

Things to pack

Besides your clothes here are some recommended items to pack:

- Photocopy or picture of your passport picture page
- photocopy or picture of your itinerary
- Bible
- Honduras contact information
- Spending money
- Notebook and pen
- Sun protection - hat, sunscreen, sunglasses
- Sleepwear (you will be sleeping with other people)
- Hand sanitizer/wet wipes
- Necessary toiletries - deodorant, shampoo, soap, etc..
- Refillable Water bottle
- Backpack/daypack
- Bug spray/afterbite
- Medication - prescriptions, motion sickness, Tylenol, etc..
- Running Shoes
- Church clothes
- Work clothes
- Phone charger

Montana De La Flor and La Mosquitia

** You cannot bring a suitcase. Everything must be packed in a duffle bag.

- Hiking mat/air mattress
- Sleeping bag/pillow/blanket
- Towel
- Crocs or flip flops
- Flashlight

La Mosquitia only

- Mosquito Net
- Life jacket

Work Team

- Work gloves
- Tool belt
- Painting clothes
- Optional: your favorite tools