

# WHAT SHOULD I PACK FOR MY TIME IN SAN LUCAS?

A little about the climate in Guatemala to guide your packing:

Guatemala is often referred to as the “Land of Eternal Spring” with temperatures that are comfortable, never too hot or too cold. The climate of the highlands is divided into dry and rainy seasons. November to April is considered the dry season when rain is rare, though temperatures a little bit cooler. If you’re traveling between the months of May-October you should plan for rain. This period of time is considered the rainy season and you should expect rain at some point each afternoon/evening. Don’t worry- there is still plenty of time to work! Generally highs are in the mid to high 70s and lows in the 60s, getting cooler during the dry season with lows in the 50s.

## CLOTHING

Remember, what is appropriate clothing in the U.S. may not be appropriate in San Lucas. All visitors and volunteers are expected to dress and act appropriately and be sensitive to the culture around them. Both men and women should plan to wear shirts with sleeves- bare shoulders and tank tops should be avoided. Short are also not common in San Lucas. If you choose to wear shorts, they must be at least knee length (i.e. longer basketball shorts). Leggings and tight fitting yoga pants should also be avoided.



Work clothes:

2-3 pairs long pants

T-shirts

Work shoes/tennis shoes (closed toe)

Work gloves

2 long sleeve shirts

Sweatshirt(s)/light jacket – it can get cool at night

Nice outfit or two for mass or community events or celebrations

-Rain jacket and rain boots are advisable if you are planning to travel during the rainy season (May-Oct).

-Though swimming in the lake is not advised, swimsuits (one-piece for women) are useful for trips outside San Lucas where pools and natural springs are available

## PERSONAL ITEMS

- Prescription medications
- Contact solution- not available here
- Bug spray, sunscreen, anti-itch cream and maybe aloe (if you tend to sunburn).
- Pepto Bismol and/or Tums are great to have for the occasional upset stomach
- Advil, Tylenol, Aspirin, Benadryl (if desired) Dramamine (if one suffers from motion sickness)

\*For women: We recommend bringing any feminine supplies you may need for the time you are here. Pads are readily available in San Lucas but tampons are hard to come by.

## MISC

- Small backpack for going to worksites
- Sunglasses and baseball cap for work
- Small flashlight for occasional power outages
- Granola bars if you like to snack
- Reusable water bottle
- Journal Books/games/cards
- Earplugs--the dogs can get a little rowdy at night so if you're a light sleeper we recommend earplugs
- Spending money (of course!) Checks are preferable to change money at the Mission office. Checks should be made out to: **Mision San Lucas Toliman** (Please note it is Mision with one "s"). It is very important that checks are made out correctly and are not scribbled, ripped or altered in any way as the banks in Guatemala are very particular. There are also some safe ATMs in town, though they do charge a fee.