



The Lord himself will go before you. He will be with you; he will not leave you or forget you. Don't be afraid and don't worry."

Deut. 31:8

Packing List for Men

(one week stay)

Clothes

Keep in mind that laundry services are not available during 1-week visits

- Pants (jeans acceptable)
- Shorts (1 pair modest length)
- Shirts (collar suggested for church)
- T-shirts
- Sweatpants (sleeping/lounging)
- Underwear
- Socks
- Versatile shoes (walking/working)
- Light jacket/sweatshirt (suggested)
- Flip-flops/sandals (optional)

First Aid

- Diarrhea pills
- Travel sickness pills
- General First Aid (bandages, aspirin, etc)
- Allergy medication

Miscellaneous

- | | | | |
|--------------------|----------------|---------------------|--------------------------|
| • Camera | • Small mirror | • Ear plugs | • Glasses/
sunglasses |
| • Small flashlight | • Work gloves | • Backpack | • Ministry items |
| • Umbrella | • Ziplock bags | • Watch | |
| • Hat | • Water bottle | • Personal
money | |
| • Shower cap | • Snacks | | |

Personal items

- Toothbrush, toothpaste, floss
- Deodorant
- Razor
- Shampoo and soap
- Sunscreen, lip balm
- Facial cream and lotion
- Tissues
- Vitamins
- Prescription medication for entire trip (plus one day)
- Wet wipes, waterless anti-bacterial hand sanitizer

Books and Papers

- **Passport** (and photocopy)
- Bible
- Journal
- Pens, pencils, Sharpie

General Climate: The climate of Puebla is moderated by its high altitude of 7,200 ft. As a result, it rarely gets truly hot, with temperatures seldom warmer than 80°F. Year-round daily high temperatures are in the 70's. Night temperatures are cool at all times of the year, often requiring additional clothing. Puebla experiences a dry season from November–April and a rainy season from May–October in which heavy rains are isolated but come almost daily—typically in the afternoon and evening hours.

03-079



LOVEHOPEMERCY.ORG

Mailing Address

Living Hope International
PO Box 116
West Bend, WI 53095-0116

Email

LivingHope@LoveHopeMercy.org
General Inquiries
1-262-381-0121 Fax: 1-262-364-2153

Living Hope International, Inc. (LHI) is a registered 501c3 non-profit organization. All donations to LHI are tax-deductible in full or in part within the United States.



The Lord himself will go before you. He will be with you; he will not leave you or forget you. Don't be afraid and don't worry."

Deut. 31:8

Packing List for Women

(one week stay)

Clothes

- Clothes
- Pants (2 pair, 1 jean, 1 nice)
- Shorts (1 pair modest length) optional
- Tops/t-shirts (1 to wear w/skirt)
- Sweatpants (sleeping/lounging)
- Undergarments
- Socks
- Skirts and/or dress
- Versatile shoes (walking/working)
- Light jacket/sweatshirt (suggested)
- Flip-flops/sandals (optional)

First Aid

- Diarrhea pills
- Travel sickness pills
- General First Aid (Bandages, aspirin, etc)
- Allergy medication

Miscellaneous

- | | | | |
|-----------------------|----------------|-------------|----------------------|
| • Camera | • Small mirror | • Snacks | • Personal money |
| • Umbrella (May-Oct.) | • Work gloves | • Ear plugs | • Glasses/sunglasses |
| • Hat | • Ziplock bags | • Backpack | • Ministry items |
| • Shower cap | • Water bottle | • Watch | |

Personal items

- Toothbrush, toothpaste, floss
- Deodorant
- Razor
- Shampoo and soap.
- Sunscreen, lip balm
- Facial cream and lotion
- Tissues
- Vitamins
- Prescription medication for entire trip (plus one day)
- Basic make-up
- Feminine hygiene supplies
- Wet wipes, waterless anti-bacterial hand sanitizer

Books and Papers

- **Passport** (and photocopy)
- Bible
- Journal
- Pens, pencils, Sharpie
- Stationery

General Climate: The climate of Puebla is moderated by its high altitude of 7,200 ft. As a result, it rarely gets truly hot, with temperatures seldom warmer than 80°F. Year-round daily high temperatures are in the 70's. Night temperatures are cool at all times of the year, often requiring additional clothing. Puebla experiences a dry season from November-April and a rainy season from May-October in which heavy rains are isolated but come almost daily-typically in the afternoon and evening hours.

03-079



Mailing Address

Living Hope International
PO Box 116
West Bend, WI 53095-0116

Email

LivingHope@LoveHopeMercy.org
General Inquiries
1-262-381-0121 Fax: 1-262-364-2153