



International Health Service



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**Providing Health Care
and Other Services to
Villages in Need**

Project HONDURAS

A BASIC PREP GUIDE

If you are the kind of person who likes details, or just need info. about a certain topic, then this guide is written for you.

Table of Contents

- Introduction
- Team Preparation Before You Go
- Team Responsibilities
 - Getting Ready To Travel
 - Passport
 - Your Personal Prescription Meds
 - Vaccinations & Shots
 - Clothes To Wear In Honduras
 - Travel Arrangements
 - Packing & Shipping Ideas
 - Communications Including E-mail & Phones
 - Village Conditions
 - Personal Hygiene Items
 - Donation Items
 - Project Expenses
- During Your Travel To The Village
- General Village Setup & Daily Tasks
- End Of Project Tasks
- Appendix – Commonly Used Tools And Supplies
- Appendix – Commonly Used Team Food Items

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Introduction

In the following pages are many helpful ideas on things to do and things to bring (and not bring) on your trip. No trip, village or person will do things the same way, so remember this is just a guide. Overall, this will help you to be well prepared and to have an efficient team where everyone pitches in to work together for the overall team success.

Although a lot of information is given in the following pages, it is general in nature. Each team and project is different so rely on the latest information given by the Team Leader and project veterans.

Team Preparation Before You Go

During the time between your notification of acceptance and your arrival at the team's final work location in Honduras, the most important work takes place. Having a well prepared team is 95% of what's needed for a successful project. It is the Team Leader's responsibility to ensure EVERY team member has a good understanding of the basic work involved and the conditions they will encounter during the entire project. As a team member, you can help the Team Leader by letting them know ALL the skills you can offer the team and the level of your past project experience. Working as a team is the only way to have a successful project and that starts with group as well as individual preparation.

Understanding the Honduran Culture

We must always remember we are guests in someone else's country. As Americans we are used to a faster pace of life and having everything readily available. It is not the same in Honduras. Enjoy the slower pace of life and do not try to make the village a "little America". If we go with the attitude that we will help them in their way of life, we will have more success. When you see their smiling faces and hear their happy voices you begin to realize that in some ways they may have things figured out better than we do. If we improve their medical/dental situation and show them kindness, then we have done what we set out to do.

Getting Ready To Go

Everyone has gear they need and want to bring to Honduras. Team members, along with the aid of the Team Leader, need to decide what supplies each one will bring, eliminating duplication if possible. The sooner your team can get organized the less stress there will be when packing it for shipping or to take in checked bags on your flight. Some equipment might need to be divided between team members because of weight limitations in checked baggage. So plan out who will bring what items. Duplication is not good when we need to travel light so organization is critical. Many items are also readily available in Honduras so knowing what items are available and where also helps in avoiding shipment of unnecessary items from the U.S. As a team member ask questions, share information, and e-mail others to find out what you need to know about a site.

One approach that many take in going to a remote village is to think of it like a camping or a backpacking trip. Roughing-it type conditions can be similar. Some other important topics for your team to discuss include:

Buildings to be used in the Village

Sleeping quarters, eating place, medical clinic, pharmacy supply area, dental area, radio setup (if any), shower area, banyo (bathroom) arrangements, etc.- you might be able to get pictures and other info from your Team Leader or others who have been to the village previously

Sleeping Arrangements

Depending upon your village, items needed can vary. Many will need to bring mosquito netting or tent, air mattress, sheets, light blanket, and pillow. It all depends on the conditions in your particular village. Some places have cots or beds but most remote villages have no sleeping facilities. Self supporting sleeping tents are available in many outdoor or outfitter type stores like REI and Gander Mountain and mail order places like Cabellas.

Single and double tents can be ordered on line at www.REI.com or www.LongRoad.com. These tents are not for rain protection since you will sleep inside a building, so get one with a lot of screen material so you stay cool. Always keep in mind that your gear plus all your personal items need to fit in your airline carry on and checked bags. Sending items down early in the container shipment will help lighten your bags, but first figure out how you are going to get it all home.

Food supplies and cooking

Basic food supplies are purchased by IHS and sent down in a container. Local items are picked up in La Ceiba before teams leave for villages. Team members may want to supplement this with a few personal items. Discuss this with team members and team Leader. At the bottom of this guide is an approximate list of the food IHS usually provides. These items are commonly used

due to ease of shipping. Locally purchased fruits and vegetables plus beans and rice are also common staples. Arranging for cooking is the responsibility of the team. Some hire a local cook while others cook all of their own meals. If so plan on where you will get your cooking gear, including pots and pans, and a cooking stove with the needed fuel. Team size and location affect these decisions.

