

# PACKING INSTRUCTIONS GUIDELINES

\*Pack enough in your carry-on so you can survive a few days without your checked luggage (see important restrictions).

\*Learn a little Spanish! It makes the trip a lot more fun and you will feel SO much more useful.

## **PACKING LIST (Enough clothes for 8 days)**

*\*2 travel days*

*\*4 project days*

*\*2 free/casual/project days*

- **passport**

- Bible

- journal / notebook

- pen

- sweater / fleece

- rain jacket

- socks

- underwear

- sturdy shoes (work and play)

- work gloves

- work clothes (pants, long-sleeve shirts)

- casual dress clothes

- soap

- shampoo

- earplugs

- toothbrush, etc.

- small flashlight

- aspirin / acetaminophen (**TEAM**)

- Pepto-Bismol chewable tablets (**TEAM**)

- Imodium AD tablets (**TEAM**)

- personal medications in original containers

- water bottle (1-liter recommended)

- sunglasses

- sunscreen

- insect repellent???

- US Dollars (\$50-\$200)

- driver's license and copy of passport (both are helpful if your passport is lost)

- spare glasses/contacts

## PACKING GUIDELINES

\*Store nothing of value in the external pockets of your luggage. Bury small, portable valuables deep in the luggage (i.e., your Leatherman multi-tool, etc.) so that they cannot be easily extracted by opportunistic baggage handlers.

\*Weigh your luggage before leaving home -- each piece may not exceed 50 pounds. The airlines are getting stricter about this, and may make you repack your bag in front of 50 impatient strangers if you exceed the limit.

\* Pack enough in your carry-on so that you can survive for a night without your checked luggage. This strategy pays off when checked luggage is lost by the airline.

\* Remember the 3-1-1 rule for your Carry-On luggage:

- Each bottle containing liquid must be three ounces or less.
- All bottles containing liquid must be able to fit in one quart-sized, clear, plastic, zip-top bag.
- Each passenger is allowed one bag; it must be removed from the carry-on and placed separately on the security conveyor. A second bag is allowed per person with a \$40 charge. These will be saved for TEAM supplies, so please fit into one checked bag plus your carry-on bag.
- There are no restrictions on liquids in your checked luggage, so if in doubt, pack them there. See the TSA website for more details on current carry-on restrictions.

\*\*\* Liquids bought in the Duty Free shops in the Guatemala City airport can be brought carried-on to the flight departing that airport. When you pick up your checked luggage at your first stop in the U.S. (i.e., Dallas, Houston, Atlanta) you will need to pack any liquids in your checked luggage before clearing customs. You will not be allowed to carry on any liquids of more than 3 ounces on the subsequent flight.

### A PACKING HINT

Guatemala customs has gotten difficult with many teams bringing items for donation into the country. We would like to mix donation items (vitamins and shoes) in with our personal clothes and belongings and then separate them once we arrive in the hotel in Antigua.