

### **Common Things**

Beano!

Power Bars

Personal Meds (in original containers)

Ibuprofen, Aspirin

Tylenol, Tums

Imodium

90+% DEET bug repellent

Wet Wipes

Notebook & Pens

Camera

### **Clothes**

T-shirts, jeans, shorts, hats, bandana, work shoes and gloves, sandals, socks, sweatshirt, windbreaker

Bring a hat (I like a bandanna) & 30+ sun block & sunglasses. Sun is very strong at 15 degrees above the equator.

The weather should be great too (high 85-88, low 60-65, no all-day rain), so shorts and tee shirts will be the norm, but to go to church in the evenings, one pair of long pants is deferential.

Any of your clothes you want to leave in Honduras will be gratefully accepted.

Leave all jewelry and unneeded valuables at home.

### **Gear**

canteen(s)/water bottles, sunglasses, small flashlight, toiletries, camera, book, walkman, Spanish-English dictionary, \$150-200 spending/souvenirs/donation money.

### **Immunizations and Medications (For Reference)**

Hepatitis A (2), Tetanus, and Malaria pills\*; gamma globulin.

\*If a weekly pill, take one a week; start the second Tuesday before you leave, and you can leave them home, taking one the day you return and finishing over the next several weeks.

\*Malaria medicine comes in two oral tablet types. The type recommended for Honduras is chloroquine. This is also the one that is easiest on the digestion system. Many veterans of this trip do not take it, as exposure to mosquitos is minimal and we feel sufficient protection is offered by Deet. While the risk is small the hazard can be high if you get malaria — your decision.

ACIDOPHILUS is a type of beneficial bacteria found naturally in the body but also available as dietary supplements and in foods such as yogurt and acidophilus milk and it can prevent harmful strains such as E.coli and Bacteroides from growing to a population where they can cause disease. They do this by crowding out other bacteria when they compete with harmful bacteria for nutrients needed for growth, and by production of compounds that have a lethal effect on harmful bacteria. Most acidophilus pills require refrigeration to preserve the number of live, active bacteria in the product. Improper storage is one factor that can cause a loss of bacteria. For your trip, although there may be some loss of live bacteria, storing acidophilus at room temperature for one day or less should not cause a significant enough drop in the number of live bacteria that the product becomes ineffective. Dr. Alex has recommended PB8 brand available at Nutrition Now or the Vitamin Shop. He recommends a dose of 1 to 2 twice a day as a preventative measure.

Pack your own prescription meds only in the bottles in which they originally came (or in smaller containers with the same original labels (e.g., don't put aspirin in Advil bottles). Foreign Customs officials can be picky.

### **Immigration Info**

Immigration info to be provided on the plane: You are traveling as a tourist; you have nothing to declare (as you will not be selling anything); if asked "where you will be staying," you can say you are a tourist staying at Honduran Mission, Guaimaca, Honduras. Honduran Customs is used to seeing many mission groups arriving. We will mark each bag and we will pass through Customs as a group: we will consolidate all baggage claims

### **General Info**

I will bring \$200 in U. S. cash with me (3 months' pay in Honduras) and be among the richest people in the country. There are honest money changers at the airport in Tegucigalpa, but we will do changing their together and with a Spanish-speaker present.

Please no tipping in Honduras and do not give money to children or adults (\$40 will be collected to pay each person's airport tax upon departure from Tegus.)

**Checklist**

- Carry-on Bag (sized for overhead)
- Carry-on Personal Item (sized for under-seat)

**Medication**

- Personal Meds (original labeled bottles)
- Malaria Meds
- Meleatonin
- ACIDOPHILUS PB 8 brand

**Toiletries (careful with liquid volumes!)**

- Comb
- Soap / Shampoo
- Sunblock
- Bug repellent with DEET
- Baby Wipes

**Clothing**

- T-Shirts
- 1 pr. long pants
- Shorts
- Church clothes
- Hats / Bandana
- Work Shoes
- Sandals
- Shower shoes (flip flops)
- Socks & Underwear
- Sweatshirt or Windbreaker

**Accessories**

- Cheap watch
- Jewelry: NONE
- Camera
- Sunglasses
- Sheets, Towel, and Washcloth

**Gear**

- Notebook & Pens
- Canteen(s)/2 water bottles
- Small flashlight
- Book to read
- Spanish-English dictionary
- Earplugs
- Cell Phone (won't work in Honduras w/o International Plan)
- Ziplock bags, various sizes

**Other**

- Passport
- Photocopies of your passport
- \$150-200 spending/souvenirs/donation money
- Wallet, Credit Cards
- House key, as needed
- Snacks