



## **For the Mission: What to Bring on Your Missions Trip!**

There are readily available in North America that the people of Honduras are not able to get. For this reason, we have provided a list of easy-to-grab items that would bless them. If you have a specific family or area where you would like the supplies to go, please let the AMOR team know. If you would like to bring items not listed on this page, feel free to contact AMOR staff to make sure the items can be used. Here are some ideas for different people in the field:

### **The Honduran People:**

Nail Clippers	Toothbrushes	Toothpaste
Shoes	Nail Polish/Remover	Hair Bows Ties
Baby Bottles	Spanish Books	Bibles
Sewing Supplies	Caps/Toboggans	Combs/Brush
School Supplies	Umbrellas	Blankets
Cloth Diapers	Shampoo/Conditioner	Candy

### **The Missionaries:**

Chocolate	Low Carb Gifts	Velveeta Cheese
Gifts for Children	New foods from the States	

### **The Health Clinic or Feeding Program:**

Band-Aids	Vitamins	Tylenol/Ibuprofen
Antibiotic Cream	Anti-Itch Cream	Eye Drops
Swimmers Ear	Cough Medicine	Tongue Depressants
Prenatal Vitamins	Arthritis Medication	Medical Gloves

### **Please DO NOT bring**

Expired Medicine	Extra Large Clothing	No shoes over size 9
Clothes with rips or stains	Ungodly Items	

