



Packing List for Honduras

1. Your personal testimony of how you came to accept Jesus as your Lord and Savior.
What your life was like before Jesus, how you came to know Him, what your life is like now with Jesus in your life.
2. A devotion to share among our team
3. Bible
4. Airline ticket confirmation
5. Passport
6. Medical insurance card (if available)
7. Colored copies of your passport, driver's license, and other documents hidden away
8. Cash for food in airport and for souvenirs (some places take credit cards)
9. Cheap wallet (optional) with minimal stuff in it
10. Casual, light weight conservative clothing. Pants for church and traveling to villages.
Pants or shorts for working. Nice shirt for church.
11. Bathing suit for hotel pool in San Pedro Sula.
12. Close-toed shoes or boots that can get dirty for working (heavy filter on foot = pain).
Close-toed shoes or boots for church (can be the same as the pair for working).
Comfortable shoes or sandals for after working. Flip flops for bathroom, shower.
13. Work gloves
14. Personal toiletries (including soap and shampoo which will not be provided at the hotel)
15. Carry on bag with clothes for two days including clothes for church on Saturday &
Sunday in case your luggage does not arrive on time. Toiletries wouldn't be a bad idea
either but make sure they adhere to air travel laws.
16. Hat
17. Personal medicines (including prescriptions)
18. Snacks to share with all! (Remember they will be exposed to heat and possible crushing.)
19. Water bottles – we can refill them each day.
20. Small flashlight
21. Notebook/journal, paper, and pen
22. Pictures from home to show the people you meet your family, friends, etc.
23. Camera
24. Itinerary
25. Common Spanish phrases (see below)
26. Books, music, whatever you need to pass time in airport/etc.
27. Cell phone for airports (do not use in Honduras unless you have money to waste). Most
calls will cost \$2 a minute.
28. Preferably fit all of this into your carry-on and a single checked bag just so that we don't
have too much to keep up with. Checked bags need to weigh less than 50 lbs. or there is
an extra fee.
29. Extra pair of contacts and contact solution, if you use them because you will not be able
to find them here
30. Rain jacket or plastic poncho (small kind to fit into a pocket would be good)

31. Sunscreen
32. Bug spray and/or wipes (lighter and easier to carry when traveling). Cologne and other strong smells may attract bugs!
33. Toilet paper on you at all times
34. Wet wipes and/or antibacterial hand sanitizer
35. Tums for stomach ache, Imodium AD for diarrhea, Tylenol/Advil/Aleve for headaches/pains
36. Garbage bag(s) for wet/dirty clothes

Please do not wear fancy jewelry while you are here in Honduras. Also do not flash money around like we sometime do in the US. We do not want to draw any extra attention to ourselves because if you do, you will surely die.

Spanish Phrases

Hola-----Hello
 Como esta?-----How are you?
 Donde?-----Where?
 Gracias-----thanks
 De nada-----you're welcome
 Adios-----Bye
 Dios le bendiga-----God bless you
 Jesus te ama-----Jesus loves you
 Cuanto anos tiene---How old are you?
 Buenas dias-----Good morning
 Buenas tardes----- --Good Afternoon
 Buenas noches-----Good Night
 Arena-----sand
 Cement-----cement
 Agua-----water
 Pala-----shovel
 Cubeta-----bucket
 Filtro-----filter
 Aldea-----village
 Lluvia-----rain
 Calor-----hot
 Comida-----food
 Bano-----bathroom
 Que hora son-----what time is it?
 A que hora-----At what time...?
 Café-----coffee
 Foto-----photo
 Amigo-----friend
 Grande-----big
 Pequeno-----small