

GUATEMALA PACKING LIST

TRIP DATES _____

CLOTHING	✓
Underwear (at least 1 per day)	
Socks (1 pair per day)	
Bras (as needed)	
Sleepwear (as needed)	
T-shirts/Tops (1 per day)	
Shorts (1 per day)	
Breathable Pants (per hiking day)	
Pants	
Nice Dinner Outfit (1-2)	
Sandals/Flip Flops	
Hiking Boots	
Sneakers	

FIRST AID KIT	✓
Bug Spray	
Anti-diarrheal Medication	
Motion Sickness Medication	
Chapstick	
Rx Medications	

TOILETRIES	✓
Toothbrush	
Toothpaste	
Dental Floss	
Soap	
Deodorant	
Shampoo	
Conditioner	
Hair Brush	
Styling Tools	
Facial Cleanser	
Sunscreen	
Moisturizer	

MISC.	✓
Passport/Visa	
Travel Insurance Documentation	
Universal Travel Adapter	
Electronics' Chargers	
Light Rain Jacket/Poncho	