Water

All teams will either have a clean source of water at their team location or they will have a means of getting clean water. Many locations will take clean purified water with the team. Also, as a backup, teams should have a water purifier (not just a filter) to make pure water for drinking and cooking.

Power available in the village

Often, team members will bring a few personal items and some professional gear that requires household type power (120 volt AC). In many of the smaller villages, the only power is our generator (when we have one) which can not be in all places providing power at all times. Please try to only bring items that do not need to be plugged in or can run on batteries. Humidity seems to kill batteries quickly so be sure to have extras to handle your needs for all your days in the village.

Supplies provided

Talk with the Team Leader about what supplies and equipment are already available. Some items may be picked up along the way and some may already be in the village.

Team Responsibilities

Although the Team Leader is in charge of the overall project trip, medical set-up issues will be jointly decided by the team physician or dentist, as appropriate. When several medical people are on one team, one of them needs to take the lead and be responsible for organizing all team medical personnel and supplies and work with the Team Leader to set up and organize the site. The lead dentist will also work with the Team Leader to set-up the site, get everything prepared, and teach the dental assistants how to work with them.

Some people on the team will be assigned to non-medical work, however All team positions (medical and non-medical) have important responsibilities. Although team members share a lot of the work, the Team Leader again is in charge of the overall trip and will make sure that tasks get done in a timely manner and that the team is working efficiently. The Team Leader will delegate many responsibilities and may move people around to different positions as needed, or for a better work environment.

Team Preparation

Plan in advance what you will bring with you, or send ahead, to support your work and that of the team. The list of items (especially work equipment and supplies) can be shared with your team to avoid duplication. The Team Leader can also suggest particular items that would help at your village. Remember, in the village there are no hardware stores... maybe no stores at all. You may not even find a place to get food, so be prepared.

Getting Ready Prior To Travel

Passport

If you do not have a current passport, start the process right away. For first time passports, you will need an original certified copy of your birth certificate. Go to your local government service center where some can pull up your birth certificate, they will provide you with passport forms to fill out, take your passport photo, you pay the fee and they will send it all in for you. It may take a few weeks or even a couple months so start on that right away. If your passport will expire within 6 months of the trip, many airlines and countries will not let you travel. Regardless of the reason, this is enforced so renew it if needed.

IHS will need one copy of your passport. Leave another one home in a safe place. And take one with you in a safe place. That way, if you lose your passport while in Honduras, you have something that you can show the American Embassy there that will make it a lot easier to get paperwork to leave the country. To travel to Honduras, you do NOT need a visa. When you enter the country, a Honduran official will staple a visa slip in your passport and it will get removed when you leave the country. It is also important to remember that when you exit Honduras, they will collect an exit fee of about \$37. So, do not spend all your money on a last minute shopping spree.

Your Personal Prescription Meds

Always bring enough of your prescription medications to last the entire time you will be out of the U.S. Most physicians will work with you to make this possible. Do your best to keep them in their original marked bottles so officials can see what they are and know they belong to you. That even goes for over the counter meds like Tylenol. Although some medications are available in Honduras, do not count on it. Prescription meds and other important items should be in carry on luggage.

Vaccinations & Shots

1. Your personal physician or the Travel Doctor at your clinic can help direct you to what you will need for the trip.
2. Make sure your Tetanus is up-to-date.

3. Getting a flu shot before you go is also a good idea so you don't get sick on the trip or give it to other members of your team.
4. Vaccinations for both Hepatitis A and B are recommended. Hepatitis B is spread through body fluids, so if you anticipate any patient or personal contact, you should get this one and Hepatitis A comes from contaminated food or water.
5. Typhoid and Cholera are less common but at times are suggested when exposure conditions are prevalent. Check the CDC web site and talk to your clinic.
6. Many immunizations are given in a series of shots or pills over time so start these right away to get protected before you depart.
7. Malaria cases are seen throughout Honduras so it is recommended that you take a prophylaxis (preventative). Chloroquine is the most commonly used one in Honduras and is somewhat less expensive than others, plus it is available over the counter very inexpensively in Honduras. However you need to take one dose one week before you leave the U.S. and continue taking it once a week while in Honduras, and then for four weeks after you return to the U.S. Often, people will buy only enough to get started and purchase the rest in Honduras due to the huge savings in cost. Some even get extra in Honduras so they have enough to get started on their next trip.
8. There are other prophylaxis (preventatives) for malaria for those who are sensitive to taking chloroquine – see your physician for more information.
9. Participants also bring Tylenol, Imodium, sunscreen, insect repellent, Purell, and such items since they are hard to find away from the larger cities. There are other tropical diseases, so do not consider the above info complete. Consult the CDC web site, your personal physician and your team physician for info on what is best for your particular health needs.
10. Let your team physician know in advance of any health issues you may have (before you depart) so they are prepared to help you in a time of need. This can be done confidentially.

