

HONDURAS PACKING LIST



- Passport with a photocopy
- Personal prescriptions, Pepto Bismol, gas-ex, Benadryl, Dramamine, and Tylenol are suggested. Bug repellent. Cipro is nice to have if Dr. allows.
- Small toiletries, such as shampoo, body wash, toothpaste etc. (gold-bond powder is nice to have because of the humidity)
- Personal hand sanitizer, wipes, sunglasses, a hat, and sunscreen.
- A backpack.
- Personal snacks if you get hangry or prefer something extra.
- Talk with the group about sharing curling irons, blow dryers, etc.
- Shoes for travel and work in public with closed toes. Tennis shoes or sandals work well. Flip flops for around the house are fine. If you go to the rainforest, you will need something with sleeves, long pants and good walking shoes.
- Dress clothing for church and public-school presentations. You may wear skirts, nice capris or slacks (in some of our churches women only wear dresses). Unless they are under something-avoid short shorts or tight-fitting tanks and short skirts. Hint: Skirts tend to be cooler. Guys for church you need casual pants and a button-down shirt or polo. No shorts or jeans. You might plan to leave behind some clothing and or shoes-please consider modesty in what you bring to leave. Hiking clothing that dries fast is nice in the heat. Please don't bring anything that advertises the USA.
- Sheets and towels are provided
- You should plan to bring 100.00 each for recreation days. If you have more than one- plan accordingly. You will also need money for eating out at airports, a couple of meals, and spending. Meals should not be over 20.00 apiece for something like coconut shrimp or chicken.
- Your covid vaccine card is not necessary to get you into Honduras- your airline will let you know what is necessary. You no longer need the vaccine or a negative covid test within 24 hours of travel. ***Please do not come to Honduras sick. While you have access to good and immediate health care in the states, many in Honduras do not have similar access.
- You may be required to go online and fill out a IMH Honduras Prechequeo within 24 hours of travel. You can also register your group with STEP through the State Department in order to get notices from the Embassy regarding travel and conditions in Honduras. For example, this agency helped us to leave Honduras following the Covid shutdown.
- Bring your Bible and a small journal.
- You may bring your phone; however please don't leave it lying around. In my experience phones are an easy target. We have Wi-Fi at the house, so you can contact your family. We suggest they download WhatsApp as you can speak for free or you can use Facetime.
- Leave expensive jewelry at home.
- Swimsuits- We have the ocean out your door. You will need to bring modest swimwear-No bikinis or speedos. Water shoes are good to have. Remember hats, bug spray and sunscreen.
- A water bottle- Most water is warm, but you will have access to clean drinking water at all times.
- A mind open to learning, a spirit of gratitude and anticipation of the amazing things that God will do.
- Blessing money - you may find God puts it on your heart to give toward a situation. Please seek permission from Hope for Tela before giving.
- We ask that you attempt to get the majority of your personal items in a carry-on suitcase. We will use space in other bags to bring necessary items down to do ministry. Hope For Tela will pay the cost of extra luggage. We can arrange to use some luggage space.
- On Delta, you can have a carry-on suitcase and a backpack (personal item) for free.