



**TOGETHER
WOMEN RISE**



Together Women Rise Journey to Guatemala

April 5 - 12, 2024

Suggested Packing List

Weather Conditions

Antigua, Guatemala is located at just over 5,000 feet above sea level, and as such, the city experiences a pleasantly cool climate year-round. April marks the end of the dry season in Guatemala, with the probability of precipitation starting from 10% at the start of the month and increasing to 20% by the end of the month. Temperatures range from 50°F at night and get up to 75°F on sunny days.

Chajul is in the mountainous Ixil region. Temperatures and weather can vary greatly from day to day or even hour to hour. You should be prepared for a temperature range of 50°-80°F. Please note that nights are much colder than the days. The mountainous terrain around Chajul is famous for frequent fog banks and rain showers. You can expect rain on most days, generally in the form of light showers in the afternoon. You should also be prepared for gorgeous, sunny skies when the rain has cleared. The rain rarely lasts for a long period of time.

Chajul sits at about 7,000 feet above sea level. Some people experience shortness of breath, fatigue, dehydration, or quicker sunburn. Please drink plenty of purified water, use sunscreen and hats, and rest when needed.

Luggage & Packing

We recommend packing any medications you take, a change of clothing, and any valuables in your carry-on bag in case your checked bag is lost or delayed. Be sure to have luggage tags with your contact information on each bag and a TSA-approved lock when possible.



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The Essentials

Documents:

- Passport (original and photocopy)
- International flight itinerary
- Medical insurance policy & emergency phone numbers
- List of medications and any existing health conditions
- Emergency contact sheet (provided by Elevate Destinations before the trip)

Travel Essentials:

- Credit cards and cash (see money section in Country Guide)
- Daypack for your time in Chajul
- Reusable water bottle

- Notebook & pens
- Book or e-reader
- Energy bars
- Glasses & sunglasses
- Travel pillow & earplugs
- Prescription medicines

Electronics:

- Camera, extra batteries, and charger
- Chargers for all electronics
- Battery power bank / charger
- Headphones or AirPods
- Plug adaptors or a universal adapter for any electronics requiring three-pronged outlets



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Clothing

Chajul residents dress as nice as their budget permits, particularly for special occasions, like meeting outside guests. Chajul is also a conservative community. We ask that guests respect this community's modest dress attire and avoid dirty, ripped, and/or unkempt clothing. Please be considerate of the Mayan culture and do not wear tank tops, cleavage-revealing or belly-baring shirts, shorts, or above-the-knee skirts.

Additionally, it is important to be sensitive to the recent history of this community and to not wear camouflage themed clothing or anything else resembling army attire. Many local residents may associate this style of clothing with the Guatemalan Civil War.

- Trousers/lightweight pants/jeans
- Skirts or dresses that fall below the knee
- Light, long-sleeved shirts (preferred over short-sleeve to repel mosquitoes)
- Short-sleeved shirts as needed
- Sweater or light jacket for cooler evenings
- A couple of versatile "nice yet casual" outfits
- Comfortable, closed-toe walking shoes
- Shawl or scarf
- Small travel umbrella
- Waterproof jacket/poncho
- Sun hat or cap
- Socks and undergarments
- Sleep wear



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Medical Kit & Toiletries

- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste
- Insect repellent - Picaridin / DEET
- Prescription medication with original labels
- Cipro or other antibiotic in case of stomach issues
- Sleeping medication if helpful
- Over the counter medication
- Allergy medication and epi-pen if needed
- Rehydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Anti-diarrhea medication
- Medication for indigestion - Pepto-Bismol, Tums, etc.
- Painkillers
- First aid kit - antiseptic cream, Band-Aids
- Pre-moistened antibacterial hand wipes
- Travel size soap and body or hand lotion
- Travel size shampoo and conditioner
- Hair brush, comb, hair ties or clips
- Eye drops
- Contact lenses & solution