

Guatemala Semester Packing List

Important Documents

- Valid Passport
- Photocopies of Passport
- Photocopies of Health Information
- International Student Identity Card [ISIC] [Professor Nemecek will give you these]
- SAU ID

Clothing

- Pants/Jean/Long Skirts/Capris/Shorts
- Modest T-Shirts
- Underwear
- Socks
- Sturdy Sandals
- Flip-flops for showering
- Comfortable Closed-Toed Walking Shoes that will grip well for hikes
- Sweatshirt/Jacket
- Pajamas
- Swimsuit
- Hat
- Sunglasses
- Rain gear: boots and a rain coat

Toiletries *As long as you are not particular about the specific brand of toiletries, you can find most of these in the local supermarket. The one toiletry that is hard to find is contact solution.*

- Razor
- Comb/Brush
- Toothbrush
- Deodorant
- Toothpaste
- Soap
- Shampoo
- Towel (or purchase in Antigua)
- Washcloth (or purchase in Antigua)
- Sunscreen
- Beach towel

Toiletries for Women:

- Cosmetics
- Feminine products (or purchase in Antigua)
- Curling Iron [for 200-240 volt sources]
- Hair Dryer [for 200-240 volt sources]

School Supplies

- Laptop computer
- Spanish/English Dictionary

- Bible
- Small Backpack or Overnight Bag for weekend trips
- Other reading materials

Medical Items

- Prescription medicine in original container, enough to last an entire semester
- Personal over the counter medication (Pepto-Bismol, ibuprofen, Tylenol, aspirin, etc...)
- Lysol disinfectant wipes
- Hand wash solution/small hand sanitizer
- Thermometer
- Anti-itch cream (such as Benadryl)
- Personal first aid kit
- Mosquito repellent
- Disposable particulate respirator (N95 is recommended) in case of volcanic ashfall (provided by SAU)

Fun Stuff

- Camera
- Headphones
- Photos of friends and family
- Reusable Water Bottle – water filters are scattered throughout the city, homestays, and schools. Fill up as often as possible.
- Spending money – bring U.S. Dollars and exchange currency in Antigua. Also bring a debit/credit card (Visa is best in Antigua) for emergencies. ATM machines charge up to \$6 transaction fee each use.
- Small flashlight/headlamp

Other Items

- Alarm Clock Device (or cell phone alarm)
- 3-prong to 2-prong electric adapter
- Small blanket for cold nights or purchase one in Antigua
- For overnight excursions, a small duffel (or purchase one in Antigua) and small containers for shampoo, etc.
- Small gifts for family, tutor at Cambio Spanish School, and Guatemalan friends
- Space in your suitcase to bring things back from Guatemala
- Snack food [If you have food allergies like gluten free or other allergies]
- A good attitude and willingness to be flexible

What NOT to pack

- Valuable or expensive-looking jewelry
- Irreplaceable family objects/documents
- Unnecessary credit cards or other card