

Packing Suggestions

!! YOU MUST HAVE A PASSPORT VALID SIX MONTHS AFTER YOUR TRAVEL DATE!!

TRAVEL NECESSITIES

- Airline Tickets
- Credit Card
- Medical insurance information/emergency form
- Passport valid for SIX months after your travel and 1-2 copies stored separately
- Cash
- If flying on Spirit, \$40 departure tax (must be cash) to exit San Pedro Sula.
- Book to read
- While no vaccinations are necessary to enter Honduras from the United States, it is a good idea to be up to date on tetanus. A malaria vaccination is not necessary but some people choose to be on a course of malaria medication. Check with your doctor. ([CDC Website Link](#))

CLOTHING – remember that you will sweat a lot here!

- Prescription Glasses
- Sunglasses
- Light waterproof jacket/windbreaker
- Women: ≥3 or so pants/conservative skirt/shorts
- Men: ≥3 pants/shorts
- ≥7 or so Tops/Shirts

(Re: clothes: bring something to work in and work gloves...they might get ruined)

- Undergarments and socks – bring enough to sweat through!
- Sandals/flip flops
- Working/walking close-toed shoes and socks.
- Swimsuit in case you go swimming
- Sun hat/baseball cap
- Pajamas/Sleepwear
- Appropriate dress for church.**
- Flash light

Important Note: Pack a change of clothes, toothbrush, toothpaste and any medicine you need in your carry-on luggage in case your luggage is delayed.

TOILETRIES (3 oz. or less per bottle if not checking luggage)

- Sunscreen
- Bug repellent (with DEET)
- Comb and/or Hairbrush
- Toothbrush & Toothpaste
- Deodorant
- Soap
- Feminine Items
- Shampoo/conditioner
- Medicines (Prescription & Over-The-Counter)

MISCELLANEOUS

- Camera
- Optional - twin sheets and a towel to use at OLR (and leave behind?)
- Supplies for a craft; gifts for girls – **to be given to OLR staff, not the girls themselves.**
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