

# HONDURAS PACKING LIST

Your trip is coming up and we want to make sure that you are ready! Please carefully read the packing list below. You can check off all the items as you pack to help you stay organized. Please read through this list carefully to ensure you are properly prepared for your trip

## CLOTHING

Your clothing should be neat, clean and comfortable. It is regarded as a measure of self-respect and respect for others in Latin America culture to look neat and put together. Keep in mind that the weather in Honduras is hot and humid throughout the year. It is also typical to experience scattered showers throughout the day. Thus, it is best to bring breathable materials like cotton for the heat during the day. Layers are also a great way to ensure you are able to cover up if it gets cooler in the evenings.

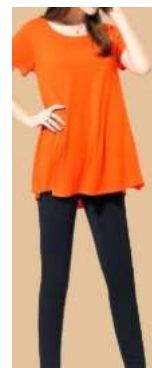
### Men:

- **At the Garden** – Casual but presentable. Clean shirts, presentable jeans or pants, shorts, comfortable shoes. Avoid distracting or inappropriate clothing.
- **At Church** – a nice collared shirt and slacks.
- **At Accommodation** – dress comfortably but appropriately.

### Women:

- **At the Garden** – Casual but presentable. Clean shirts, presentable jeans or pants, dresses/skirts/shorts that are an appropriate length (general rule of thumb is for shorts to be at least 2 inches from the knee), comfortable shoes. Avoid distracting or inappropriate clothing. Leggings are OK if worn with a long shirt that covers bottoms.
- **At Church** – a skirt or dress that is an appropriate length. No shorts. Flats or small wedges are recommended over high heels.
- **At Accommodation** – dress comfortably but appropriately

### *Examples of appropriate clothes for Women:*





***Examples of appropriate clothes for Men:***



### ***Examples of what not to wear:***



### **Shoes / Footwear**

For your everyday shoes please DO NOT bring expensive or one-of-a-kind sneakers. Bring shoes that you don't mind getting dirty. You will wear them every day through rain, mud and dust.  
Recommended:

- ☐ **1 pair of comfortable everyday shoes / sneakers**
- ☐ **1 pair of dress shoes for church**  
loafers for boys and small wedges or flats for ladies
- ☐ **1 pair of flip flops or sandals**  
You can use these for any water activity or at the accommodations.

### **Other clothing items**

- ☐ **Underwear and Socks**  
Amount to bring is at your discretion – keep in mind we do have a washing machine and dryer at the Garden that may be used when needed.



☐ **Masks**

☐ **Sturdy swimsuit (just in case)**

For girls: One piece recommended, but two pieces are okay (ideally a sports bra top and bathing shorts). No string bikinis.

For boys: swim trunks are recommended, please do not bring speedos.

## ACCESSORIES

Some things to keep in mind when packing accessories:

- The standard voltage is 110 V and the standard frequency is 60 Hz. Same as in the US.
- Bring photos of your family, postcards, etc. to help with homesickness and it can be nice to share with the people you meet!

☐ **Hat and sunglasses**

These items will be very useful for protecting yourself from getting sun burned.

☐ **Towel**

We will provide 1 bath towel and 1 hand towel. We have extra at the Garden if needed.

☐ **Bible**

☐ **Alarm Clock**

☐ **Mosquito protection (repellent or Permethrin treated clothing)**

☐ **Rain gear**

A foldable umbrella, sturdy rain jacket or poncho. There will be scattered rain showers throughout the days.

☐ **1-liter water bottle**

Bottles with large openings at the mouth are best for filling water.

☐ **Small flashlight**

☐ **Light backpack for DAILY use**

To carry water, your journal, sunscreen, bug spray, and rain gear during outings daily.

☐ **Money (cash that is clean and marking/wrinkle/tear-free)**

Spending money: depends on how many souvenirs and snacks you wish to buy.

## TOILETRIES

If you forget these items, you will NEED to buy them in-country and they may not have the same brands that are available in the US.

