



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