

# Middle Tennessee Mission Outreach

## Honduras Trip Preparation Suggestions

### Suggested Packing List:

- \_\_\_ Bible
- \_\_\_ A servant's heart and plenty of flexibility
- \_\_\_ Passport (Make 2 copies. Leave one copy at home and take the other with you. \*\*You need to keep your original passport on your person at all times. It will be your primary form of identification at all airports, so keep it handy.
- \_\_\_ Toothbrush, toothpaste, floss
- \_\_\_ Razor, shaving cream
- \_\_\_ Deodorant
- \_\_\_ Soap and Shampoo
- \_\_\_ Comb/brush
- \_\_\_ Toilet paper (one roll – wipes designed for this purpose are also handy)
- \_\_\_ Hand wipes
- \_\_\_ Waterless anti-bacterial hand cleaner (see airline website for restrictions)
- \_\_\_ Feminine hygiene items
- \_\_\_ Insect repellent/lotion
- \_\_\_ Items for contact lenses
- \_\_\_ Sunscreen/lib balm with sunscreen
- \_\_\_ Notebook & pens – some people journal the trip
- \_\_\_ Spending money (A suggestion would be no more than \$200 for souvenirs and misc. food/entertainment)
- \_\_\_ Cash for Honduras departure tax. Exact change is better; this value was about \$38 for Jan. 2011 trip
- \_\_\_ Camera/film/batteries/chargers/memory cards for digital cameras & other personal electronic items. 110VAC power is available in Honduras, but a surge suppressor is a good idea – number of outlets is also limited in the hotel
- \_\_\_ It is suggested that you not bring computers or other valuable electronic items. If you choose to bring them, be prepared to open them up at all airport security checkpoints
- \_\_\_ Non perishable personal snacks (very important for diabetic folks – sometimes meals can be delayed, you should have a chance to also purchase these when we get to Honduras)
- \_\_\_ Sunglasses/hat

### CLOTHING:

Bring clothing appropriate for summer weather. Comfortable walking or hiking shoes are a must – especially if you participate in construction activities. Keep in mind shoes can become soiled and possibly wet. No tank tops, see through clothing, distasteful wording or pictures on clothing, halter or spaghetti strap dresses. Dress conservatively, please. Men must wear shirts at all times. All dresses, skirts and shorts must pass the length of your longest finger when your arms are by your sides. Simple, neat clothing will be appropriate for worship times. Jeans or long pants are suggested

for those participating in construction work. Hats can be beneficial in the sunny locations. Gloves are suggested if you intend to perform manual labor in construction activities.

Laundry service will be available, so don't over-pack. However, we also don't want to inundate Our friends with excessive laundry, so do your best to get multiple wearings out of things before turning them in for washing. It is suggested that you not bring delicate washable items – the laundry service is not so delicate. A mesh sack or large plastic bag is handy to keep soiled items in till they're washed.

### **MEDICATIONS:**

Be sure to take ample supply of all medications you will need for the duration of your trip. Prescription drugs should be kept in your carry on luggage when flying. Also, if you have allergies, make sure you take necessary non-prescription medication with you. The specific type you prefer might not be available in Honduras.

Be sure to include Epi-pens if you're allergic to stinging insects or if you have other allergies/conditions that would warrant that type of medication. If you happen to use up the pens you bring with you on the trip, be sure to immediately notify the team leader of the need to replace them.

### **LUGGAGE:**

Men and women are allowed to carry one legal size carry-on and one checked bag. Pack light. Your trip fees do not cover airline surcharges for heavy baggage. Visit the airline website for this information.

Current security restrictions limit the size of liquid containers in carry on baggage. Go to [the airline website](#) to familiarize yourself with this information. It is generally better to pack liquids in your checked luggage.

Be sure to include at least 2 changes of clothes, needed medications, and other essentials in your carry-on luggage in case your other luggage is lost. If it is available to you, rolling luggage is easier to move through airports for plane changes. If you have luggage that has a very common appearance (solid black, for instance), it helps to tie a conspicuous marker like a small colored piece of cloth to the handle. This will help keep others from mistaking your bag for theirs. It will also speed up identification of your luggage on conveyors while at the airport. Luggage tags filled out ahead of time and attached to your luggage are helpful and will keep you from having to add them while standing in line at the airport and preparing to board the plane.

### **Other Items:**

A fanny pack is not required, but is a great way to keep track of personal items you'll need during the day.

We usually have card readers available to download and clear digital camera memory cards. Make sure you bring extra cards if you anticipate filling your card. Also, you might want to consider re-setting the file size setting on your camera if you're concerned with exceeding the capacity of your card.

Unless you have a cell phone with an international plan, yours will probably not work in Honduras. MTMO personnel will have cell phones available that you can use for a small fee to call home.