

## Delegation Information: Suggested Packing List

Please refer to the luggage guidelines provided by your trip coordinator for information regarding checked and carry-on luggage. Typically we ask each delegation member to carry one suitcase for personal gear and one suitcase filled with supplies for the trip or resources for the Salvadoran Lutheran Church.

Please leave valuable jewelry at home. NEVER leave valuables, including jewelry, lying out in plain view either at your hotel, or at Casa Concordia or in the community.

- [ ] Passport and a copy of the front 2 pages of your passport (carry your passport and store the copy in your locked suitcase once you have arrived in El Salvador) plus 2 spare passport photos
- [ ] One or two different credit cards (adults)
- [ ] Pen (in your carry-on to fill out customs and entry documents)
- [ ] Women: skirts, dresses, slacks, blouses, shirts<sup>1</sup> (NO mini-skirts, spaghetti straps, halters, low-cut tops, short shorts) (Suggest 1 fresh top per day and 1 bottom for every 2-3 days) 1 nice outfit
- [ ] Men: shorts, slacks, shirts (one with a collar)<sup>2</sup> (suggest 1 fresh shirt per day) 1 nice outfit
- [ ] Pastors: Clergy shirt and collar, stole
- [ ] Swim suit
- [ ] Underwear
- [ ] Sleepwear (women: long t-shirt & shorts easier for changing during community stays)
- [ ] Towel and wash cloth (beach towel can be used for showers—Casa has towels)
- [ ] Hat for sun protection
- [ ] Flip flops for shower
- [ ] Sandals (do not wear cheap flip flops for walking days)
- [ ] Closed-toe shoes (tennies or hiking sandals) & socks (1 or 2 pair) (work boots if applicable)
- [ ] Lightweight sweatshirt or sweater
- [ ] Small umbrella or rain jacket (not needed January through March)
- [ ] Flashlight (extra batteries if many nights in the community)
- [ ] Sun screen
- [ ] Bug repellent
- [ ] Toiletries
- [ ] Hand Sanitizer
- [ ] Spanish/English Dictionary
- [ ] Camera, extra batteries or charger (current and plugs are the same as in the US)
- [ ] Small notebook/journal and a couple of pens
- [ ] Sunglasses
- [ ] Water bottle (to refill)
- [ ] Watch or travel alarm clock or cell phone & charger
- [ ] Wet Wipes (body wipes, face wipes if many nights in the community)
- [ ] Small roll of toilet paper (for bathrooms in the community and at clinics, large roll for longer stays)
- [ ] Kleenex or handkerchief
- [ ] Clear Plastic zipper-type bags (authorities will go through your suitcases, so you may want to pack personal items in these; also, in the community, we pack out our own trash)
- [ ] Medications (allergy/cold meds, pain reliever, Pepto & Imodium, vitamins, first aid items)  
Recommended: cipro or other antibiotic as prescribed by your doctor for severe diarrhea  
Not needed unless specifically directed by your trip leader: malaria meds
- [ ] Spending Money (about \$100-\$200 or what you think you might spend, also for small offerings)
- [ ] Small backpack or day pack (can be your carry-on)
- [ ] Sleep sack for in the community (cotton sleeping bag or double bed sheet sewn into a bag, can be sprayed with insect repellent made for fabric before travel – not needed at Casa)
- [ ] Women: any feminine products you might need

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<sup>1</sup> Women in Latin America typically do not wear shorts. In the community, dresses, skirts and capris are most appropriate. Shorts would be ok for a pool or beach day. Modest dress is best for safety and sun protection.

<sup>2</sup> Latin American men do not usually wear shorts. Shorts are fine for the young guys and on tourist days. Guys should probably wear khakis for worship, church events and going out to eat.

### Additional Items for Work Trips

- [ ] Vinyl work gloves (suitable for use with solvents)
- [ ] Cotton or leather work gloves
- [ ] Disposable dust masks
- [ ] Eye protection (safety glasses or goggles)
- [ ] Knee pads
- [ ] Closed-toed sturdy shoes (tennis shoes are ok) or light weight work boots
- [ ] Personal tools as directed by trip coordinator

### Additional Items for Healing Trips

- [ ] Dictionary or cheat-sheet with medical terminology and simple patient instructions in Spanish
- [ ] Small pads of paper and pen for communications with each other and with patients during the clinics
- [ ] Scrub tops (especially for the professionals)
- [ ] Prescription pads for prescribing professionals
- [ ] Medical credentials for professionals
- [ ] Personal equipment as directed by trip coordinator

### Linda's Must-Haves for a Successful Trip

*These are additional things that I have found to be personally helpful during my visits to El Salvador.*

Small photo album with photos of my family, church and friends to share and then give away.

Bilingual Bible or Spanish Bible

A book that has something to do with El Salvador

A good novel or magazines just for fun or on planes

Dove, pre-moistened face wipes

Large wipes (the kind found near the toilet paper) for washing your body and feet in the community

Clothes with pockets

Inflatable or squashable pillow (Casa pillows are pretty flat, communities do not always have pillows)

Bandana

Small old towel to use as a napkin, sweat towel and general cleaning rag

Small snacks and candy for low blood-sugar or protein moments

Lip balm

Deck of cards

Ipod for music to drown out roosters and dogs during nights in the community

Small bottle of mouthwash (during long trips, I swish a little bit in my water bottle and leave it soak over night to freshen the bottle)

Baby powder (sprinkle inside your shoes – helps with smell, sweat and repels roaches overnight)