

Guatemala Packing Notes and Suggestions

Travel tips for your trip

Don't be vulnerable to thieves (or worse) on your short-term mission

"A prudent man sees danger and takes refuge, but the simple keep going and suffer for it." Proverbs 22:3

The excitement of being in a new place may cause you to let down your guard. At that point you can become easy prey for thieves or worse. As you prepare to hit the road on that mission trip, engrave these safe travel tips in your memory:

Keep your luggage nearby and within your view.

If traveling by air, check your baggage in as soon as you arrive at the airport. Only allow airline personnel and *uniformed* sky caps to handle your baggage.

Don't flash cash in public

When buying something at a store, don't pull out a huge wad of money (even though it may seem like "play" money to you). Wear a money belt or sack under your clothes to carry your cash and small valuables. Do not leave valuables in a car.

Be observant

Always look around you. Be aware of what's going on. When loading or unloading vehicles, don't leave doors or the trunk open and unattended.

Keep your address somewhat private

If you're in a public area, don't disclose where you are staying when strangers are within earshot. Be reluctant about opening your door for unexpected visitors or deliveries.

Be alert for mishaps that seem deliberate

Thieves and pickpockets distract people with ploys like bumping into someone or spilling a drink on people in a crowd.

When possible lock room doors and windows when you leave

Don't leave a room door ajar while you run an errand. If you find your room door open after you had left it closed, go back and get someone to enter the room with you.

When traveling know where your passport is at all times.

Be respectful of other travelers not with your group.

Remember you are representing Jesus to everyone you come in contact with. Loud and boisterous groups in small waiting areas such as an airport can be annoying to other travelers.

Always let your family group leader know where you are.

Guatemala Packing Notes and Suggestions

What To Bring!

Luggage Guidelines

All items listed below need to be able to fit into one piece of luggage and one carry on. If your sleeping bag cannot fit in your suitcase/duffel bag, try to bundle them together so several items will only count as one. Your second bag will be provided upon arrival at the airport, or at a staging location. Your second bag will contain supplies we will need on the trip such as food and tools. Most are able to fit everything into one large duffel bag or suitcase. The suitcase or bag that is checked can weigh **up to 50 lbs** (remember **you** have to carry it!!!) Your carry-on can weigh no more than 40 lbs.

1. Light sleeping bag and/or bed sheets and a blanket
2. One simple plastic water jug. Approximately two quart size. Just for drinking.
3. **WORK CLOTHES AND WORK SHOES!**
4. Sabbath clothes-- dress, dress shirt and tie (no suit coats are necessary).
5. Very modest swim wear (ladies one piece with board shorts)
6. Bible, paper and pen
7. Camera and lots of film (or memory cards)!
8. At least two pair of shoes in case one gets wet.
9. Some very lightweight rain wear (a cheap poncho is fine)
10. Spending money for souvenirs and food assistance during travel. American currency is fine.
11. One jar of peanut butter in a plastic, not glass container
12. One can of Veggie hot dogs, one can of veggie burger.
13. A small supply of laundry soap.
14. Two rolls of toilet paper in a plastic bag. (there's nothing worse than wet toilet paper!)
15. One cup, plate, bowl, fork, knife and spoon and a mesh bag for storage and airing (**mesh bag is important**).
17. Personal hygiene items, hand soap, shampoo, etc.
18. Hand sanitizer (the no-water-fast-drying kind)
19. Small children give-aways: balloons, mirrors, combs, Sabbath School trinkets, etc.
20. One extra Bible to give away. Modern translation preferred. It doesn't have to be new. (Could be Spanish, too!)
21. Sun block. That tropical sun can burn!
22. Insect repellent. A must!
23. Two containers of "handy wipes" or "wet ones" type of pre-moistened cleaning cloth.

Important notice

It is necessary that you are all aware that we are indeed leaving our own country and culture and we will be guests in someone else's country with someone else's culture. It is to those people we are ministering, and ministry is the point of our trip. Keep this in mind when you select the items that you bring on our trip. You must understand and be sensitive to the differences in culture. We are going into their country and it won't do for us to be insensitive to their way of doing things. If you wish to bring a personal listening device we ask that you are responsible in the music you choose to listen to and limit its use to the travel portions of our trip. Abuse of this allowance will result in confiscation of the device until our arrival back in the States.

