



IHS PACKING CHECKLIST – October Team

This packing checklist has evolved over many years. The strongest message we can give you is to **PACK LIGHT**. **Your carry-on bag should include EVERYTHING you will want upon arrival in La Ceiba. Personal luggage sometimes take a day or two to catch up with you in La Ceiba.** You may bring a carry-on backpack that will fit under the seat in front of you on the airplane to Puerto Lempira and a personal luggage/bag that should be lined with a large plastic garbage bag to keep your items dry. Please discuss what items you will need with your team veterans/leader.

*indicates items to bring with you in your carry-on

MEDICATIONS

- _____ personal medications*
- _____ immodium or lomitol (anti-diarrhea drugs)
- _____ prophylactic antibiotics as desired
- _____ insect repellent with deet
- _____ Cloroquine (malaria medication)
- _____ sunscreen, chapstick
- _____ creams for itching - bug bites
- _____ copy of prescriptions*

CLOTHING (depending on where you are going)

- _____ Quality rain poncho/gear
- _____ tennis shoes, sandals, **high top rubber boots for mud/rain**
- _____ hooded sweatshirt/sunshirt
- _____ light weight long pants (zip-offs work well)
- _____ cotton socks
- _____ scrubs to work in
- _____ bathing suit
- _____ Brimmed hat or cap (especially for river teams)
- _____ clothing of choice for La Ceiba*

BEDDING

- _____ mosquito netting/jungle hammock/tent (see team assignment) ***
- _____ Lightweight sleeping bag/blankets/sheets in the Mosquitia***
- _____ pillow ***
- _____ sleeping pad or air mattress
- _____ towels, soap, shampoo

MISCELLANEOUS (strongly recommended)

- _____ Copy of Passport in your carry-on bag*
- _____ Head Lamp/flash light with extra batteries & bulb
- _____ small day pack (to keep at work site)
- _____ one quart canteen or water bottle
- _____ sun glasses*
- _____ sewing kit / safety pins
- _____ personal first aid (band-aids, etc.)
- _____ zip lock bags (keep water & bugs out of your clothing, etc)
- _____ Spanish/English dictionary
- _____ wash/dry toweletts
- _____ toilet paper (put in zip lock bag)
- _____ Toiletries w/ mesh bag for shower

MISCELLANEOUS (nice to have)

- _____ photographic supplies – camera*
- _____ memory card (expensive to buy in Honduras)
- _____ extra batteries/battery charger (expensive to buy)
- _____ army knife with small scissors (is nice)
- _____ notebook / journal - pens, pencils, paper
- _____ personal reading (bring reading light & batteries)
- _____ ear plugs for aircraft, dogs, roosters, & snoring
- _____ MP3 player & ear phones

TEAM SUPPLIES (check with other team members about who is bringing what, some items do not need to be brought by each member.)

- _____ snack foods - peanuts, nuts, trail mix, M&Ms, cheese & cracker packs, granola bars, etc. ***
- _____ powdered drink mixes, Crystal Lite, Gatorade, teas *** Hydration is critical, drink ALOT.
- _____ **sun shower** ***
- _____ pad locks - combinations are nice
- _____ citronella candles or mosquito coils***
- _____ candles, matches, lighter***
- _____ duct tape (critical for teams who are traveling)***
- _____ string/rope - clothes line/pins ***
- _____ plastic tarp, may want more than one of these ***
- _____ screw driver, pliers, other tools (engineer) ***
- _____ Small battery lantern

OTHER

* Recommend these go in your carry-on
Questions? Contact your Team Leader and Team members!

PLEASE CHECK YOUR AIRLINE'S RULES WHEN PACKING CHECKED & CARRY-ON BAGS!!!