

## Packing for El Salvador and Guatemala

- Passport in a security pouch or document carrier with an extra copy to give to someone else on the trip
- Emergency/insurance information
- ATM/credit card and list of contact numbers for them in case they are stolen (put this in another place)
- A book to read on the plane
- A pack large enough to hold a sandwich and a screw-top water bottle
- A screw-top water bottle with your name on it
- 1 pair of work gloves (garden gloves with a flexible back work well)
- 1 pair of jeans
- 1 pair of lightweight work pants
- 1 “king suit” (something to wear in a nice restaurant)
- 5 breathable, lightweight shirts or short-sleeved t-shirts
- Underwear packed in a zip-loc bag (panty-liners for women are optional)
- 5 pair work socks
- 2 pair dress socks
- 1 pair light-weight athletic shoes
- 1 pair nicer shoes comfortable for walking on cobblestones
- 1 pair sandals (optional)
- Something to sleep in
- Swimsuit
- Sharpie pen
- Small notebook/pen/pencil to use in the field
- Zip-loc bag with a partial roll of toilet paper (never go without it)
- Digital camera/charger
- Wick-dry towel
- Leatherman or similar tool (optional)
- Sunglasses/spare glasses/repair kit for glasses/krokies
- Sunscreen/lip balm/hat
- 2 pkgs. Babywipes or handiwipes
- Allergy kit if you are allergic
- Hand sanitizer
- Toothbrush/paste/floss
- Shampoo/conditioner/hairbrush/comb/hair dryer (no adapter needed)
- Soap/lotion/razor/shaving items/nail brush/manicure items
- Personal hygiene items/Earplugs (your roommate may snore)
- Insect repellent/Personal medicines
- Band-aids/Cipro/Pepto Bismol/ibuprofen/acidophilus/Extra strength Benadryl
- A family photo or postcards from home to share (not to give away)

### **Money**

- 50.00 in cash for the airports
- El Salvador uses US dollars, and in Guatemala you can use an ATM
- Expect to spend around \$100 or less in-country for touring and alcoholic drinks not covered by StoveTeam