

# AMOR Packing Checklist

There are many items readily available in America that the people of Honduras are not privileged with. For this reason, we have provided a list of easy-to-grab items that can be used to bless the people with. These needs vary from candy and school supplies, to hygiene products, and OTC medications. The AMOR team will honor your request, should you choose to specify who or what these items should be used for. This list does not encompass all that the people of Honduras lack. If you would like to bring items not listed on this page, feel free to contact AMOR staff to make sure they can be used in an appropriate way for the people of Honduras. If you would like to bless the missionaries themselves, simple things like chocolate, pop-tarts, Velveeta cheese, and low carb products are great gifts. Some things that we have either too many of or are not useful at AMOR are band aids, ANY EXPIRED MEDICINE (if you bring this you can get in trouble if you get caught and we cannot use it), extra-large shirts, large shoes, and clothing that has rips tears, or stains on it.

## Medical Supplies

Tylenol
Tums
Antibiotic Cream
Anti-itch Cream
Eye Drops
Swimmers ear
Cough Medication
Children's Vitamins
Adult Vitamins
Prenatal Vitamins
Children's Motrin
Children's Benadryl
Anti-Fungal Cream
Deodorant
Aspirin
Nasal Spray
Arthritis Medication
Medical gloves
Tongue Depressants

## Hygiene Products

Tooth Paste
Toothbrushes
Nail Clippers
Cloth Diapers
Shampoo/Conditioner
Nail Polish/ Remover

## Everyday Items

Hoodies
Clothes (no XL or bigger)
Flip Flops (none about size 9)
Caps/toboggans
Combs/Brushes
Hair bows/Ties
Baby Bottles
Spanish books/Bibles
Sewing Supplies
School Supplies
Umbrellas
Blankets