

Getting Ready for Honduras

Contact information while in Honduras.

Jimmy and Sandra Pinell are the English-speaking PPM ministry leaders in Honduras. Jimmy's cell number is (011) (504) 999-555-00

There is a customs declaration form which is required for entry into the country and is accessed about 24 hours ahead of flying at a link that comes from your airline.

The page will pop up in Spanish, but near the top of the page is an option to change the questions to English. When they ask questions that require the answer "United States" it is easiest to begin typing "United..." and that choice will come up. If you are using the Spanish version, begin typing "Estados Unidos".

The other option for filling out this form is from a posted QR code at the airport in Honduras. If you wait to fill it out at the airport in Honduras, that requires a phone to access the QR code, which means you have to have internet access. There is public/free WiFi, but it just adds a layer of complication.

EITHER WAY, ONCE YOU FILL OUT THE FORM ONLINE, YOU WILL BE ISSUED A QR CODE WHICH YOU WILL NEED TO SHOW ON YOUR PHONE AT THE ARRIVAL AIRPORT. TAKE A SCREENSHOT OF THE QR CODE AND SAVE IT FOR ACCESS AT THE AIRPORT.

If you land in San Pedro Sula, use this information for the forms you fill out for immigration when they ask for your "foreseen address".

Colonia Tara (Jimmy & Sandra's subdivision/neighborhood)

Bloque 10 Casa 8 (This is their address)

Cortez (This is the Department/State)

San Pedro Sula (This is the city)

If you land at XPL in Comayagua, you will go directly to the mountain village, so you can put the following on the form:

Casa de Charlie, Village of Chaguitillos, (There's no street address in the village.)

Comayagua (Department/State),

El Rosario (Nearest city)

Take a picture of the above information or carry this first page with you so you have the needed address information while you are going through immigration.

What to Pack: A Good Attitude and a Flexible Spirit.

****Philippians 2:14-15 will be our verse *"In everything you do, stay away from grumbling and complaining, so that no one can speak a word of blame against you. You are to live clean, innocent lives as children of God in a dark world full of crooked and perverse people. Let your lives shine brightly before them."* (NLT)**

****Remember the KEY WORD on this trip is FLEXIBLE! All times and events are not set in stone. We will make the best effort to keep the schedule as close as possible but sometimes that is impossible to do, so be FLEXIBLE!**

Pack in your heart:

- **A Flexible Spirit:** You never know what the day may bring!
- **A Patient Attitude:** Time moves more slowly in Honduras.
- **A Servant's Love:** Have a submissive spirit; serve with joy.
- **A Grateful Heart:** Be thankful for food to eat; a place to rest.

Tip: Weigh all bags before arriving at the airport. You don't want to be sorting your luggage at the check-in counter! The limit is 50 lbs for checked bags and there is often now a fee for even the first checked bag.

Plan ahead as you pack. Once you are in Honduras there will be little if any opportunity to get things you left behind. As you pack, carefully consider what you really need and what will just be extra weight. Keep in mind that you may be asked to carry group supplies as well!

What NOT to Take

- ***Too much stuff!*** Avoid taking anything that may distract you from your focus.
- No gifts for an individual Honduran (including staff!) ***All gifts must be approved by your PPM Team Leader.***
- Leave expensive clothing or jewelry at home.
- Avoid taking "Good" luggage: Bags will be transported in the back of trucks – they will get dusty and they might get wet.

What to Bring: Remember this is just a suggested list

Pack in Your Carry-On:

Be sure to place all medications, personal hygiene items and at least one change of clothes in your carry-on bag. Occasionally a bag fails to arrive on time in Honduras. You don't want to be without something vital!

Carry-on size and liquid restrictions are strictly enforced on international flights. Measure your luggage to ensure it will fit! Check the airline website for permitted sizes. You're allowed one carry-on bag and one personal item that fits under the seat. **Liquid containers must be 3.4 oz or less and placed in a clear, quart-size Ziploc which you will need to have visible at TSA Security.**

Other things to place in your carry-on or personal item:

- Pen: For journaling.
- Passport must be handy at all times.
- Cash & Credit Card (Small, clean bills)
- Toiletries: Currently TSA allows one clear quart-size Ziploc full of 3.4oz. liquids/gels/aerosols (They will confiscate any larger bottles of liquids. Sometimes they confiscate aerosols. You should take an EMPTY drink container and fill it after Security.)
- Change of clothes: An appropriate set for work, church and sleep if possible. (Your trip is short and you need essentials in case your bag is delayed.)
- Rain gear (cheap poncho)

Backpack/Daypack: Suggested items to carry with you on day trips/work sites.

