

Roatan Packing List

- Work clothes for the construction site (shorts are fine)
- Shoes for the construction site (cover toes)
- Work gloves (recommended)
- Tool belt (optional)
- Hat &/or sunglasses
- Rain poncho (optional)
- Sunscreen & Chapstick
- Wet wipes (optional – handy for the worksite)
- Refillable water bottle & electrolytes (we will have water on site)
- Casual clothes for off the site
- Flip flops or sandals
- Swimsuit
- Beach towel (optional)
- Snorkel gear (optional)
- Insect repellent / anti-itch cream
- Personal toiletries
- Personal medications (prescriptions, Tylenol, Benadryl, probiotics, etc.)
- Snacks - jerky, protein bars, nuts, trail mix (optional)

Other things to keep in mind:

- Your passport needs to be good for 6 months beyond the dates of your travel
- It is helpful to review some basic Spanish
- Electrical outlets use the same plugs as US
- Keep jewelry minimal
- It is wise to keep a set of clothes in your carry-on when traveling down, as well as any essential medications
- US *cash is accepted in most places, credit cards are accepted in bigger stores
*cash needs to be in excellent condition – crisp bills, no tears or marks