

What to Pack

Wondering what to wear?

Due to several different factors, **the key words here are simplicity and modesty**. Do not bring tight fitting, ill-cut shirts or shorts. This is for two reasons. First, it is a youth mission trip and we want to dress respectfully. Second, we do not want any attention drawn to us. If you dress provocatively, you will receive the wrong type of attention and heighten the possibility of being a target for something that none of us wants. The other element is simplicity. Do not plan on bringing a matching outfit for every day. You will not be able to fit it all in your one backpack. Bring a few items that you can easily mix and match and wear repeatedly. It is important to bring a pair of tennis shoes (preferably your oldest pair; you will likely want to leave them there). It's suggested you wear your tennis shoes on the trip there, because your sandals/flip flops will take up less room in your backpack. You will be doing a lot of walking and you want something that is rugged and comfortable. Also, bring clothes and shoes that you don't mind getting dirty because it will probably happen. We have done a lot of farm and field work in the past and the jeans and t-shirts got plenty dirty. Consider going to a thrift store for your clothes, as many students and chaperones leave their clothes behind on the last day of the mission. **Do not bring anything fancy or flashy**. This would include rings, necklaces, earrings, etc. Again, you do not want to attract attention to yourselves and you want to minimize the items that you could lose.

What to Pack:

- You can only bring **ONE** backpack or duffle bag of your own.
- Ideally, you will bring:
 - **3 T-shirts** (light-colored). Consider bringing a **light-weight long-sleeve shirt** too if you are especially susceptible to sunburn.
 - **2 pairs of pants**. Scrub pants or khakis are good options. You want your pants to be ankle length for modesty and for practicality.
 - **Undergarments**. Ladies: 3 pairs of underwear and 3 bras. Gentlemen: 3 pairs of underwear.
 - **1 pair of shorts** (mid-thigh or longer; think basketball shorts). These will be worn in the dormitory area **ONLY** and are to sleep in. You will **NOT** go out into public in shorts.
 - **1 pair tennis shoes, 3 pairs of socks, 1 pair of flip-flops/water shoes**.
- **Ladies**: It is a good idea to bring **sports** bras.
- **YOU** will have the opportunity to hand-wash your clothes every night and hang them to dry. Plan to bring clothes that will dry fairly quickly (e.g. no heavy jeans). We will provide laundry soap.

Other items:

- Passport
- Cash
 - Do not bring too much. Bring small denominations. \$40-50 is suggested. You will use this money to buy souvenirs and give offerings at Mass.
- Money belt, hip pouch, or day pack. Even a simple shoulder bag (like you would take to the beach) would do.
- Tag on your carry-on luggage (with your name, address and phone number)
- Insect repellent wipes (no aerosol!) with a minimum of 30% Deet.
- Small packs of Kleenex
- Towel and washcloth (think quick-drying, maybe a beach towel)
- Toothbrush and toothbrush container
- Deodorant
- Comb or brush
- Antiseptic Wipes (Wet Ones, e.g.)
- Facial Wipes (Ponds, Olay, e.g.)
 - After putting on sunscreen and bug spray day after day, your face will be pretty ragged.

- Snacks
 - Bring whatever you can fit in your backpack—think simple snacks that won't melt and gum in foil "punch out" type containers.
- Flashlight with extra batteries
 - Bring a small flashlight; ones with larger batteries may be confiscated by airport personnel
- Camera/Charger (if digital)
- Reading material—summer reading!—or deck of cards for plane ride (UNO)
- Honduras Journal/Pen or pencil
 - This will be given to you on retreat day and redistributed while in Honduras
- Cap or hat (preferably one that covers your ears)
- Heavy Duty Work Gloves (lined ones preferably!)
- Swimsuit (1 piece for girls)
- Honduras T-shirts
 - These will be given to you on retreat day
- Rain jacket/poncho
- Prescription glasses, contacts, and/or sunglasses. Bring small mirror if you need it for your contacts. There usually aren't mirrors in the bathrooms/dormitories.
- Medication – Bring in the container with the prescription on it

Optional items:

- **Space Saver** – packs all your clothes and presses the air so that your clothes are packed in a more compact space (Wal-Mart)
- **Dream Sack** to be used as a sleeping bag (purchase at Sports Authority or sporting store.)
- Battery-operated fans with spray mist (Wal-Mart)
- Watch (a cheap one with an alarm)

What WE WILL BRING FOR YOU!!!

- Soap
- Shampoo
- Sunscreen (although you may wish to have your own, too—remember, no aerosol!)
- Toothpaste
- Feminine hygiene products
- Disposable razors (you will NOT get a new one every day!)
- Medications for upset stomach (Pepto Bismol) and headaches (Aleve, Tylenol)
- Eye contact solution (check to see if you use a special brand)
- Insect repellent
- Bottled water, Gatorade, Squeeze bottles

DO NOT BRING:

- Girls do not need to bring make-up! This is strictly enforced.
- Bed sheets or pillow. This will be provided for you.
- Rings, earrings, necklaces or anything else flashy
- Clothing that is immodest or tight
- Lots of cash
- Drugs, alcohol or tobacco
- Electronic equipment (other than digital camera or watch)
- Cell phones
- I-pods