<input type="checkbox"/> Toiletries: Washcloth/shampoo/soap	<input type="checkbox"/> Work boots/shoes with traction soles (waterproof recommended)
<input type="checkbox"/> Prescription medication	<input type="checkbox"/> Rain jacket/poncho
<input type="checkbox"/> Extra toothbrush, in case of water contamination	<input type="checkbox"/> Long sleeve (evenings can be cool)
<input type="checkbox"/> Hand sanitizer	<input type="checkbox"/> Casual clothes (shorts/shirts) for nights & travel days
<input type="checkbox"/> Anti-malaria medication (if taking)	<input type="checkbox"/> One dressier-casual outfit for final dinner in Tegucigalpa
<input type="checkbox"/> Dramamine, Imodium A-D, Pepto-Bismol	<input type="checkbox"/> Undergarments
<input type="checkbox"/> Kleenex & Wet Wipes	<input type="checkbox"/> Tall socks for work days (due to ticks)
<input type="checkbox"/> Sunscreen & Lip balm	<input type="checkbox"/> Extra pair glasses/contacts
<input type="checkbox"/> Insect repellent (w/DEET)	<input type="checkbox"/> Small daypack or waist pack
<input type="checkbox"/> First aid kit (small)	<input type="checkbox"/> Sandals/Flip-flops
<input type="checkbox"/> Camera and/or Phone	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Flashlight w/extra batteries	<input type="checkbox"/> Bathing suit (pool at final hotel)
<input type="checkbox"/> Electrolyte packets -- bring at least three. (click for examples)	<input type="checkbox"/> Brimmed Hat (you will be riding in the back of trucks, exposed to full sun)
<input type="checkbox"/> Journal	<input type="checkbox"/> Earplugs
<input type="checkbox"/> Reading material	<i>*NOTE: You will have the opportunity to do laundry on Tuesday.</i>
<input type="checkbox"/> Personal snack food (if desired)	