

HELPS GUATEMALA PACKING LIST MEDICAL TEAMS

NOTE: 50 lb weight restriction on bags—40 lbs for carry-on

The essential items checklist

1. Sleeping bag—small air mattress, optional.
2. Pillow
3. Personal luggage to be 55-62 inches (restrictions by airlines)
4. Carry on—regulation size (to fit in overhead or under seat)
5. Name tags on all luggage is a must!
6. Towels and wash cloth
7. Camera and/or video with film
8. Airline ticket
9. Passport and passport holder (must be worn at all times, copy in luggage)
10. Hygiene items, i.e. soap, toothpaste, shampoo, sun block, bug spray, etc.
11. Personal medications—to include malaria med if going to tropics
12. Ear plugs-optional (dorm style sleeping in hospitals)
13. Flashlight and batteries, alarm clock, duct tape, sunglasses, pen.
14. Dollars or travels checks
15. Clothing—scrubs for hospital, shirts, lightweight slacks, skirts, sundresses, tennis shoes, shower shoes. Higher altitude (Tejutla) bring warmer clothes and heavier sleeping bag.
16. Alarm clock
17. Clothing for Antigua—summer clothing, such as shorts, swimsuit, sandals, one outfit for Tues. banquet
18. Small fan, with extension cord for tropics (HELPS does have fans for us) if you have room.
19. Raingear (optional)
20. Put first night and next day clothing in carry on—large bag will go to hospital on truck
21. Granola bars or snacks, bottled water-for long bus rides will be on the buses.