



be. | humanitarian

# BE HUMANITARIAN PACKING LIST

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# PACKING LIST

- Comfortable backpack - you will be using this daily and on the plane
- Small wallet, money pouch and/or purse to keep your valuables
- Compact poncho (it may rain)
- Pillow (optional - if you have a favorite)
- Sheet Sleeping bag (optional) <https://tinyurl.com/2w9rjv3x>

## Clothing

- Comfortable walking shoes or Keens and a pair of flip flops
- T-Shirts / Jacket
- Socks and underwear
- Shorts / leggings / jeans
- Pajamas
- Bathing suit, thin beach towel

## Toiletries

- Toothbrush, toothpaste / soap, deodorant, travel size shampoo & conditioner
- Hairbrush/comb/rubber bands
- Spray on **Sunscreen** / sun hat or baseball cap
- **Bug spray** (There can be a lot of bugs and we taste really good!)
- Sunglasses / prescription glasses & cases / contacts
- Prescription medications
- **Reusable water bottle**

## Money

- You can exchange like new \$100 bills for Quetzals when we arrive or you can exchange them at your bank before you leave the states:)

## Books

- 1-2 great books

## Documents

- Passport. Bring 2 photocopies of the photo page and leave one copy at home. Keep the copies in different places in your luggage.

## Snacks

- Crystal light, gatorade flavor packets
- Your favorite snacks, granola bars, protein bar, trail mix, fruit snacks for traveling and while on the plane.

