

WHAT TO BRING TO HONDURAS

PAGE 1 OF 2

Written by Paul Lloyd-Jones

Here's a comprehensive list of things you will want to bring on a trip to Honduras, don't feel overwhelmed, it looks bigger than it actually is.

General:

- **Passport**
- **Clothing** (You should talk to your trip leader about what and how much to bring.)
- **Bible** and perhaps
- **Notes** (Anything you might have used to write down things God has spoken to you in the past. This will come in handy when you are required to share)
- **Journal** and/or a/some
- **Notebook(s)** (At some point, you will need paper; it's nice to have your own)
- **Pencils or Pens**
- **Cell Phone and Charger** (Can be handy even w/out service, for the many other uses, such as: calculator, small light, notes, contacts, etc. But only you're willing to risk losing it.)
- **Malaria Medication**
- **Trusty Calculator** (often vital)
- **Sneakers** (a.k.a tennis shoes)
- **Sandals** of some sort
- **Travel Alarm Clock** (can be found in the house-wares section at Wall-Mart)
- **Passport Holder** (try the travel section at Wal-Mart)
- **Wallet** (might also come in handy)
- **Headlight** (very important)
- **Flashlight** with
- **Extra Batteries**
- **Sun Screen**
- **Poncho** (to keep the rain off)
- **Swimwear**
- **Bug Spray** (for lighting fires... just kidding)
- **Hat** (if you think you'll need it for keeping your face and neck unburnt, and if you don't look like a total lout in it)
- **Backpack** (or small bag that would be good for daily walking)
- **Stuff Bag** (for dirty clothes... and stuff)
- **Chapstick**

Toiletries:

Anything you generally use in your bathroom - common items include stuff like:

- **Towels** (probably two) **Wash Cloths**
- **Body wash** and/or **Shampoo**
- **Toothbrush**
- **Toothpaste**
- **Floss**
- **Razor(s) Shaving Cream**
- **Deodorant** and possibly **Smell-good Stuff**
- **Hair Products**
- **Contact Lens Items** (I know. these aren't really necessarily toiletries.)
- **Feminine Products** (but only if you're a girl, of course)

The following items are very nice to have, but, if you don't have them already or don't have the extra money, aren't necessary enough to worry about:

- **Camera(s)**
- **Knife/Pocket Tool**
- **Sun Glasses**
- **Powdered Gatorade**
- **Snacks*** (rice and beans can get old pretty quickly)
- **Small Blanket or Sheet** and perhaps a
- **Travel Pillow**
- **Just-For-Fun Items** (Little fun items, perhaps from the dollar store, are nice to have for entertaining kids... and maybe even yourself. e.g. little notebooks, balls, Frisbees, jacks, CARDS, etc.)
- **Pics of the Fam**

Written by Paul Lloyd-Jones

Just-in-case:

The following items should be brought for Justin Kase:

- **Benadryl** (or something of that nature)
- **Anti-diarrheal Medicine**
- **Band Aids**
- **Pepto-Bismol**
- **Medicated Powder** (regular strength- to beat chafeage) **Motion Sickness Medicine** (if that's an issue for you)

Finally, for anyone who likes to be extra prepared, I have found the following items to come in handy on almost any mission trip:

- **A Hammock** if you have one.
- **Reference Books**
- **Duct Tape**
- **String/ Small Rope Scissors**
- **Safety Pins**
- **A Sharpie** (or two)
- **Baby Wipes**
- **Hand Sanitizer**