- ☐ **Toothpaste and toothbrush**
- ☐ **Shampoo/conditioner and body soap**
- ☐ **Sunscreen**  
Sunscreen that is SPF 50 or higher can help protect you from getting severely sun burned.
- ☐ **Glasses or contact lenses**  
If you use eyeglasses, please bring an extra pair. For contact lenses, please ensure you have enough to cover the duration of the trip or bring a pair of glasses.
- ☐ **Prescription medication (in original labeled container)**  
If you have any prescription medication that you will bring on the trip, please pack half of your medication in your carry on and the other half in your checked baggage. Please also bring extra medication in case you lose it. Also make sure to enter your prescription medications into the Health Form on your online Portal account.
- ☐ **Hand sanitizer and antiseptic wipes**  
This is very important to ensure your hands are clean at all times. You should remember to always clean your hands prior to eating.
- ☐ **Feminine hygiene products**  
Ladies should make sure to bring enough feminine hygiene products (pads and tampons) for the entire trip. Access to such items at local stores may be limited or not available at all.

## IMPORTANT REQUIRED DOCUMENTS

- ☐ **Original passport (and Green Card, if applicable)**
- ☐ **2 Photocopies of your passport (and Green Card, if applicable)**
- ☐ **COVID Vaccination card**
- ☐ **Photocopies of critical prescriptions**  
In case your medication gets lost and you need the medication urgently. Please ensure that the prescriptions have your full name (participant) on it.
- ☐ **Don't forget to inform your bank(s) about your travel plans if you plan to use your debit/atm/credit card while in Honduras**



## OPTIONAL ITEMS

The items listed below are optional. We recommend consulting your doctor/health care provider for advice around the use of any supplements or medications.

- ☐ **Electrolyte drinks/powder (like Gatorade powder)**  
This can help replenish the body in cases of dehydration and diarrhea.
- ☐ **Vitamins and supplements**  
Examples include Emergen-C packets, iron and fiber supplements, probiotics for digestion.
- ☐ **Travel games**  
Such as cards (i.e. Uno), or other travel board games for use during free time.

## PLEASE DO NOT BRING

Valuable or valuable appearing items can be a risk while traveling. Footsteps Missions discourages bringing the following items and is not responsible for any item that is lost or stolen – such items are better left at home.

### Items highly discouraged to bring on the trip:

- Flashy jewelry
- Valuable possessions
- Other unnecessary documents (e.g. social security card, birth certificates, etc.)

## BAGGAGE INFORMATION

### Checked luggage

Restrictions may vary depending on the airline. Please carefully review the Baggage Policy for the airline you are taking (links are provided below for your reference). If your luggage is overweight, you will be responsible to pay the fee. Some airlines require a fee to check a bag. Please check the baggage information for the airline you will be traveling on to confirm.

**TSA 3-1-1 rule for carry-ons:** Liquids, gels, aerosols, creams and pastes must be 3.4 ounces (100ml) or less per container; must be in 1 quart-sized, clear, plastic, zip-lock bag; 1 bag per carry on bag. If you do not follow these rules you run the risk of the item(s) being taken away by airport security. Please review the regulations on the TSA site for the most updated information on liquids: <https://www.tsa.gov/travel/security-screening/liquids-rule>. Larger items of liquids, gels, creams and aerosols can be packed in your checked bag.

### Airline Baggage Policies

- American Airlines: <https://www.aa.com/i18n/travel-info/baggage/baggage.jsp>
- Avianca: <http://www.avianca.com/en-ca/travel-information/plan-your-trip/baggage/>



- Copa: <https://www.copaair.com/en/web/us/baggage-policy>
- Delta: [http://www.delta.com/content/www/en\\_US/traveling-with-us/baggage.html](http://www.delta.com/content/www/en_US/traveling-with-us/baggage.html)
- JetBlue: <http://www.jetblue.com/travel/baggage/>
- United: <https://www.united.com/web/en-US/content/travel/baggage/default.aspx>