

Carry on backpack:**- Miscellaneous**

- Passport
- Money (need \$10 separately to get into country, and then money for market and meals in the airport)
- Bible and journal (pens)
- Hat
- Waterbottle
- Sunglasses
- little bag/backpack for during trip
- headlamp
- Ear plugs
- Your own OTC and prescription meds
- Work gloves
- Spanish dictionary
- Camera
- Things to play with kids/amuse yourself on plane trips (books, coloring supplies, bracelet making supplies)

- Food stuff

- saltines/goldfish
- Gatorade, lemonade, Mio, etc (full sugar stuff)
- Sandwich/snack for the plane ride there
- Granola bars

- Toiletries

- Deodorant
- Brush/comb
- Wipes (body and face)
- Hand sanitizer
- Q-tips
- Mouthwash/Toothpaste/toothbrush
- Little mirror if you need it for contacts

- Clothes

- Work shoes (sneakers or boots- wear on plane), flip flops
- Plane outfit (tip: put in zip lock bag once in El Salvador to keep clean for ride home)
- Outfit for ride home (have clean outfit for plane ride home in separate baggie if not re-wearing first outfit)
- T-shirts: 8-10
- Shorts: 5-7
- Socks: 7
- Underwear: 1-2 per day
- Nice outfit for resort dinner (girls skirts must go past knees)
- Sweatshirt (wear on plane)
- Sleepwear (tip: wear outfit for next day to bed to save space)
- Bathing suit (one piece, no bikini's or tankini's)
- Plastic bags

Packing Party Stuff (in suitcase):

- Sleeping bag, sheet, two towels rolled together
- sun screen
- shampoo, conditioner, body soap, face wash and lotion
- bug bite spray
- razor
- toilet paper

**any and all liquids over 3oz

DO NOT BRING

- Any jewelry or make-up (even during the resort)
- Any tank tops/pinnies/etc, t-shirts only
- Homework
- Credit/debit cards
- Electronics: cell phones, ipods, laptops, video games (including the plane ride)