

MEDICAL Things to Bring

Each participant may bring (1) CHECKED BAG and (1) CARRY-ON BAG. You may be asked to pack up to 5lbs of team supplies in your checked bag so leave space. Do NOT bring valuables you would be upset to lose, like expensive cell phones, tablets, expensive jewelry, etc.

Carry-On Bag (Small backpack or day pack)

- ☐ Passport Book (must be valid until 1/30/2026)
- ☐ Spending money for snacks/souvenirs/laundry
- ☐ Bible, devotional book, pens
- ☐ Prescription or personal medication, travel size hand sanitizer
- ☐ QR code from the Guatemala electronic immigration form

Checked Bag (45lbs or less, rolling suitcase/hiking backpack)

- ☐ Swimsuit (Girls one-piece or dark-colored t-shirt over two-piece; Guys wear t-shirt to/from pool or beach)
- ☐ Undergarments, pajamas and socks
- ☐ (4) days of scrubs (for clinic days, if you choose to wear scrubs)
- ☐ (5-6) T-shirts, 2-3 pair of shorts; Guys: 2-3 pants (one nice for church); Girls: 2-3 pants/capris, 1 church outfit
- ☐ (2-3) cloth masks, or (7) disposable masks (some places in Guatemala still require a mask)
- ☐ (1-2) Pairs of tennis/athletic shoes, comfy for walking, closed-toed for clinics
- ☐ (1) Pair of flip-flops and/or shower shoes
- ☐ (1) Sweatshirt/jacket (Guatemala can get cool at night)
- ☐ (1) Plastic bottle of peanut butter and one of jelly (grape/strawberry)
- ☐ Towel & washcloth
- ☐ Toiletries (shampoo, soap, deodorant, toothpaste, toothbrush, contact solution, 1 roll Toilet Paper, etc.)
- ☐ Contacts or glasses (if you wear them)
- ☐ 32oz Water Bottle (Nalgene or similar, must be re-useable and shatterproof)
- ☐ Outdoor supplies (sunscreen, insect repellent, sunglasses/hat)
- ☐ Personal medical equipment (medical personnel): stethoscope, blood pressure cuff, etc.
- ☐ Miscellaneous extras (camera, mini flashlight/headlamp, healthy snacks)
- ☐ Optional: earplugs, pouch for money, small gifts for nationals (candy, stickers)
- ☐ Snacks (allergy safe food if you have a particular food allergy)