

Guatemala Packing List



Basics

- Underwear
- Socks
- Sleepwear
- Shirts - 1 per every 2 days
- Shorts and/or midi skirts
- Jeans or long pants
- Zip-off Khakis
- Fleece or light down jacket
- Rain jacket or poncho (wet season)
- Shoes as appropriate for activities such as sturdy walking shoes and water shoes
- Swimsuit
- Rashvest
- Boardshorts
- Hat
- Sunglasses

Toiletries

- Deodorant
- Toothpaste and toothbrush
- Shampoo and conditioner
- Body wash or soap
- Aloe vera gel
- Face wash
- Moisturizer
- Hair accessories (ties and pins)
- Menstrual cup/ tampons
- Light make up and perfume
- Laundry soap
- Medications and prescriptions

Gadgets

- International adapter, ideally with a USB socket
- Camera, charger, spare batteries, SD card, filters and tripod.
- Phone and charger

Day bag/ backpack

- Refillable water bottle
- Hand sanitiser
- Bandana/cloth napkin/handkerchief
- Toilet paper in a ziplock bag to keep it dry
- Headphones
- Money belt/bra pouch or other secure pocket
- First aid kit
- Dry bag
- Sunscreen
- Lip balm SPF 15+ minimum
- Insect repellent
- Flashlight or headlamp
- Lightweight towel

Making memories and filling spare time

- Book
- Sketch pad and pencils/paint
- Notebook
- Tablet device
- Diary

REMEMBER:

- Tailor this list to the time of year you are travelling.
- Pack light, neutral colours.
- Minimize packaging and disposables as much as possible.
- Dress informally and don't take unnecessary valuables.