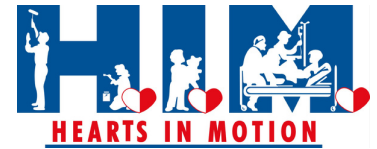


Packing List for a Trip



Temperatures are around 85 to 95 degrees in Zacapa. Dress for comfort with maybe an outfit for a special night out. Evenings are pleasant with a breeze, sometimes rain, but never cold. In Antigua, on the other hand, it will be cooler in the evenings, days are pleasant. There is a laundry service at the hotel or HIM House for a small fee so pack light. It is suggested you bring the following:

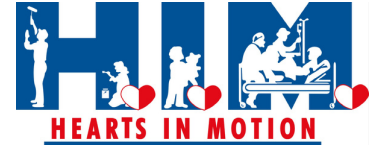
- Passport and a copy of your passport
- 1 or 2 pairs of long pants for cooler nights in Antigua
- 2 pairs of comfortable shoes
- 1 or 2 nice outfits for evening activities and R&R days
- Anti-itch cream
- Bug repellent (DEET can melt items in luggage so pack carefully).
- Camera
- Diarrhea medicine (you might ask your personal physician for and bring Cipro or other antibiotic.)
- Fanny pack and/or money belt, and/or daypack (optional but may be useful in Antigua)
- Flip-flops or sandals for the pool or around your room
- Hand sanitizer or hand wipes
- Sunscreen
- Medications or specialty items you need (contact lenses, glasses, etc.)
- Pepto Bismol tablets or chewables
- Personal toiletries (ie. Washcloth, toothbrush, toothpaste, soap, shampoo, conditioner, feminine hygiene products, etc)
- Hat, bandanas
- Jacket or sweatshirt;
- Rain poncho or umbrella
- Shorts and short sleeve, light-weight shirts
- Small flashlight or headlamp
- Sports Water Bottle with a carrier or carabineer
- Sunglasses
- Swimsuit
- Travel alarm clock (or cell phone and charger, although you may not have cell phone service in Guatemala)
- For our medical teams...
 - A stethoscope
 - Medical Gloves in your size
 - Masks for use in hospital
 - Scrubs/shoe covers
- For our construction teams
 - Work Gloves
 - Tennis Shoes or Work Boots
 - Work Clothes (long pants are nice when working with concrete)

*Make two copies of your passport, one for your luggage and one to leave at home. If it expires within six months of the trip, please get it renewed as soon as possible. In addition, you might take a picture of your passport to have on your phone. A valid U.S. passport is required for all U.S. citizens, regardless of age, to enter Guatemala and depart Guatemala for return to the U.S. A U.S. resident of another country should bring their resident visa and paperwork. Also, please check with the appropriate Embassies on other requirements. While in Guatemala, U.S. citizens should always carry a photocopy of their passports with them. HIM staff will offer to collect original passports for safekeeping in a locked safe during the work week.

Other Optional Items:

- Non-perishable snacks
- If you like sweetened, sugar-free beverages, bring individual-size Crystal Light or Gatorade packets to add to bottled water.
- Plan on carrying your camera or phone with you at all times in a fanny pack, back pack or pocket.
- Personal facial cleaning cloths or wipes
- Toilet paper or tissue packets (for travel and worksite use; housing has toilet paper)
- A 3 prong to 2 prong adaptor for outlets. Most outlets are only 2-prong. (They have same electrical outlets as U.S.)

Helpful Packing Tips



Leave at Home:

- Valuable jewelry, watches, flashy cameras, or computer equipment. Our campuses are safe, but you should never leave anything of value unattended outside our campus.
- Marijuana and other drugs are still illegal in the country of Guatemala.

Packing and Luggage

Pack your most important items (including medications) and a couple of clothing changes in your carry-on luggage. Most airlines now charge for the first and second checked suitcases. Please check with your airlines regarding specific fees. If Hearts In Motion requires you to check a second piece of luggage or supplies for the trip, we will cover the cost. A receipt will need to be provided.

United, American, Delta, and other Airlines will usually permit one carry-on bag plus one personal item (briefcase, purse, day planner, small laptop computer, camera case, I-Pad or similar-sized personal entertainment item) per passenger to be carried on the aircraft under general ticket fees. Please check with your provider regarding possibly more stringent requirements under their "basic" economy plan. The carry-on bag's maximum combined linear measurement (L + W + H) is 51 inches (130 cm) and no more than 50 lb. Laptop computers and I-Pads must be removed from their cases and placed on the baggage belt at the security checkpoint.

Airport security requires that all liquid containers (including lip gloss, Vaseline, nose spray, eye drops, lotions, etc.) in carry-on baggage be placed in a quart-size Ziploc bag and that none of the liquid containers be more than 3.4 oz. This Ziploc bag of liquid containers will go through the x-ray outside your carry-on, so be ready to show it to security personnel. If you have liquid containers larger than 3.4 oz. or more bottles that can be placed in a quart-size bag, put them in your checked luggage.

Note: No knives of any size or material are allowed past the security checkpoint (including, but not limited to, pocket knives, folding or retractable blades regardless of blade length or composition, box cutters, X-Acto knives, scissors with a pointed tip, straight razors, Leatherman or Swiss Army Knives). If you want to bring special tools or knives to use during the construction project, for example, pack them in your checked luggage.

Tips on Bringing Cash

The dollar exchange is around 7.5 quetzals (Q's) to \$1 U.S.

Shopping is very reasonable in Antigua, and you can bring up to \$800 worth of purchases to the U.S. without paying any duty/tax.

The easiest way to exchange money is at an ATM.

Dollars *are usually* accepted most places in Antigua; however, bills must be in good shape, with no tears or stains.

Traveler's checks are not useful other than at the bank or Exchange at the airport.

Credit cards can be used in ATMs, most stores and restaurants in Antigua.

Use quetzals for the inexpensive markets, small shops, etc.