Clothes to Wear in Honduras

Although there is no specific dress code in Honduras, it would be inappropriate for us to dress like we might at a beach in Mexico. Hondurans dress conservatively. You need to be comfortable in a hot humid climate but leave the short-shorts and low-cut tops at home. Many people prefer to wear scrubs while working. You can buy them at Wal-Mart. Remember to wear very comfortable shoes that do well in wet weather. Also, have a light rain jacket

ready since a quick rain can happen any time. There are laundry services available (at your expense but very cheap) everywhere including the village so don't over pack. Have enough to travel plus a few days. Men also should dress conservatively.

If you wish to attend a church service, long pants are best. Zip-off pants work great in many settings. And leave all expensive jewelry at home. A cheap watch is all that is recommended. Honduras is a poor country and they think we are rich beyond belief. Many people are desperate; this poor economy is making them even more desperate, so if there is an opportunity to grab something, they will.

Travel Arrangements

There are not a lot of flights to Honduras, and they book up in advance, so put this on your list as one of the first things to do. If at all possible get tickets that can be changed. They may charge you \$50 or \$100 to make a change but that is better than being delayed in a remote location and then having to buy expensive new tickets on short notice. Flights can be expensive so shop around and be flexible.

There are many daily commuter flights available in-country and you usually can get a flight on the spot. If you know your travel dates, it is still a good idea to book ahead of time. For in-country travel, allow extra time for you and your things to get to where you want. Weather and other things can shut down smaller airports. Sometimes they will pack a lot of people on a plane and put the cargo (checked luggage) on a different plane and it may not get to the destination at the same time. Also, it can be difficult to get commuter flights on Sunday to some of the smaller airports (Puerto Lempira, Ahaus).

Most people take advantage of being in Honduras to take a short side trip. It can be one day or longer depending on where you want to go. Prices are very inexpensive and since you are already there, it works well. Seeing the Copan Mayan ruins, botanical gardens, manatees, whitewater rafting, tropical rain forests, and diving/snorkeling or on the beach at Roatan Island are some of many things to do. Most IHS participants rely on Frances McNab at www.TouristOptions.com in La Ceiba for suggestions, side trips, and to make their arrangements. Also check out www.Honduras.com for more ideas. If you plan to do this, you obviously need to build the extra time into your U.S. to Honduras travel dates.

Packing and Shipping Ideas

In the past, people took a backpack as their carry on and then two suitcases or tubs as their checked luggage. But times have changed and airlines now charge for all bags. Whatever you take, do not advertise what you have that may be considered valuable to a Honduran. You can list contents in a way that you know what is in the container but no one else. Nutritional supplements

can mean food; health aid device can be medical equipment, and so on. If you have a lot of stuff packed up, keep a list so you know what is where.

If you expect to have a lot of supplies consult with other team members to share the load if possible. Airlines have also changed their size and weight restrictions on both carry on and checked luggage. So make sure your containers will fit or be ready to pay a LARGE oversize charge.

To send supplies and equipment, whether in the IHS container or on a plane, it is best to avoid using cardboard boxes. Cheap \$5 tubs in Wal-Mart work great. Airlines consider cardboard boxes a low priority. If their cargo area is full, it will go on a separate flight. This is especially true on commuter flights in Honduras. Cardboard boxes also don't survive travel very well. After a boat or truck ride in the rain, the cardboard will have disintegrated. When packing in any type container, put things in large plastic bags. That will further protect things and you can use them for garbage or whatever in the village.

IHS is now limiting items that will be sent down in the container. In the past we have had unlimited space, but because of the poor economy we now only have one container. Priority will be given to supplies and equipment necessary for the Project.

Communications

Including E-mail and Phone Service

Smaller communities and remote areas often have no landlines. The cost of making a call can vary quite a lot. In some instances you can connect to a U.S. operator so that you can use an inexpensive phone card. But in other places you have to rely on a Honduran operator to place your call at a much higher rate. Many locations that have phone service will also have internet services, but do not expect it in villages. Rates for internet cafes and other internet style services are usually reasonable. In La Mosquitia, the only relatively reliable place to make a phone call or e-mail is in Puerto Lempira. Some businesses and government offices, including the hospital, do have phones.

