

HHPF Honduras Medical Brigades 2026

Hotels and Food

A. Hotels & Rooming

HHPF books and pays for the hotel rooms while you are participating in the clinic (not during the optional training location in Roatan for Veins & Vascular teams)

- Shared rooms, 2 double beds unless additional single fee was paid
- Rooms with 3 and 4 beds are available
- Hotels:
 - La Ceiba: Gran Hotel Paris: +504 2440-1414
 - Tela: : Hotel Sherwood: +504 9472-3387
 - Olanchito: Casa Real: +504 9361-1118
- Only some rooms have safes → consider travel locks or PacSafe bags

B. Food & Meals

- Meals are buffet style with meat & basic vegetarian options
- Vegan/gluten-free options available, but limited
- Nut-free
- Meals are provided as part of your trip fees (not on Roatan)
- Please contact Kay if you have concerns about dietary restrictions

C. Water

- Do not drink tap water
- Bottled water provided and always refillable at hotels and clinics
- Brush teeth with **bottled water** only
- Avoid **ice cubes** unless you're certain they are made from purified water (Our hotels use purified water)