

REQUIRED FOR EVERYONE WHO PRACTICES DENTISTRY/HYGIENE.

1. Your own Headlight (There are no overhead chair lights)
2. Your own Magnification
3. Your own Sized Gloves (in the amount you will need all week—calculate/day x5 days Sun.(half day)/Mo./Tu./Th./Fri.)
4. Your own masks

GENERAL:

Copy of your passport and driver's license  
Copy of your diploma and license (physicians, dentists, hygienists)  
Copy of your personal testimony (see the last page of your Dental Mission App)  
Suitcase with a Lock (to secure your passport, airline tickets, etc. at all times)  
Fanny pack or backpack (safer than a purse)  
Bible and journal Paper and pen  
Bilingual dictionary (if you really want to learn the language or try to practice it)  
Travel alarm clock (or mobile phone with Alarm function & flashlight)  
Camera and camera charger (or mobile phone with camera function)  
Small fan and extension cord (if you need to keep cool or want to defuse noise bedside)  
Snore/sound machine, CPAP/TAP appliance or ear plugs

MEDICINE:

Prescription medicine – in original container  
Insect repellent  
Advil/Tylenol/Anti-histamine for your personal use

TOILETRIES:

Shampoo, soap, deodorant, toothbrush, toothpaste, dental floss  
Hand sanitizer (Purell)  
Sunscreen (at least SPF 15)  
Make-up  
Hair dryer (1 per 3 persons to prevent circuit overload)  
Facial tissues

BED & BATH:

Pillow (if you want your own) – pillows, bed sheets and light weight blankets will be provided)  
Wash cloth (towels will be provided)  
Flip flops for shower and off work time

CLOTHING:

Casual clothes for travel and off days  
Comfortable clothes to change into at night  
Please dress respectfully and appropriately considering international culture

3 sets of scrubs – if you want your own (scrubs are provided in Guatemala – save suitcase space by just using theirs)  
Comfortable walking shoes  
Sleepwear Socks and undergarments  
Light jacket or rain gear  
Sweater/sweatshirt

**SNACKS:**

Gum, candy, crackers, granola bars, nuts (if desired)

**OPTIONAL:**

US map (to show where you live)  
Guatemala map (to know where you're visiting)  
Family photos (to share)

**THINGS TO AVOID TAKING:**

Cologne/perfume  
Expensive jewelry (or anything else of value that you'd be sorry to lose)  
Weapons, knives, sharp scissors, etc.

Important Special Notes! • If you can't carry it, don't bring it! • There is a limit of two bags per person: one suitcase and one carry-on. • Your suitcase is to be no more than 62 inches in total (height, width, and length) and cannot weigh more than 50 lbs. • Your carry-on must fit under your seat and cannot weigh more than 20 lbs. • There will also be a dental supplies box assigned to each person.