

## PAG Suggested Packing List

As a general rule: pack as light as you can and then discard lots more

- Passport (and 2 photocopies of passport in separate places, in case your passport gets lost)? Insect repellent.
- 2 pairs of long (lightweight) pants for working (shorts are not appropriate for working)
- 4 shirts for working (not sleeveless) – women should be sure to bring one dark-colored shirt for working in the rain!
- 1-2 pairs of pants OR lightweight skirts or dresses for wearing outside work
- 2 short sleeve shirts to wear outside work
- “nice” smart/casual clothes (for Church– for men, trousers and a button-down shirt, for women, a long skirt or dress---one or two such outfits is enough)
- 1 pair of shoes to work in (sturdy, comfortable)
- 1 pair of shoes for when we're not working (sandals, etc.)
- 1 pair of inexpensive shower shoes (flip-flops, plastic sandals, etc.)
- Raincoat/waterproof jacket
- 1 light jacket, sweater, long sleeve shirt or sweatshirt (for night, just in case)
- 5-6 pairs socks; underwear (it's helpful to have one pair of quick-dry socks for when it rains)
- Hat (wide-brimmed) for protection against the sun (very important)
- 1 pair of work gloves
- 1 bathing suit (modest one-piece or be prepared to cover up with a T-shirt)
- Something to sleep in
- 1 towel
- 1 Wide-mouthed plastic water bottle – Nalgene makes excellent products.
- Sleeping bag – a sheet or sleeping bag liner/sleep sack can be useful for hot nights
- Flashlight and batteries – head lamps work great
- Notebook and pens
- Camera and film (if your camera takes batteries, bring extra)
- Toiletries (shampoo, soap, razor, toilet paper (1 roll), tissues, tampons, toothpaste, toothbrush, handi-wipes and/or hand sanitizer, deodorant (Dr. Bronner's liquid soap serves many of these purposes)
- Eyeglasses or contact lenses (and any necessary cleaning fluid) – if you wear contact lenses bring a spare pair of your prescription glasses
- Sunglasses
- Sunscreen and lip protector (SPF of at least #15, UVA and UVB protection)
- Antiseptic, aspirin/Tylenol, Band-Aids, antihistamine for hay fever and anti-itch cream for bites and any other items you use regularly
- Medication for upset stomach or diarrhea, such as Pepto-Bismol, & Imodium
- Any prescription medications that you need or take regularly (sufficient supply for entire trip, and bring a copy of your prescription)
- Plastic bags of different sizes (for wet clothes, laundry, etc.)
- Spanish books, soccer ball, jump rope, a Frisbee, musical instruments (if you can carry them) and other activities for down time with the group and for playing with the kids in your host village
- Small bag to use as a day back
- Language dictionary, or list of Spanish survival phrases, which we recommend you memorize before arrival.
- Money – You will need some spending money for souvenirs, leisure time, etc. We recommend bringing between \$50-\$200 in cash. Do not bring personal checks, as you will not be able to use them. Credit cards may be useful in an emergency, but don't expect to be able to use them in Honduras, except in touristy areas we may visit on weekends. (You can change your dollars with official money changers outside the airport, PAG representative can assist with this)
- Optional items recommended by past volunteers: string for hanging laundry, etc., swimming goggles, duct tape, sarong, a small pillow or pillow case that can be stuffed with a sweatshirt for use as a pillow.

## **Some Packing Tips:**

- Avoid cologne, scented lotions, deodorant, and perfume, as they attract insects.
- Honduras is socially quite traditional, which is why we recommend that in the host villages you do not plan to wear shorts, tank tops or short dresses. Wearing modest clothing exhibits a respect for Honduran culture and may help to avoid any misunderstandings that may occur if you are incorrectly judged by your appearance. Please wear a belt if necessary to keep pants from sagging (no showing your underwear). Please pack shirts are long enough to cover your stomach even when your hands are raised.
- Anything you absolutely need (i.e. prescription medications), assume that you will not be able to get or replace in Honduras. Bring a sufficient supply, and carry them in your hand luggage.