On all teams with a radio operator you have an established international capability to make radio contacts. Most also have equipment that can send messages into the internet e-mail system. In many remote areas, local agencies have established small radio communications networks. Talk to your radio operator.

Village Conditions in General

In the remote villages expect things to be primitive. Most do not have electricity, phones, or stores. Some do not even have roads or vehicles. In such places the only transportation is by boat or a small plane if there is an open field nearby where planes can land.

When it comes to working and living conditions, approach this trip like a camping expedition out in an undeveloped area. Consider this when you plan your gear for work, sleeping, and for meals.

The local people are very poor so a team can not expect to get a lot of food given to them by the local people. That would be a terrible burden on the locals who are too poor to afford such a sacrifice even if they were willing to do so. If you know there are sufficient quantities of food items available in the village, try to find a way to politely compensate the locals, whether it is monetary or an exchange for items of value to them. In the Honduran culture, it is their nature to show their appreciation, even if it means a big sacrifice on their part. So, try to provide much to them and accept small things in return. If they can give you some local item that they readily have, that may be acceptable, even if you may have to exchange or give it to someone in a larger city because you can not take it home.

If at all possible, try to bring a means of cooking. The locals may be able to do it but again you will deplete their valuable supply of firewood which requires much labor to collect. Cooking is important to the team's health by eating enough of the right kinds of food to stay healthy. Many dehydrated items cook up very well to make a tasty meal. Montezuma's revenge can strike anywhere in Honduras, so when eating anything you didn't bring from the U.S., follow the rule: cook it, peel it, and wash it (with safe water), or forget it. In the village, it may also become a necessity to boil water for drinking.

Because there usually is no running water, bathroom conditions are usually primitive as well. An outhouse is often the only facility available, if there is anything. Due to the need for cleanliness to stay in good health, *CLORO* (chlorine bleach) will be a vital item on your list of things to bring to a village. It is unlikely that you will find shower facilities and bathing in a river may be a sanitation risk, so your team may rig up a shower area inside a small room with a proper floor for drainage and hang up a tarp for a shower curtain. The team or individuals will need to bring solar showers which are compact and provide for a nice hot shower. A 1 or 2 gallon size is about right for one person. Many get a 5 gallon solar shower and it is good for two or three people.

Personal Hygiene Items

Leave your curling iron and hair dryer at home. Limit or forget about make-up – think summer and hot. Fragrant items attract insects. A basic bar of soap in a plastic container works best in your solar shower or wherever. A basic non-sudsy, eco-friendly, phosphate free shampoo is best to wash your hair. Some people collect hotel soaps and shampoos and if they have extras, give them away to needy families. Don't bring down large containers as they will add too much weight. A small

bottle of liquid laundry detergent also helps with washing out some items of clothing.

Donation Items

In the past participants brought or sent items to donate to helpers and people in the villages. However, with this troubled economy, IHS for the first time is limited to sending down only one shipping container. Therefore priority will be given to medical equipment and supplies and many boxes will not go this year.

If you do bring down some items to give someone, or to hand out, it is best to wait to the end of the project. This helps to avoid a small crowd showing up the next day wanting free gifts. If the team is giving away something of value, such as a generator or large piece of equipment, it may be appropriate to do so in public in front of a group of people so that later on someone couldn't claim the gift was to them personally. Each gift has to be considered individually to know what is appropriate. Gifting needs careful consideration so that it accomplishes what you intended it to.

Project Expenses

Airfare and personal expenses in getting to Honduras and home again are up to each individual participant. Expenses for travel and food from La Ceiba to the village and back again, will be covered by IHS. Extras bought along the way and in the villages, such as alcohol, laundry services, etc. are always the responsibility of the participant.

Try not to bring a ton of money but be prepared for tips, etc. One dollar bills will help you throughout the trip with quick tips for taxis, etc. You will need to exchange some money for Lempira before leaving for your village as that might be all they accept. Remember to keep \$37 or so for exit fees as you leave Honduras. Most airlines no longer offer free meals either, so reserve money for the trip home.

