



More than thirty years strengthening
human and community development
working side by side

Packing List

Luggage: Everything you bring should fit in a carry-on size suitcase (no larger than 9" x 14" x 22") plus a small daypack.

Clothing: León will seem hot to Minnesotan delegates. Do not bring delicate clothing, because it may be washed by hand against a cement washboard.

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|---|--|
| <input type="checkbox"/> flight documents (ticket/e-ticket) | <input type="checkbox"/> sunscreen, hat, sunglasses |
| <input type="checkbox"/> passport (Bring a photocopy of your passport, and keep it separate from your original passport. No visa required for US citizens.) | <input type="checkbox"/> insect repellent with DEET |
| <input type="checkbox"/> ATM card, credit cards (For cash, emergencies. Bring photocopies of these cards, and keep them separate from your originals.) | <input type="checkbox"/> camera and extra batteries, memory card, charger |
| <input type="checkbox"/> travel insurance documents (Leave a copy with your emergency contact at home.) | <input type="checkbox"/> journal and pen, reading materials |
| <input type="checkbox"/> \$10 for tourist fee to be paid upon arrival | <input type="checkbox"/> one pair of closed-toe shoes (for walking and rain) |
| <input type="checkbox"/> cash for tips during transit | <input type="checkbox"/> toiletries |
| <input type="checkbox"/> refillable water bottle | <input type="checkbox"/> night clothes suitable for shared bathrooms |
| <input type="checkbox"/> prescriptions (in original containers) | <input type="checkbox"/> flip-flops for showering, beach |
| <input type="checkbox"/> OTC medication for diarrhea | <input type="checkbox"/> small flashlight, extra batteries |
| <input type="checkbox"/> hand sanitizer | <input type="checkbox"/> travel alarm |
| | <input type="checkbox"/> small daypack |
| | <input type="checkbox"/> plastic bags to protect items from humidity |
| | <input type="checkbox"/> small gift for host family |
| | <input type="checkbox"/> sweater, shawl, or light jacket |