

Del Café Guatemala Trips – 2019 – Coffee with a Mission!

www.delcafe.net - Facebook: DelCafe FARM Tours

PROPOSED PACKING LIST

Provided at Del Café Mountain Lodge:

Mountain Lodge guests stay in individual beds in double, triple or quadruple rooms, depending on the group. Each room has an on-suite bathroom. We provide you with the following:

- Bed linens, blanket and pillows
- Towel
- Small soap and shampoo/conditioner packet
- Toilet paper
- 1 water bottle (may be refilled with eco-filtered water available at the farm)
- A safe is available in most rooms to safekeep your passport while at the farm (optional)

Provided at Del Café Dorms:

Missionaries & volunteers stay in individual bunkbeds (3-4 bunkbeds per dorm), depending on the group. Each dorm has an on-suite bathroom. Additional toilets available outside the dorm. We provide you with the following:

- Bed linens, blanket and small pillow. Please bring your towel.
- Small soap and shampoo/conditioner packet
- Toilet paper

Pack these in your carry-on bag/backpack/purse:

- Passport (leave a copy of the information page at home & bring an extra copy)
- Driver's license or picture ID
- Credit card or debit card (alert your provider beforehand of travel plans)
- Pen (to complete custom's form)
- Health insurance/travel insurance card(s)
- Spending money (bills must be pristine, without markings or tears)
- Prescription & and other meds **in the original packaging**
- One change of clothes (just in case your luggage gets lost or delayed)
- Camera and charger
- Phone and charger – no converters needed
- Bag locks & large plastic bags to cover your bag upon arrival (luggage will go in pickup truck to farm)

DO pack:

- Clothes (casual clothes, jeans/t-shirts, working clothes for construction/ag projects)
- Light rain jacket, poncho or small umbrella
- Light winter jacket or sweatshirt
- Socks & sneakers or comfortable walking shoes/boots.
- Flip-flops for the shower/pool
- Pajamas
- Underwear
- Swimsuit
- Small backpack (you may donate at end)
- Earplugs
- Bug spray
- Sunscreen
- Sunglasses
- Hat or cap
- Bible, Rosary or Devotional
- Journal and pens
- Small flashlight (you may donate at end)
- Hair brush and hair ties (girls)
- Toothbrush and toothpaste
- Deodorant
- Lotion
- Hand sanitizer and/or wet wipes
- Small [first aid kit](#) / sewing kit (or leaders may bring those)
- Water bottle
- Wristwatch
- Language phrasebook
- Non-melting snacks like granola bars/pretzels

- Ziploc bags (they come in handy)
- Any medication you think you will need (i.e. ibuprofen, Benadryl, Imodium, etc.)
- Intentional empty space for souvenirs and coffee!

**Pro tip: Always double-bag liquid containers. Check your airline's rules on carrying liquids.*

DO NOT pack:

- Expensive jewelry or other valuable or fragile belongings
- Anything airlines prohibit (i.e. pocket knives, large bottles of liquid, etc.) Check with airline.
- Fresh produce or agricultural products. White flour or any white powders (may be confiscated)

DONATION ITEMS: At the end of your trip, we are happy to donate to poor families your used clothes, shoes, toiletries, towels, etc. This is optional. Also, a list of ideas on what to bring to donate to kids and families we serve is available at www.delcafe.net

IMPORTANT INFORMATION:

Documents

All U.S. citizens are required to possess a valid passport to enter and exit Guatemala. In addition, the U.S. State Department recommends carrying a photocopy of your passports. To be extra safe, make multiple copies and leave one at home with someone who can fax or email it to you in an emergency. Bring a U.S. driver's license or another picture ID; If you have health insurance or have purchased travel insurance for the trip, bring copies of documents.

Clothes

Guatemalans dress conservatively. In lieu of tight or revealing clothes, pack clothes that are loose and comfortable. Leave behind jewelry/ expensive accessories. In addition to the basics -- socks, underwear, T-shirt and jeans -- pack clothes specific to your mission work (i.e. construction projects). Many jobs require work shoes/boots. If you're visiting Guatemala between April and October, the rainy season, bring a rain jacket.

Personal and Medical

If you take prescription medication, carry it in the original bottle in carry-on to minimize problems going through customs. Some visitors to Guatemala experience mild intestinal discomfort, so bring an over-the-counter anti-diarrheal, such as Pepto-Bismol or Immodium, or ask your personal physician for a recommendation. If you pack cold medicine, make sure it doesn't contain the drug pseudoephedrine: It is illegal in Guatemala and you can be arrested for its possession. To avoid germs, bring anti-bacterial gels or wipes.

Mission Specific Items

While in some of our missions/service trips we provide the supplies and equipment needed on site, sometimes we ask travelers to pack some items for programs and activities. For example, groups working on construction or agricultural projects may be asked to bring some tools like paintbrushes and hand trowels. Ask your organizer if there's anything work specific you should pack in your luggage. If you are considering bringing gifts or donations, please consult with your group leader. The communities we serve do benefit from clothes, toothbrushes, school supplies, aprons, caps, coloring books, crayons, hairbands, small toys, etc. We can help you distribute the goods fairly.