



GUATEMALA PACKING LIST

We encourage you to stick to the basics as much as possible, and remember that you are responsible for ensuring your own comfort. Temperatures will range from 2-10C (35-50F) in the evenings to 16-29C (65-80F) during the day. This list comes from years of collective trekking experience, along with a nod to the climate, terrain and length of the G'WA for Guatemala. Remember that we do all the heavy lifting here — you'll carry just your daypack with snacks, water and any rain gear when we hike.

“EQUIPMENT & SUPPLIES”

	Importance	CHECK
Daypack: Aim to carry a pack that is big enough to hold the essentials and several litres of H2O	Essential	<input type="checkbox"/>
Reusable water bottles or camelback-style hydration pack (enough for 2-3L of water/day)	Essential	<input type="checkbox"/>
Ziplock bag(s): To keep important things like phones, wallets, etc clean and dry	Optional	<input type="checkbox"/>
Headlamp: Nice to have for moving around the camp at night	Optional	<input type="checkbox"/>
Hand Sanitizer	Essential	<input type="checkbox"/>
Sunscreen (minimum 50 SPF)	Essential	<input type="checkbox"/>
Bug repellent	Essential	<input type="checkbox"/>
Sunglasses with 100% UV protection, blocks sun from the side	Essential	<input type="checkbox"/>
Moisturizing skin cream and lip balm (with SPF)	Essential	<input type="checkbox"/>
Any personal medications	Essential	<input type="checkbox"/>
Carbohydrate/Electrolyte tablets for adding to drinking water	Recommended	<input type="checkbox"/>
Camera with spare batteries and memory cards	Recommended	<input type="checkbox"/>
Ear plugs, eye mask, if needed for a good night's sleep	Recommended	<input type="checkbox"/>
A good book	Optional	<input type="checkbox"/>
Favorite Snacks for (you can buy locally, too)	Optional	<input type="checkbox"/>
Band-Aids / blister-care	Recommended	<input type="checkbox"/>



CLOTHING	Importance	CHECK
Hat for sun protection (look for something that covers back of neck)	Essential	<input type="checkbox"/>
Winter hat (for camp)	Essential	<input type="checkbox"/>
Quick-dry short sleeve shirts (2-3)	Essential	<input type="checkbox"/>
Long-sleeve shirt for sun protection	Essential	<input type="checkbox"/>
Lightweight, waterproof / water resistant rain jacket	Essential	<input type="checkbox"/>
Lightweight pants for trekking	Essential	<input type="checkbox"/>
Warm pants for camp	Essential	<input type="checkbox"/>
Leggings or mid weight wicking long/thermal underwear/base layers for tops and bottom	Essential	<input type="checkbox"/>
Hiking socks (2-3) and warm camp socks (1-2)	Essential	<input type="checkbox"/>
Hiking shoes* (vibram sole, must be broken in and comfortable!)	Essential	<input type="checkbox"/>
Camp shoes (comfort is key, so, flip-flops, crocs or sandals are all great)	Essential	<input type="checkbox"/>
Casual clothes for time in Antigua and Lake Atitlán	Recommended	<input type="checkbox"/>
Sports bras (2-3, you will want something dry to slip into after a long day of hiking!)	Recommended	<input type="checkbox"/>
Swimsuit	Optional	<input type="checkbox"/>
3-4 pairs moisture-wicking underwear	Essential	<input type="checkbox"/>
Buff or other scarf for dusty trails	Essential	<input type="checkbox"/>
Skort or shorts	Recommended	<input type="checkbox"/>

*We cannot stress enough the importance of socks and footwear combination. As a general rule, you will want to go up at least a half size in your hiking boots. Feet swell in the heat and after hours of walking. In regards to socks, you may need to experiment in advance to find what works best for you. The goal is COMFORT, and NO BLISTERS. We are partial to brands that offer double-lined options, or even toe-socks can help to limit any potential friction. Do not leave these decisions to the last minute. It is critical to have your footwear broken in, with the socks you intend to walk in.



DOCUMENTS

	Importance	CHECK
Passport and photocopy of passport—stored separately from passport in case passport goes missing	Essential	<input type="checkbox"/>
1 passport sized photo—again, stored separately	Essential	<input type="checkbox"/>
Your own cash currency to change into Quetzales	Essential	<input type="checkbox"/>
Credit card / additional funds in case of curtailment	Essential	<input type="checkbox"/>
Emergency contact list	Essential	<input type="checkbox"/>
Travel Insurance / Trip Interruption / Cancellation Insurance (you must bring your policy details and the 24-hour Emergency contact phone number)	Essential	<input type="checkbox"/>

PERSONAL FIRST AID

	Importance	CHECK
Ibuprofen / Aspirin / Paracetamol	Essential	<input type="checkbox"/>
Antihistamines	Essential	<input type="checkbox"/>
Rehydration powder	Recommended	<input type="checkbox"/>
Anti-Diarrhea tablets	Essential	<input type="checkbox"/>
Antiseptic wipes	Recommended	<input type="checkbox"/>
Throat lozenges	Recommended	<input type="checkbox"/>
Muscle Rub / Deep Heat / Gel for sore muscles	Recommended	<input type="checkbox"/>
Knee support (if required)	Recommended	<input type="checkbox"/>
Antibiotics for "travel tummy" just in case	Recommended	<input type="checkbox"/>



TOILETRIES & OTHER	Importance	CHECK
Antibacterial hand gel	Essential	<input type="checkbox"/>
Toilet roll or packs of travel tissues	Essential	<input type="checkbox"/>
Sunscreen (50 SPF+), lip balm	Essential	<input type="checkbox"/>
Wet wipes for personal hygiene	Recommended	<input type="checkbox"/>
Toothbrush and small tube of toothpaste	Essential	<input type="checkbox"/>
Soap / Face wash	Recommended	<input type="checkbox"/>
Shampoo and shower products (pack light!)	Essential	<input type="checkbox"/>
Insect repellent, wipes, sprays	Recommended	<input type="checkbox"/>
Feminine hygiene products	If applicable	<input type="checkbox"/>
Contact lens solution (and/or pair of back-up glasses)	If applicable	<input type="checkbox"/>
Comb or hairbrush	Recommended	<input type="checkbox"/>
Your sense of humor	Essential	<input type="checkbox"/>
Your positive, go-with-the-flow attitude	Essential	<input type="checkbox"/>