

Mission Honduras

Q & A

What Should I pack?

Make sure you have your passport and an extra copy in your luggage (also leave a copy at home)
Medical information

Working gear

Good working shoes
Medical scrubs
Pants/cotton shirts
Light jacket for cool evenings
Please dress modest
Capris/slacks/skirts
(note no shorts)
Do not wear flashy things
Fanny Pack or Back Pack
Personal toiletries
Insect repellent
Sunscreen
Personal medicine

Luggage Allowance:

One carry-on piece that has to fit under the seat or in the overhead bins.
One checked suitcase that weighs not more than 50 pounds and its length plus width plus height is not more than 62 inches.
The airline allows two checked suitcases, but we ask that you reserve the second suitcase allowance for transporting mission supplies.

Personal money

American dollars are easy exchanged for lempas
We ask that you come prepared to purchase your own dinner approx.: \$24.00 per evening.
Breakfast is in the cost of the hotel.
Lunch, we will pack a bagged lunch from supplies Sherrie will buy for the group
Snacks will be provided
Credit cards are accepted everywhere
Call credit card providers, give them travel dates

Can I hand out gifts?

Please refrain from giving gifts although the intent is good the result can lead to jealousy and bitterness among the people.

Do I need to attend the daily meetings?

Yes, This is when you will hear any updated information, especially if there is a change in plan remember flexibility is important.

Sanitation

Under no circumstances should you drink water other than bottle water.
Do not run your tooth brush under the running water.
Unless you can verify the ice was made with bottle water do not get ice.

What to eat?

You will only be taken to eat at safe places.
Do not eat from vendors off the street
Do not eat anything that cannot be peeled or cooked.
That means no salad, no berries.

How can your family reach you?

The Hotel has Wi-Fi, if you have a smart phone you can call your loved one through messenger or you can use 'WhatsApp'.
You can call your phone provider and get a week travel package.

Can I venture out on my Own?

NO!!!!
Always use the buddy system

You will be registered at the Embassy