

- Bible
- Passport
- Crisp, new, \$100 bills** to exchange for spending, buying souvenirs and paying expenses.  
(Note: We can help exchange the money you need, however the banks are VERY picky about the bills they will accept. The bills must be new, no tears, no stains, no marks of any kind, etc...)
- Phone and charger
- Clothes: jeans, hiking pants, shorts (that cover most of the thigh), capris, knee length (or longer) skirts/dresses, t-shirts, light jacket, etc.  
(Note: women are not required to wear skirts or dresses, pants and shorts are completely acceptable, however they should not be too tight, nor should they show much of the thigh)
- Church clothes, one outfit
- Swimwear: Men - swim trunks. Women - modest one piece swimsuit, or a t-shirt to wear over a two piece swimsuit, with shorts  
(Note: our area of Honduras is very conservative, and showing a lot of skin, especially leg, is not considered appropriate, especially for Christians)
- Footwear: tennis shoes and sandals or flip flops  
(Note: the terrain is often rough, we recommend you bring tennis shoes, or hiking sandals, as your main footwear)
- Sunwear: hat and sunglasses
- Rainwear: poncho or rain jacket (especially during the months of May, June and July)
- Toiletries: soap, shampoo/conditioner, toothbrush, toothpaste, packs of tissue (portable TP for when we are out and about), feminine products, hand sanitizer/ wet wipes
- Medication: prescription medications, anti-diarrheal & dramamine
- Insect repellent
- Sunscreen!
- Water bottle!