DURING YOUR TRAVEL TO THE VILLAGE

Important! Team members are to be constantly aware of where all their personal items and team gear are located. This is true at the start, during, and after the project. Every time you and your team members are near your gear (especially during and after each leg of your move) you should do a visual check to ensure all items are there. Things can easily get misplaced or taken along the way. Storage buildings and airstrips are common places that boxes stray from their intended location. **Everyone should keep track of their personal gear. The Team Leader and engineer (or other helper) should know how many boxes they are traveling with and keep count of them with each move.** The sooner an item is found missing, the sooner we can fix the problem and greater the chance we have

in doing so. Sometimes, someone else may have packed an item for you or your team. Check what got sent and make sure it is where it is supposed to be the first chance you get! One good example is someone may have said they sent your team a box with certain equipment in it. Make sure you see that box and that it is in your team's pile of gear/boxes. Let someone in charge know right away if something is missing. Having all your team's water jugs, gasoline, generator, etc. falls into this category as well. Mistakes do happen and not finding them out until you are in the village is a BIG problem.

If your team and gear does NOT all arrive in the village at the same time (two separate vehicles or boats), plan ahead for who and what goes first. Obviously the first people on the team to arrive need to have their personal supplies plus necessary food, water, etc. to get by until the rest of the team and gear arrives. If needed, send the translator too, since the team will need to discuss important issues with the local villagers.

The team needs to be aware of what supplies, such as food and water, are available for the team as they travel. Usually a team travel food box is prepared ahead of time for the trip. Get extra bottled water in La Ceiba or Puerto Lempira.

GENERAL VILLAGE SETUP & DAILY TASKS

The Team Leader will help each team member understand what daily jobs and tasks they are responsible for while in the village. But everyone needs to pitch in to make sure the daily jobs get done. This helps the whole team run smoother. Expect to help with things that you are not assigned. Volunteer to do other things you see needing to be done. All team members can go to Team Leader with ideas and to volunteer for other work when their assigned tasks are done.

The biggest task for your team when you first arrive in the village is to ensure the initial team setup goes smoothly (everyone helps) and that good decisions are made.

Find logical locations for the medical clinic, dental clinic, pharmacy area, sleeping quarters, cooking area (if needed) and the generator. Make sure those areas that will need the generator are nearby. If a team has been to that location in the past, be open to how they did things before, but be ready to change if village conditions have changed. It takes total team participation to figure out where things will go. Locations need to be established right away so everyone knows where to unload all gear and supplies. It is often the case that some missing supplies are found half way through the project because they were put in the wrong area and/or were not marked clearly.

Sleeping quarters and storage areas need to be established so as supplies arrive in the village they can be taken to the places where they are to be stored. There are a lot of team and personal supplies and getting them to the right place makes it easier to find supplies and personal gear during the rest of the project.

Figure out who will do tasks such as meal cooking and general housekeeping (sleep area, clinic, etc.). General workers and others need to figure out a schedule with their work area that allows time for cooking, after meal clean up, and other day-time chores so that these tasks do not interrupt the flow of activity in the clinics and work areas.

Develop a smooth daily routine

The team will set a schedule for when work is to be done in the clinics – most teams will work 8 am to 5 pm with a ½ hour break for lunch. When the clinic work and meal time chores are accomplished, times for other tasks will fall into place. Be flexible and if it doesn't go smoothly one day, the team should discuss what could be changed and then make the changes. Always remember that some tasks may seem obvious to you but maybe not to someone else, especially certain project and engineering tasks. Often, a person will find miscellaneous things to do to keep busy and that is great but there might be other more important tasks that need to be done. It is up to the Team Leader and the team to let each person know what needs to be done first. Everyone needs to know the priorities of the work for the day for each person. It is often a good idea to have a quick team meeting each morning or evening to pass on info, work items, and news items.

END OF PROJECT TASKS

Near the end of the project time in the village, announcements usually will be made by the Team Leader as to what tasks will need to be completed for the end of the project. Usually this will include instructions on how to handle the gear and supplies at the end. For things to go smoothly, team members should start doing end-of-project tasks a day or two before the end. A team meeting before the end of the project to make a plan, share information, and make sure everyone is clear on what to do, will help this process go smoothly.

When packing up, most items need to be inventoried and some need to be properly disposed of if they are no longer serviceable and repairable. For some items that will mean taking them out of the village to a larger city where they can be safely put in trash. Most villages do not have a proper landfill. If it is repairable, it needs to be packed up and taken to where that will happen. Also, a copy of all inventories needs to get to the right person for later use. Some inventories need a second copy in or on the storage box or tub.

