

## Capitan Meza, Paraguay 2026 Suggested Packing List

### **Basics:**

Bible  
Personal Medications (in carry-on)  
½ Gallon Water Thermos  
Flashlight & Batteries  
Insect Repellent (with Deet)  
Luggage ID Tags  
2 Rolls Toilet Paper  
Personal Toiletries  
Swimsuit & Towel  
Sunglasses / Hat  
Travel Adaptors  
Passport  
Sunscreen

### **Worksite Gear:**

Work Gloves (2 pairs)  
Safety Glasses/Goggles  
Steel-toed Work Boots  
Hard Hat  
Work Belt  
Ear Plugs  
Carpenter Pencil

### **Clothes:**

Paraguay T-shirt (wear on plane)  
Jacket / Rain Parka  
PJs (temps. 50°s to 70°)  
Undergarments & Socks  
Walking / Casual Shoes  
Church Outfit (casual)  
Long Pants (for worksite)  
Long-Sleeved Shirts (work, bugs, sun)  
Umbrella or Rain Parka  
Casual Clothes

Brick Hammer  
Blunt Nose Trowel  
25-foot Tape Measure  
Line Blocks  
Square-Nosed Pliers  
2-foot Level

### **Lithium Batteries:**

Lithium metal batteries and lithium-ion batteries, portable rechargers, electronic cigarettes, and vaping devices are prohibited in checked baggage. Lithium batteries must be placed in your carry-on.

### **Please Do Not Bring:**

T-shirts with questionable images / slogans  
Anything of great value

### **\*Baggage:**

**1 Carry-on** -- 21.7”H x 13.8”L x 9.8”W, (incl. pockets, wheels, handle, etc.) Max. of 26 lbs.  
**1 Small Personal Item** – 17.8” x 13.8” x 7.9” ( incl. pockets, wheels, handle, etc.)  
**1 Checked bag** – 62.2”, (add height + length + width). Max. of 50 lbs.,  
**Extra Box** – Some people will be assigned an extra box with supplies (we will pay the extra baggage cost at LAX check-in)

**\*Lodging:** Parque Hotel Manantial, Paraguay – <https://www.parquemanantial.com/>