



PDG
TRIPS

**RECOMMENDED
PACKING LIST
GUATEMALA**

We'll be working on a home construction site. You'll be working with shovels, picks, wheel barrels, buckets and other manual labor tools. It can and will get hot in the sun and you will get sweaty and dirty. Don't worry, we'll have plenty of water and some shade for taking breaks. 😊

Note: the average fahrenheit temperatures in Guatemala for March/April are highs of 75-80 and lows in the mid-50's. We're closer to the equator so the sun is also stronger.

We recommend packing the following:

- Sturdy Work Pants / Sturdy Hiking-Style Pant
- Dri-Fit Tee Shirts for Worksite - *One included in Team Gift Pack* 😊
- Comfortable, Sturdy, Closed-Toed, Work Shoes
- Work Gloves (2 Pairs) **IMPORTANT*
- Sunglasses / Safety Glasses
- Hat for Sun Protection
- Bandana or Buff
- Sunscreen
- Lip Balm w/ Sunscreen
- Small Hand Towel for Worksite
- Clothes that can be easily layered
- Sweater / Sweatshirt
- Lite Rain Jacket
- Comfy Sneakers / Walking Shoes
- Bathing Suit
- Ear Plugs (If Sharing a Hotel Room)
- Golf Equipment - Clubs, Balls, Shoes, Gloves, Country Club Attire
 - Sturdy Travel Bag
- Small Backpack
- Passport and IDs - Photocopies of Both
 - Email a copy of each to yourself and a family member or friend
- Credit Cards / ATM Card
 - Make sure you notify your bank you're traveling abroad
- Personal Medications / Vitamins / Supplements
 - Stomach Discomfort Pills, Motion Sickness Pills
- Hand Sanitizer Wipes
- Bible or Other Books
- Journal - *Included in Team Gift Pack* 😊
- Reusable Water Bottle - *Included in Team Gift Pack* 😊