



PACKING LIST

LUGGAGE: Airline allows one checked bag (50 lbs max). You can have two carry-on pieces – one small backpack and one roller type bag. This backpack (or an additional daypack) will be useful for packing your daily needs for Cotzal.

TRAVEL ITEMS

- suitcase
- carry-on suitcase (*include one outfit, valuables @ prescription meds – remember liquids should be checked*)
- backpack
- Travel pillow
- Prescription glasses
- Medical Prescriptions
- Travel purse or money belt
- Headphones or earplugs
- Hand sanitizer

IMPORTANT TRAVEL PAPERS

- passport (*copy of passport in 2nd location*)
- cash
- ATM or Visa card(s)
**Notify bank before trip*
- Health Insurance Card
- Team Contact List
- Itinerary
- Travel insurance, *if purchased*

OPTIONAL TRAVEL NEEDS

sleep eye mask, noise canceling headphones, nausea meds, snacks, playing cards, travel journal @ pen, reading material

PERSONAL

- phone
- phone wall charger
- phone external charger
- extension cord for hotel room
- camera
- iPad, reader
- flashlight / headlamp & extra batteries
- glasses/contacts

OTHER

- Bible
- Notebook & pen

DAILY DAYPACK FOR COTZAL

- small backpack for daily use
- work gloves
- hat
- Sunglasses
- bug repellent
- hand sanitizer /wipes
- sunscreen
- toilet paper
- journal & pen
- small first aid kit

TOILETRIES

- prescription medicines
- shampoo
- dry shampoo
- conditioner
- soap
- razor (& shaving cream)
- deodorant
- face & body lotion
- toothbrush
- toothpaste
- dental floss
- hairbrush
- travel hair dryer
- cosmetics
- toilet paper

Optional: Tide hand wash, sewing kit, spray wrinkle remover, earplugs for sleeping, wash cloths

MEDICATIONS

- Prescription Medications
**Please notify team leader*
- Imodium
- anti-diarrhea medicine
- Pepto Bismal
- Tums
- Tylenol / Advil
- Dramamine
- Small First aid kit (*team leader will have a team first aid kit*)

CLOTHES

- layered travel clothes for plane & bus
- 4-5 pairs pants (cargo, capri, jeans, sports pants)
- 1 long skirt for women
- 2 long sleeve shirts
- 4 short sleeve shirts
- under garments
- socks
- pajamas
- 2 sweatshirts or sweaters
- 1 warm jacket or vest
- waterproof rain jacket
- durable closed toe tennis shoes or boots for daily use
- comfortable walking shoes/sandals for travel/evenings
- hat
- 1 nicer outfit for dinner out
- One clean outfit in a Ziploc bag for traveling home

CLOTHING TIPS:

- Quick dry material is a great option.
- You will have access to laundry while in Nebaj (near Cotzal).
- Women should wear midi length skirts, full length pants or capris. Tops should be modest.
- It can be hot & sunny and then have an intense rain shower, so extra clothes packed in daypack will be helpful.
- Roads & paths are cobblestone, dirt and uneven pavement, so bring good shoes.
- You will want nicer clothes for “tourist” time in Antigua.

OTHER ITEMS TEAMS HAVE

FOUND USEFUL: strap to hold on eyeglasses, travel packing bags, nightlight for hotel