

Unofficial Honduras Packing List



This is only a guide!

The trip from the airport is sometimes in buses with A/C, sometimes not. The trucks on the way out will have A/C. You will sleep in dorms on bunk beds in most places, check with your brigade leader. There may not be screens in the building where we sleep, so a mosquito net might be good if the bugs like you. The food is safe, but simple. There are snacks that can be bought in town with coke and the like. We have filtered water, but be careful with brushing teeth and opening your mouth in the showers. Please tell us if you have even a hint of GI upset, antibiotics do wonders. The nights will be about 70 F and the days near 100 with rain often in the afternoon or evening from May - November. The rest of the year you will see little rain. You **MUST** have your own water bottle. You will need Honduran money to buy things. I would exchange no more than \$30 or so at the airport vendors, they are fair. We will have laundry ladies that will do laundry for \$1 per day roughly in some locations. Here are things on my list.

1. Bug lotion 30% DEET is the best
2. Camera, batteries for your gadgets etc. AA's are available there, nothing else
3. Cloths line, small string for bed to hang things
4. Malaria medicine, your call. Many people do not take it. Rare in Intibucá.
5. Ear plugs if snoring bothers you
6. SMALL travel pillow if you are particular about pillows. We have pillows.
7. Towel, washcloth, soap, Bed linens and towels are supplied there, extra towel is nice
8. Small flashlight and batteries, I prefer LED headlamps. Electricity goes out often.
9. 1 or 2 small plastic grocery bags to give dirty cloths to the laundry ladies
10. Good socks
11. Hat for rain and for sun
12. Hiking boots optional, good walking shoes required.
13. Passport and copies of passports
14. Plastic zip bags to keep passports and cameras dry.
15. rain poncho for rainy season
16. popcorn, power bars, Nutella, or any other snacks you like
17. Books or reading material if you like for evening. Sunlight is 12 hours.
18. shirts, two or three
19. Two pairs shorts, one pair long pants. Locals only wear long pants. No shorts in clinics.
20. Sun screen
21. Sunglasses
22. sweat band
23. Teva's or just flip flops for the showers, evening lounging
24. Toilet paper one SMALL roll for bus trip, I use travel Kleenex
25. Translation book, Spanish.
26. Light jacket, vest optional, I do not bring jackets.

27. VERY basic 1st aid kit and personal medicines We have a well stocked pharmacy and staff nurses and MDs.
28. Watch (only Gringo's wear these)
29. Water bottle with your name on it, or easily identified, is a must
30. Mosquito net if you get eaten easily.
31. I bring one credit card and about \$100, but only spend about \$10. You will need \$40 to exit the country, in either currency.
32. Old luggage, it will be totally covered in dust when you arrive, water resistant is good, things that cannot get wet should be in plastic bags inside. Luggage is transported on top of busses and in back of pickup trucks.
33. Optional, camping shower bag. Showers are cool, camping bag in the sun will make for a HOT shower
34. String for laundry line if you do your own, doing your own is a good idea.
35. Phones sometimes work, depends on your service and the alignment of the stars. Do not take your phone providers (Verizon, ATT, etc.) word for it, they have no idea about Intibucá.

Have a great time

Sincerely,

Old time traveler