Guatemala Packing Notes and Suggestions

Packing Notes and Suggestions:

1. Bring sturdy luggage. You do NOT want your bag to break or rip in the midst of the trip. Soft luggage is fine just make sure that the seams and joints are solid.
2. Make sure you can carry your luggage on your own.
3. Make sure your bag is 50 pounds or lighter. If it is over 50 pounds (up to 70 pounds), we will charge you \$35.
4. Don't pack things you won't wear.
5. A small sewing kit and a pocketknife may be helpful on the trip. *Make sure you pack them in your checked luggage!*
6. Wear your bulky clothes on the plane. (Shoes too!)
7. Bring some zip lock bags or small plastic garbage bags for shoes, things that may leak, or things that may be wet or damp when you are ready to go home.
8. Consider wearing eyeglasses instead of contacts.
9. Bring a net bag or two.
10. Put some sort of identifying mark on your luggage.
11. "Put half of it back!"
12. Put liquids in containers that are leak-proof and then put those containers in zip lock bags. Put all liquids in your checked luggage.
13. Try rolling your clothes instead of folding them.
14. Stuff socks into shoes.
15. Make a list of everything you take (*and don't pack it in the same bag!*). If the bag is lost this will be very useful in making insurance claims.
16. Photocopy your passport multiple times, putting a copy in each bag (including your carry-on) and leaving one copy at home.
17. All medications and vitamins *must* be in their original containers or they will be confiscated in the airport.
18. Don't pack *any* sharp objects in your carry-on and be aware that, if you bring any meat products (i.e. jerky), it may be confiscated.

Guatemala Packing Notes and Suggestions

Carry-On should contain:

- Camera and film or memory cards
- Documents (Passport)
- Money/Credit Cards
- Needs for 1st Night (for when your luggage doesn't show up)
- Any other valuables
- Necessary Medications
- Eyeglasses or contact lenses
- Light change of clothes
- Remember you cannot carry any liquids in your carry on. All gels and lotions must be in their original containers, 4oz or smaller and sealed in a plastic bag.

Remember:

- Your carry-on needs to carry your essentials for life in case your luggage is lost.
- Your carry-on must fit under your seat (10 x 16 x 9 inches).
- Be prepared to remove your film (high-speed film especially) from your carry-on when traveling through preflight security.
- **NEVER** joke about terrorism or bombs. It will not be viewed as a joke.

Other Suggestions:

- Do not eat food unless it has been prepared by our cooks, is wrapped in “store-type” wrapping or until we have said it’s okay to eat.
- Do not drink the local water. We will provide bottled water.
- Do not drink beverages with ice.
- Wash your hands often!
- Check out <http://www.cdc.gov/> for more information.

Dress Code:

The Idea: The idea of a dress code is to make you aware of how to dress but also to inform you what is seen as acceptable in the culture we are going to be in. We ask that you respect these guidelines as the way we dress affects the witness of our group as a whole. Please don't bring any clothing that has any offensive saying or symbol. Remember we are examples of Jesus Christ and our personal standards must conform so as not to offend the people to whom we are ministering thereby hindering our work.

Gentlemen:

On the job site, clothes appropriate for laying block and mixing cement should be worn. Close toed shoes and a hat are recommended. Shirts are required at all times (sorry about your tan fellas.) For church and the evangelistic series, a pair of slacks, dress shirt, tie and dress shoes are acceptable. For travel, jeans and a tee shirt is fine

Ladies:

Bring clothes to work in that can keep you modest in the active environment of the job site. There will be a lot of bending over so keep that in mind. We recommend tee shirts for the job site. Also you never know when it will rain so please use discretion in choosing the color of your tee. If you choose to wear sleeveless make sure it has a high neck line and tight arm holes. Spaghetti straps and low cut blouses are not permitted. For Sabbath, a skirt and blouse is acceptable, nylons are not required.

Guatemala Packing Notes and Suggestions

Both: Please note that any jewelry will be a distraction in most parts of the world where campaigns are scheduled. In some areas a wedding ring is accepted. Local leaders will provide counsel on dress code during orientation.

Travel Documents:

Passport: Every passenger **MUST** have a valid passport to travel in and out of the country. Thus it is very important that you **DO NOT LOOSE** your passport while out of the US. For this reason all passports and other travel documents will be held when not traveling by your family group leaders.

What to take (Common things people forget):

In addition to your clothing, toiletries, and personal medications, here are a few things you may want to include in your packing list:

1. A zip-lock bag with some powdered laundry soap.
2. Insect repellent
3. Sunscreen
4. Hand soap
5. Antibacterial gel for washing your hands
6. Snacks: dried, fruit, nuts
7. First Aid supplies (bandaids, antibacterial cream, ace bandage, etc)
(Please don't bring any medicine besides prescriptions!)