- Passport **copy** (You will leave your passport at your lodgings)
- Cash for the day: About \$10 in small bills for soft drinks/church offerings
- Personal medications if you need to take something during the day.
- Rain gear: Poncho
- **Water bottle** (Be sure you don't have to touch the mouth piece with your fingers to open it. Screw on lids or flip tops are safe and sanitary. Pull tops are not.) Purified water is provided, but you need something to carry it in.
- Small roll of toilet paper/package of tissue
- Handi-wipes/**hand sanitizer**
- Sunscreen
- Insect Repellent
- Sunglasses
- Gloves
- Hat

Clothing: Think CONSERVATIVE and COMFORT, not FASHION!

We ask that visiting North Americans abide by the preferences of the Village Churches which means knee length or longer skirts/dresses for ladies; slacks/ khakis & collared shirt for men for worship in the village churches. You can wear the same outfit on different days because we don't go to the same church twice. ☺

Be sure to bring enough changes of clothes for each day of your trip! Due to the HOT/WET nature of Honduras it can make re-wearing clothes problematic.

Clothing Check List:

- Underclothes
- Socks

- T-Shirts: (sleeveless shirts permitted at Casa de Charlie, but not off the property)
- Knee length shorts can be worn at B&B or in dorm rooms only. No short shorts.
- Long pants or Capris (work clothes): Scrubs, khakis, jeans (Caution: jeans tend to be hot & take a long time to dry in the tropics.)
- Church clothes for ladies: Skirts or Dresses (knee length or longer)
- Church clothes for men: Long pants: slacks, khakis, nice jeans, collared shirt.
- Light weight jacket/sweatshirt (Mountain nights can be cool)
- Footwear: Bring at least 2 pair – Tennis shoes, sport sandals, work shoes or hiking boots.
- Flip flops: for the shower
- Swimsuit (depending on your excursion plan)

Toiletries Check List:

- Toothbrush & toothpaste
- Deodorant
- Razor (battery or straight)
- Shaving cream
- Soap
- Shampoo & Conditioner: Avoid floral, fruity or herbal scents. These attract insects.
- Comb/brush
- **Minimal** make-up, if any!
- Toilet paper – travel size for carrying off site
- Feminine hygiene items: Even if you think you won't need any.
- Eyeglasses/contact lenses & supplies

Personal Medical Kit Reminders/Suggestions:****

- Prescription medications
- Anti-diarrheal medication
- Pepto Bismol
- Cipro, Chloroquine (Prescription antibiotic/Anti-malaria medication – see your doctor)
- Insect repellent: Off, Avon's Skin-So-Soft, Skintastic, etc.
- Sunscreen (SPF 25 or higher)
- Sunburn remedies: Solarcaine, aloe, etc.
- Chapstick
- Benadryl
- Anti-itch cream/spray
- Tylenol/Ibuprofen
- Neosporin ointment
- Band-aids/bandages

Food and Water

Meals and purified water will be provided for you. You are welcome to bring snacks if you like!

- Pack snacks in sealed containers and bring extra Ziploc bags to seal leftovers to avoid attracting unwanted critters!
- Consider powdered Gatorade or drink mixes to add to your water bottle.
- Soft drinks are available for sale at little stores in Chaguitillos.

Money: (The fees you paid include lodging whether in the mountains or in the city, transportation & all food - including restaurants. They do not include the cost of souvenirs or tourist excursions your group may take. You may also need to purchase food in the airport.)

All bills **must** be clean/not torn or excessively worn, and not written on. The Hondurans are very picky about this.

We suggest you bring \$10's, \$5's and \$1's. (\$20's are sometimes suspect due to their use in money laundering.) In most cases you can spend U.S. dollars, but will receive change in lempiras.

You will need cash for:

- Souvenirs: Some shops at the market also accept credit cards. Bags of coffee are available for cash at the B&B.
- Offerings at church (\$1.00 is plenty.)
- Snacks on the road
- Fees for any optional recreational excursions your group chooses: Pulhapanzak Falls, Panacam National Park, Cacao Plantation – see your leader for current costs.
- Don't forget to plan to pay for food on your flight layovers on the way home.

Miscellaneous

- English/Spanish translating phone app
- Pillows/sheets/towels are furnished, but if you're picky you can bring your own.
- Washcloths if you use one.
- Earplugs: For snoring roommates/crowing roosters/braying donkeys!
- Bible or Bible app.
- Think carefully about your phone/iPad/other electronics. Will these be a distraction to you, or are they aids to your personal worship times during morning Silencio (devotional time)? Is your phone serving as your camera? If you do take them along, be sure to SAFEGUARD them, keeping them out of sight when they might serve as a temptation for theft.

Helpful to the team

- If you are going to have a pinata with any school or community, work with your team leader to see if you need to bring a bag of candies in your personal luggage. The team

should bring about 20 lbs of candies per pinata, so it helps to spread that out among the team members.

- It is a blessing to our clinic if team members can each bring a large bottle of some over the counter meds like pain relievers, cold medicine, stomach remedies, or multivitamins. One or two bottles in each bag makes it through customs with no problem, whereas one bag full of meds will get pulled out for inspection. Be sure the expiration date is at least six months out from your trip.