

PACKING LIST

***PBM provides all sheets, blankets, pillows, towels, and washcloths.**

- Passport (name on your passport **MUST** match your name on your airline ticket)
- Plane Ticket/confirmation number
- Copy of the front and back of your medical insurance card
- Bible, pen/pencil/notebook
- Toiletries (toothbrush, toothpaste, shampoo, soap, shaving items, brushes, combs, etc.)
- Personal medications
- Contacts/glasses
- Small flashlight
- Snack food (granola/breakfast bars, nuts/trail mix, etc. Meal times vary, snacks are very important)
- Waterless hand sanitizer
- Bug spray/wipes (bugs are minimal)
- Sunscreen: Very Important!
- Camera (digital or disposable)
- Batteries (for camera, flashlights)
- Water bottle/canteen (Very, very important!! We have all the purified water you can drink, but you need something to carry it in.)
- 1-2 pair of sturdy tennis shoes or hiking boots. Many leave their shoes with us to distribute to the poor families. You will not be able to wear sandals on the worksite.
- 1 pair of casual shoes or sandals for travel and leisure around the base; these will not get dirty. (Shoes you wear to the villages CANNOT be used inside the mission base.)
- Shower shoes (Optional)
- 4-6 pairs of jeans/pants. **No leggings/yoga pants** (hiking pants/scrubs are perfect for working in. Shorts are not allowed in most villages: however, there are exceptions so please check with your team leader.)
- 6-8 T-shirts
- Casual shirts for travel and around the mission base
- Casual shorts (not too short)
- A sweatshirt or light jacket (very important, as it can get cold in the evening)
- A raincoat/poncho/umbrella (only necessary for May thru November teams)
- Socks
- Pajamas or shorts and T-shirt for sleeping in. **No leggings/yoga pants.**
- (optional) Candy, stickers, crayons, coloring sheets, footballs, soccer balls, nail polish, and so on to give away. These are great ways to break the ice and develop relationships. **No balloons, temporary tattoos, or bubbles please.**
- Bag for collecting your dirty laundry.
- (optional) Cards/games for free time.
- **Spending money:** PBM will have logo apparel/accessories and items from the local markets available for purchase. Some people spend \$10 on souvenirs and others a lot more.
- **Gifts for Homes:** (Building teams only) You will be contacted prior to your departure with specific information on the homes and the families your team will be building for. Then you will be able to buy very specific gifts for them.

Packing Notes:

Once you receive your airline tickets, please check with the airline to see if 2 checked bags are allowed. Please limit your personal belongings to 1 suitcase and 1 carry on. Your second bag, if allowed, will be used for ministry supplies. Spouses will be in separate rooms: pack accordingly with separate suitcases if need be.

Remove all piercings/gauges for guys and all but 1 ear ring per ear for girls, cover tattoos with a bandage/ace wrap or clothing, and do not wear flat billed hats while going to or at a village...they are all regarded as gang related and put much fear into the hearts of villagers. This will affect ministry in a negative way while in the villages, NOT something we want to do! At the mission base, all those items are fine. We understand that many of these items cost you, but please understand our viewpoint culturally.

Camouflage clothing is not allowed (hats are ok). Please **avoid clothing with the US flag or other US national symbols**. We have never had a problem, but depending on world events outside our control while you are in Guatemala, we would not want to create one.

Work clothes will get dirty or possibly stained. Ladies, you may wear skirts, but do not have to, pants are fine. Washing machines will not be available so please pack accordingly. Many people leave their work clothes with us to distribute during subsequent outreaches.

Please dress in a way to impress those we serve with the love of Christ, not the bodies that he gave us. Keep your jewelry to a minimum, don't bring anything you couldn't lose. Some leave their wedding rings in the US. We have never encountered a problem, albeit, we want to keep it that way.

What Not To Pack:

- **Hair dryers, curling irons and other electrically powered devices-** The mission base is run mostly on solar power and we need to conserve the electricity. Be prepared to not have items charging or running throughout the night hours.
- **Laptops-** You will **not** be able to access our internet. There is limited internet access through the PBM laptops only. You can post and receive correspondence only through the Paradise Bound blog set up specifically for your team.

Ultimately, your week with us is as electronically gadget free as possible...concentrating instead on our Lord, His calling in your life and on the lives of the precious ones you will encounter here.