

To avoid unpleasant surprises, please carefully read this info as you prepare for your trip.

### Money

- \$40.00 airport Exit Tax. Cash only.
- Maybe a \$5 tip for the cook.
- If you are making your own way to the Zambrano, about \$10 to \$20 for taxi and bus money.
- Misc. snack purchases, etc.

### Need To Bring

- Light weight long sleeve shirts and pants
- Closed toed shoes, sneakers or boots
- Flip flops for inside the house, shower, etc.
- Small LED flashlight w/ extra battery. The single AA battery size is MUCH preferred.
- Sheets for single bed
- Light weight blanket
- Towel & washcloth
- Toiletries
- Canteen to take water with you during the day.

### Consider Bringing

- Work gloves... thin ones allow better dexterity.
- Cap or hat

- Pillow
- Umbrella
- Bug Repellant (aerosol type not allowed on plane)
- Camera
- Sunscreen
- Snacks that don't attract ants... nuts, jerky, etc.
- Anti-nausea medicine... if you're prone to motion sickness.

When leaving the campus, anything listed above that you can leave behind for the school and/or people of Honduras is greatly appreciated.

### **Notes**

It there are things you need or want, **be sure** to bring them with you. Do not think you will find them in Honduras.

Thin towels and thin clothing dry easier.

If you will be traveling off campus visiting other places in Honduras, it is highly recommended to buy a local phone, so you can be in contact with others as well as home. Be sure it is a Tigo phone as only Tigo has a signal on campus. International plans sold in the States seldom work very well in Honduras and no one in Honduras is going to want to call you because it will be an international call. If you want a phone, get a Tigo phone. They are normally about \$25 (L500). It will be a prepaid phone. While buying it, add about \$5 (L100) of phone time to it.

If you bring a check card, there are machines in the airport that will give you local currency. It is suggested you bring one but also bring cash in case your card doesn't work in Honduras.

Because the unexpected is the norm in Honduras, carry some extra cash. You never know what may happen requiring a hotel stay, restaurant meals, taxi, etc.

*Gifts.* If you would like to bring some small but useful gifts to give to locals you meet, things you could bring as gifts could include aspirin. You might buy a big bottle and divide it into zip bags of 20 each. Along the medical line, you could include bandaids, topical ointment for burns and bites, cold medicine, etc. Tooth brushes and paste are always appreciated. You could put these various items in a larger bag so that they are all together and each bag has more or less the same things. These "Care Bags" could be given to families you meet in the neighborhood.

For the folks cooking for you, a scented bar of soap.. like Irish Spring, etc. would be appreciated. Ditto for scented shampoo.

March through Sept. you will normally want a blanket at night. The other months, you will often want two blankets or warm sleeping clothes like sweats.

*Release form.* Make sure you read carefully the Waiver of Liability Form. If you agree with it, sign it and mail it to Art For Humanity no later than two weeks before departure. We must have an original copy of your signed form before the trip begins.

#### Contact Information In Honduras

Glen Evans' cell phone: 011(504) 9975-6519

Elias' cell phone: 011(504) 9958-0824

Joseph' cell: 011 (504) 9964-4086

The first 6 numerals are only needed when calling from outside of Honduras.

**It is highly recommended** you make a copy of those numbers to bring with you.