



Living Hope Ministries (LHM) “What to Bring” List.

The following are items that we recommend you bring with you on your trip to LHM:

- A Servant’s Heart
- Bible/Pen/Notepad
- Everyday casual clothes* including tennis shoes for walking and play
- Dress clothes for worship, visitation
- Work Clothes (jeans, t-shirts, gloves, hat, older shoes)
- Jacket/sweatshirt
- Water bottle
- Sunscreen/chapstick
- Insect repellent
- Toiletries
- Wetwipes, hand sanitizer
- Bath Towel
- Dramamine
- Modest Swimwear/Beach Towel
- Spending Money (snacks, souvenirs, special activities, offering)
- Departure tax of \$35

*Shorts are not typically worn by the people of Honduras. You can bring shorts but know that the times for wearing them will be limited. Thank you for your willingness to adapt to our culture during your stay.

Be sure to send in your passport applications and fees early in order to have it before your time of departure. Plan on a 6-8 week wait from the time of submitting your application to have your passport in hand.

The following are things that LHM provides upon your arrival and throughout your stay:

- Transportation
- 3 meals per day
- Lodging in our ministry center including cot and bedding
- Laundry service
- Diverse opportunities to serve
- Participation in the life of Living Hope Christian Church (worship, prayer, a variety of gatherings – youth, men’s, women’s)
- Interaction with the wonderful people of Honduras
- Daily devotional times
- One “play day” per week
- Parting banquet
- Incredible scenery