

## **INDIVIDUAL NEEDS LIST FOR TEAM MEMBERS**

### **DOCUMENTS**

Current passport, plus 2 or more copies. Leave another copy with your designate in the U.S. Keep the other(s) apart from the actual passport. When we travel, leave either a copy or the original in the secure location we designate in Guatemala City.

No visa needed. Tourist permit form given on plane.

Consider bringing your driver's license. Bring health insurance cards.

### **FUNDS**

Carry not more than \$300 to \$400 in cash. Credit and debit cards can be helpful in the capital and Nebaj and with major banks if kept secure. Have contact numbers for lost or stolen cards with you, and leave info also with your designate in the U.S.

Generally allow \$150 to \$180 per week for expenses, for a "no-frills," low budget trip. Delegations cost a bit more. It's good to have another \$200 in "extra" funds for purchases and emergencies. The CPR-Sierra provide housing and food within their communities, at the level at which they live (impoverished).

Cash to change must be in excellent condition. Banks will not accept torn, worn, creased, or stained dollars.

Most of us are now using money belts, which are still not a guarantee against robbery.

### **INSURANCE**

Talk with your health insurance carrier about how to handle international claims. There is also special insurance for international travelers which can include emergency air evacuation and some theft insurance. Check the internet for specific companies. You are responsible for your own insurance.

### **HEALTH NEEDS**

**The minimum:** Current tetanus and pertussis (whooping cough) immunization – "Tdap" does both. Protection against hepatitis A (infectious hepatitis) – either immune globulin or the 2-step permanent vaccine (relatively costly). [Hep B vaccine also for health professionals.]

**Malaria regions:** Important for **El Triunfo** of the CPR-Sierra "Sur." "Tesorito" Suchitepequez and "Zona Reina" Uspantán have reported occasional cases. Other CPR-Sierra areas are malaria-free. Cloroquin-based preventive treatments work well. Aralén, a good one, can be purchased cheaply over the counter in Guatemala. Doctors recommend beginning once-weekly dosage a week or two before arriving in a malarial area.

**Optional:** Acidophilus capsules – some people like to take these before meals, so that the "good" bacteria overwhelm others they may encounter.

Cipro – Some will want to carry cipro just in case they suffer serious intestinal upset. It can be purchased without prescription in Guatemala City.

Flu vaccination – your choice. We encounter many people with respiratory infections.

**For additional optional protections**, see the U.S. Centers for Communicable Disease web page for travelers' advisories, or talk to your physician.

**Recommended highly:** Pepto-bismal tablets, for minor intestinal problems.

Multi-vitamin with minerals, to counter any nutritional deficits in daily diet.

**Personal meds / first aid:** Bring your own medicines / analgesics in their original containers. **If you experience motion sickness**, you will definitely need your preferred medications for giddy travel on serpentine mountain roads. **Also recommended** – antibiotic ointment, band-aids, tweezers, small scissors, moleskin, etc..

**Insects:** We don't encounter too many, but bring insect repellent and anti-itch cream. Small biting flies, "no-see-ems," and, in the past, fleas, have been the biggest problems.

## Guatemala Project, page 2, needs for team members

**Weather** – We visit during the rainy season. In the mountains temperatures may drop into the 50's or even 40's, with warm days when it's dry. Coastal resettlements are hot and humid.

### CLOTHING

windbreaker or light jacket  
rain gear (lightweight poncho or rain jacket)  
lightweight long-sleeved shirt  
hat for sun protection  
2 pairs long pants suitable for everyday and rough wear. Women, no above-the-knee shorts.  
2 or more shirts or tee shirts (we suggest 3).  
one set of presentable clothing for the city, international travel, etc.  
women – skirt, knee length or longer (elastic waist will let you bathe semi-publicly).  
tank top (for public bathing) can be useful  
socks, underwear, etc, according to need. (3 pairs underpants seems the minimum. Some of us like to leave another clean set in the capital).  
hiking boots or walking shoes.  
rubber boots (to buy in Guatemala) for rainy season travel in back country.  
tennis or lightweight shoes for everyday wear.  
NO military-style clothing, camouflage or drab.  
**ziplock bags** to keep everything dry.

### PERSONAL ITEMS

simple personal toiletries / hygiene items – all the usual, small containers.  
insect repellent and sun block.  
roll of good U.S. toilet paper, small packs kleenex.  
bar soap or “Camp Suds” or both.  
hand sanitizer or moist “wipes” (travel size).  
wash cloth and small towel (kitchen towel or cloth diaper is less bulky than terry and dries faster).  
**your favorite portable comfort foods** (trail mix, nuts, dried fruits, jolly ranchers, a few tea bags, cocoa, chocolate with almonds, etc.)  
spoon or utensils set you can carry in your pack.  
small bowl for pack (plastic sandwich box or storage bowl with snap-on lid works well).  
unbreakable cup (insulated plastic is best).  
small sewing kit or needle and strong thread.

Your choice: camera, portable video player, small tape recorder, etc. Nothing fragile.

Notebook(s), small “recuerdos” like photos or post cards for folks you meet. Pencils, colored pens, and small notebooks are nice for kids - can be bought in country.

**NOTE:** We do NOT give money or gifts to individuals that would lead to envy or jealousy.  
Your favorite reading material.

### GEAR (critical items in boldface)

#### day pack

**backpack**; or, for some resettlement locations, short visit only, a soft duffel to hold all your “stuff.” Whatever you take, it will be battered – atop busses, on mules, in pickups, etc.

lightweight **sleeping bag** and stuff sack  
**mat** for sleeping bag (highly recommended)

two durable **quart water bottles**.

**water purification tablets or other purification system**, as backup for bottled water.

Lemonade or gatorade mix if you don't like the taste of treated water.

**flashlight** with extra batteries.

**lighter**, matches, optional candle.

small knife.

cord, a few small clothes pins.

diaper pins can be really useful.

for **malarial areas** only – **mosquito netting** (can be purchased in Guatemala). Lightweight backpackers' mosquito netting can also be useful in the mountains, to protect against *chaquistas*, *gigenes*, and small biting flies.

*If you don't own backpacking / camping gear, don't buy unless you will want to use the items again. Talk to friends and the coordinator about borrowing.*

*We will be able to leave a small amount of personal stuff in suitcases or other storage in Guatemala City.*

*Coordinator, for long stays, takes a carryon with city stuff and paperwork, large suitcase with her backpack inside, other suitcase with meds, daypack, etc. Nests suitcases in the capital, takes backpack and daypack to the communities. BUT “less is more.”*

[02-18]

**After having said all this, we'll add, “Pack light.”**

Maya of the CPR-Sierra, Guatemala / St. Michael & All Angels Episcopal Church, Tucson – since 1993, an informal partnership.