

HHPF Honduras Medical Brigades 2026

Packing for Honduras / What to Bring

A. What to Pack

- Clinic wear: This is for ALL participants, volunteers included.
 - Scrubs (3 pairs recommended)
 - Inexpensive laundry service at front desk of hotels
 - closed-toe shoes (cement floors)
- Other clothing: Casual, shorts and t-shirts, also long-sleeve for mosquitos/chill, swimsuits, sandals, jacket, undergarments
- Essentials:
 - passport
 - telephone
 - medications
 - water bottle
 - chargers
 - toiletries
 - money belt
 - computer (optional) - Wi-Fi is available at the hotel and clinic/church
 - headlamp, if available
 - charcoal tablets for intestinal upset
 - umbrella
 - sunblock and mosquito repellent optional, available in-country
 - Hand sanitizer and/or personal wipes
- Daypack or backpack (to carry items to the clinic)
- Face masks – optional; bring if you prefer a specific type
- Gloves – provided, but bring your preferred brand if you have one
- Ultrasound machine – if bringing, download authorization letter from the website
- Workbooks, pens, notebooks, or laptop for note-taking or teaching
- Prolotherapy reference materials (if applicable)
- Marking pens – for drawing anatomy (we will have some)
- Tip monies: \$US one-dollar bills with no rips or tears! (Hotel maids and staff)

B. Documents

- Printed copy of the ultrasound authorization letter (if applicable)
- Copy of passport (in case of loss)
- Health insurance info / travel insurance card
- Emergency contact list
- HHPF welcome letter / schedule (if provided in advance)