Some End of Project tasks for the team are:

Pack up meds

There may be some left over medical supplies. The team physician may give some items to the local health people, especially if they are near expiration and/or if there is a critical local need. It is important to realize the skill level of the local people we are leaving medical supplies with. We do not want to create a problem by leaving inappropriate items. If we have items that are not due to expire and can survive well in storage until our next project, and we have a logical place to store them, then that needs to be considered. Follow instructions on how to inventory each box or tub of medical supplies and equipment and to also make a copy of each inventory to go to a designated person (usually the Team Leader).

Pack up Engineering supplies

All project gear going into storage needs to be cleaned and put back in their boxes. Ensure that each box and item is dry so the contents will not rust and will stay in good condition when placed into storage. Make sure there is gasoline stabilizer in the gasoline in the generator before shipment. Do at least two copies of the inventory of the stored items (with generator condition noted) and note any items that are in need of minor or major repair. **Place one copy in the box and return one to the Team Leader so IHS will know what needs to be replaced for the next project.**

Pack up cooking utensils

Make sure everything is clean and dry, inventory everything, and then put all the reusable pots and pans, silverware, dishes, knives, water pitchers, tablecloths, cooking burners, etc. into a sturdy tub. Complete two copies of the inventory and put one in the tub or box and give one to the Team Leader. Clearly label the tub in large print, "Pots and Pans" with a permanent marker and put the team location on the tub as well. Now the tub is ready for storage and use by a team next time.

Pack and label personal gear

The Team Leader will give instructions as to how to keep personal gear and equipment separate from items that will get put into storage. Some teams put a large "X" with duct tape on items so it is obvious they are personal gear, and NOT items going into storage.

Giving equipment and supplies to local people

Usually, the best time to give items to the local people is at the end of the project. The previous discussion topic of DONATION ITEMS does a good job of explaining how to do this. Perhaps the one exception to giving items at the end of the project is when it is an equipment item. Consider how well the local person will understand how to use it. Remember that they may not understand even simple machines if they never saw or used one before. Take the time to show them. Perhaps, it may be wise to show several people. Do not forget the miscellaneous needs of cleaning and upkeep maintenance so the item

lasts a long time. If the item stops working, it likely will set in a corner until you or another team comes back and then you may not know of the parts needed ahead of time. This is a common occurrence with equipment left in a third world country where there is not a permanent person there with technical expertise.

Important!

As a team travels back from their village/team site, they are responsible for inventorying and returning boxes and gear to the correct storage places. Since items are usually going into storage for a future teams' use, they will be counting on those items to be there and in good condition. If in doubt as to where to put something, ask the Team Leader or Project Director where it goes.

Appendix

Common Tools and Supplies Frequently Used On A Project (most are supplied by IHS)

250 ft. spool of nylon line
50 ft. 1/4 inch rope
eye screws
padlocks with same keys
hooks and eyes for doors or windows
door hasps
Mini Flashlight w/extra bulb and batteries
Small spool of 16 gauge wire
Several rolls of duct tape
water purifier -hand pump style
extra cartridges for water purifier
bag type water filter
100 ft. electrical cord
25 ft. electrical cord
3-way electrical plug
electric sockets
light bulbs
quart oil for generator
funnel for gasoline
12 foot tape measure
chamois for filtering water out of gas (real, not the fake kind!)
bic lighters
Gerber or similar Multi-tool
Permanent marker to mark clothes, boxes, etc.
nails
wire nuts
1 1/2 inch long sheet rock screws
8 inch nylon tie wraps
slip joint pliers
long nose pliers & cutter
hammer
utility knife & blades
crescent wrench
voltage meter
hack saw & blades
64 pc tool kit metric and inch
5 ft. rubber hose
AA batteries

Common Food Items Often Supplied By IHS For A Team

Apple Sauce Cups
Beans (local purchase)
Bottled Water – at least one per person
Carrots (local purchase)
Chicken (cans)
Chicken Helper
Coffee - Instant
Coffee creamer
Cookies (large tin)
Cooking oil
Crackers w/cheese packets
Crystal Lite mix – lots of these!!
Dish Soap
Fruit Cups
Granola Bars
Honey – small squeeze bottle
Jelly
Laundry soap
Lemonade
M & Ms
Noodles (egg)
Oatmeal Packets-variety-for breakfast
Onions (local purchase)
Oranges (local purchase)
Peanut Butter
Peanuts
Pepper
Potatoes (local purchase)
Pudding cups
Rice (local purchase)
Salt
Soups, creamed
Soups, Instant -varieties
Sugar
Tortilla flour (local purchase)
Tuna (cans)
Tuna Helper

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