



# Packing Suggestions

## La Unión, Honduras

### **CLOTHES**

Pants/jeans or long capris  
T-shirts, conservative tank tops  
Button-down shirt  
Sweatshirt/fall jacket  
Socks and underwear  
Shorts for sports/hiking (conservative)  
Swimsuit (conservative)  
Hat/bandana  
Light rain jacket

### **TOILETRIES**

Toothbrush/toothpaste  
Deodorant  
Soap/shampoo/conditioner  
Contacts/Solution/Glasses  
Sunscreen  
Bug spray  
Hand wipes (sanitizer)

### **SHOES**

Hiking boots (optional)  
Tennis shoes (that can get muddy)  
Sandals and/or shower shoes

### **MISCELLANEOUS**

Sunglasses  
Flashlight/headlamp  
Reusable water bottle  
Camera (charger, memory cards)  
Travel towel

### **TRAVEL INFORMATION**

Passport  
Cash (for food at airport, extra drinks, snacks in town – estimate \$25-50)  
Copies of insurance information

### **OPTIONAL ITEMS**

Pepto bismol or TUMS  
Advil  
Dramamine  
Snack food  
Drink mixes  
Watch with alarm  
iPod  
Journal, pens  
Spanish/English pocket dictionary