

Packing for Central America
PLEASE PACK IN A CARRY-ON BAG ONLY

DO NOT CHECK LUGGAGE

- Passport in a security pouch (give an extra copy to someone else on the trip)
- Emergency and insurance information
- Debit card (Leave a list with someone at home)
- Something to read on the plane
- A pack large enough to hold a sandwich and a screw-top water bottle
- Two screw-top water bottles with your name on each one (or buy there)
- 1 pair of garden gloves with a flexible back
- 1 pair of jeans or lightweight work pants
- Something to wear in a nice restaurant
- 5 lightweight shirts or t-shirts
- **Your StoveTeam t-shirt (One will be provided)**
- Underwear (It's easiest to access if packed in a zip-loc bag)
- Something to sleep in
- 5 pair work socks/ 1 pair dress socks
- 2 pair light-weight athletic shoes (an extra in case one pair gets wet)
- 1 pair shoes comfortable for walking on cobblestones (optional)
- Something to sleep in
- Swimsuit (optional)
- 1 Sharpie pen
- Ziploc bag with a partial roll of toilet paper (never go without it)
- Camera and charger or phone with photo capability
- Sunglasses/sunscreen/visor/spare glasses/glasses repair kit/Croakies
- 1 package of handi-wipes or a small bottle of hand sanitizer
- Toothbrush/toothpaste/floss
- Shampoo/conditioner/hairbrush/comb/hair dryer (no adapter needed)
- Soap/lotion/razor/shaving items/nail brush
- Personal hygiene items/
- Earplugs (your roommate may snore)
- Insect repellent/Cortisone cream/Personal medications
- Band-Aids/Ibuprofen/Benadryl/
- **Allergy kit and Epipen (StoveTeam does not supply medications)**
- **Ciprofloxacin - a prescription for travelers diarrhea)**
- Work apron (optional)
- Lightweight Rain jacket
- Lightweight fleece or sweater
- \$50 in cash for airport meals
- Debit card (ATMs (*cajeros*) are available throughout Central America

StoveTeam does not cover alcoholic beverages or souvenirs