



Guatemala Packing list

On the Job

REQUIRED: All team members need 5 pairs of scrubs (any color but white). You will receive a Healing Nations Medical Mission scrub top that is included in your trip cost.

Medical team members, please bring: stethoscope, pen light, and otoscope (if you have one already).

Outerwear: Plan to dress in layers. A sweatshirt and light jacket are always a good idea to have on hand. Please bring some type of outerwear to wear while at the medical outreach, as needed. It is cold in the morning and evening and warm in the afternoon.

Shoes: We recommend that you wear comfortable shoes that you would wear in your regular work setting in the US. You can bring closed toe sandals for the tourist day and flip-flops for around the house/in the shower.

At Church

While in Guatemala you will be attending a local church service. Please dress in business casual.

Free Time & Sightseeing

Time is scheduled for sightseeing, touring and shopping. Casual clothing is recommended. It is usually hot on the tourism day, so dress accordingly. Short shorts and spaghetti strap tops are not recommended in this culture. *If you have any questions regarding what you should wear or the appropriateness of certain clothing, please ask your team leader.*

Packing List Suggestions

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| > toiletries | > passport (and photocopy) | > church clothes |
| > ear plugs | > tourism day clothes/shoes | > warm socks |
| > sunscreen | > 5 scrubs and tennis shoes | > rain jacket |
| > bug spray | > phone charger | > Bible |
| > snacks | > warm clothes | > mirror |
| > trash bags for dirty clothes | > prescription medicine | > water bottle |
| > note pad & pen | > flip flops for shower | > hand sanitizer /wipes |
| > sunglasses | > US Cash (\$100-\$300) | > cough drops |

Note: There are outlets available in each room, and they are rated for US appliances. No need to bring adapter kits.

No cigarettes, alcoholic beverages, or "uncontrolled substances" of any kind.