

GUATEMALA PACKING

What to bring in your suitcase

#1 The Essentials



- **Valid passport** (and photocopies)
- **Health insurance** (photocopies)
- **Small backpack** (for daily use)
- **Water bottle** (La Unión and its families provides purified water for free)
- **Sunscreen** (bug spray and hand sanitizer optional)
- **Toiletries** (soap, shampoo, hair conditioner, toothpaste, toothbrush, dental floss, razor, deodorant, hairbrush, feminine products, eye contact solution if necessary.)

#2 Electronics



- **Chargers** (for all your electronic devices)
- **Cellphone** (if your smartphone is unlocked, you can buy a local SIM card for \$5 to \$15. Be sure to disable data roaming to avoid unwanted fees.)
- **Laptop or iPad** (Optional / La Unión provides free Wi-Fi.)
- **Headphones, music player, camera** (optional)
- **Adaptor** (if you are from USA or Canada, you will NOT need an adaptor for electricity since Guatemala uses 110-120 volts electricity. If your device is made for 220-240 volt electricity, you will need a converter or voltage transformer. 3 prongs devices will require a 2 prongs adaptor.)

#3 Money



- **Cash** (It is recommended to bring at least a small amount of US dollars. The local currency is (Quetzals). US dollars are accepted in most touristic places of Antigua but local businesses may only accept Quetzals. Depending on the bank, there may be a limit of \$500 USD that can be exchanged per month. Take into account that banks are very strict about the state of the dollar bills, if they are a bit old or damaged they may not be accepted. Apart from USD, other international currencies can be exchanged in the Casa de Cambio but the rate is usually not advantageous. You will need to present your original passport to be able to exchange money at the bank or the house of change (photocopies not accepted). Do not exchange money in the airport, there are many banks in Antigua where you can easily exchange.)
- **Debit cards** (debit cards are usually accepted in local commerce. They can be used to withdraw money in the ATMs too)
- **Credit cards** (It is recommended to bring a credit card for emergencies. Many touristic commerce of Antigua accept credit cards with an extra fee for tax purposes. You may be asked to present a copy of your passport upon payment. Credit cards can be used to withdraw money at the ATMs. In US dollars or Quetzales)

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#4 Medication



#5 Suggested Clothing



- **Short-sleeve shirts** (avoid spaghetti straps tops or revealing style shirts) **Long-sleeve shirts** (Antigua can be cold at night and in the morning) **Short pants** (avoid very short pants above the knees)
- **Long pants** (favor a variety of pants such as jeans, leggings or lightweight pants)
- **Socks and underwear**
- **Pajamas**
- **Hat** (for the sun and/or rain)
- **Swimsuit** (Please note that most Guatemalans use shorts and a short-sleeve shirt when going to the beach. Bikinis are not forbidden but do attract attention.)
- **Sandals** (flip flops for the shower and comfortable sandals for walking. Note that
- **Jacket** (for the rain and/or the cold. If you are planning to do overnight excursions such as hiking the Volcano Acatenango, remember to bring very warm clothes.)

We recommend leaving at home any valuable or expensive looking jewelry or items.

#6 Optional Items



- **Sunglasses - Watch or alarm clock - Money belt**
- **Plastic bags** (For wet clothes or as a laundry bag. Please note that La Unión students have access to special discounts at a local laundry service located near the school.)
- **Umbrella** (The rainy season in Guatemala is usually from May to November.)
- **Spanish dictionary** - **Magazine or reading material**



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Always have with you the following contact information and share it with your friends and family at home. We recommend you to download Whatsapp prior to your departure since the app is Widely used in Guatemala for communication.

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Municipal Police	(502) 77207799
Municipal Fire fighters	(502) 41442323
Antigua Police	(502) 40183591
USA Embassy	(502) 23264000
Canada Embassy	(502) 23654348
Consulate of the Netherlands	(502) 66952534
Korea Embassy	(502) 23824051
Migration	(502) 24112411
ASISTUR	1500

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