

# IMPORTANT TRAVEL FORMATION FOR HONDURAS MEDICAL BRIGADAS

## 2024 Trip dates

**Prolotherapy:** Friday, Mar 1-9;

**ENT:** Friday, Mar 2-9;

**Veins:** Friday, Mar 8-16

### A. FLIGHTS - AIRLINE TICKETS

Prolotherapy team is picked up in San Pedro Sula.

Veins team is also picked up in San Pedro.

ENT group flies to Roatan and then flies into the La Ceiba airport.

#### INBOUND

Fly into San Pedro Sula (SAP), Ramón Villeda Morales International Airport.

**Your flight should land by 2:30 pm.** We have buses that will drive the entire group to La Ceiba which is about a three hour drive from SAP. We aim to get the drive finished in daylight hours.

#### OUTBOUND:

Return flights from SAP can be no earlier than 11 am to allow time for bus travel from La Ceiba to the airport early in the morning. We will get you to the airport by 9 am which gives you the necessary 2 hours before flight departure. NO EARLIER DEPARTURES!

***Flight alternatives: Some folks do not enjoy the long bus ride, often not air-conditioned, from SAP airport to La Ceiba. There are some alternatives, such as booking a flight on SOSA airlines in San Pedro and flying to La Ceiba, or booking your reservations through the island of Roatan, Honduras and flying from there to La Ceiba or taking the ferry service. These are more costly, of course. Please book carefully if you are going to consider these options! There may be restrictions on luggage and equipment on smaller planes.***

Once you have booked your flights, please forward your itinerary to our administrative assistant, Misty Pilger, so we know when and where you'll be arriving: [mistypilger@hhpfoundation.org](mailto:mistypilger@hhpfoundation.org)

### B. TRAVEL DOCUMENTATION

1. **PASSPORT** - cannot expire within 6 months of your departure date from Honduras

2. **Your airline may ask/require you to complete additional forms online, scan your passport, etc. Please check with them.**

### 3. !!!REQUIRED!!!

## HONDURAN CUSTOMS & IMMIGRATION DOCUMENTATION

**BEFORE YOU CHECK IN FOR YOUR FLIGHT**, you must do a precheck with the Honduran government. It cannot be done until one week before travel! You can do it on your computer or scan one of the codes below to get the app to install on your phone. From what we understand, you will receive a QR code once done to show when you check in with your airlines.



**Android phones**



**iphones**

If doing this on your computer or without scanning the QR codes above, go to <https://prechequeo.inm.gob.hn/>. You'll see the Pre-check form below in Spanish and you can change to English. You need to set up an account UNLESS you have yours from 2023 when this process began. Answer the questions:

Immigration Office: Ramón Villeda Morales International Airport;

Destination: Hotel Gran Paris, La Ceiba;

Destination address: Calle 8, La Ceiba;

Destination State: Atlantida

Travel reason: Convention or sightseeing

https://prechequeo.inm.gob.hn/Login

**Migración INM**  
GOBIERNO DE LA REPÚBLICA

Instituto Nacional de Migración  
Plataforma de Prechequeo

Bienvenido  
Inicie sesión para continuar

**Este campo es requerido**

Contraseña

**Este campo es requerido**  
¿Olvidó su contraseña?

**Iniciar sesión**

**Registrar "Primera Vez"**

Español English

prechequeo.inm.gob.hn/Login

**Migración INM**  
GOBIERNO DE LA REPÚBLICA

Migration's National Institute  
Pre-check Platform

Welcome Back  
Sign in to continue

**Este campo es requerido**

.....

[Forgot your password?](#)

**Log In**

**Sign up now**

Español English

**4. Covid vaccination cards** - You also no longer need proof or testing to enter Honduras. We recommend but are NOT requiring COVID vaccinations, nor proof of vaccination, but we strongly encourage you to have your verification or cards available in case of airline policy changes. We will have limited numbers of Covid tests available for each clinic in case you are not feeling well. If you have one, please plan to bring a test kit with you.

## C. TRAVEL DAY

**1. Luggage** - To help keep track of your luggage, please mark your suitcase handles, carry-ons, and backpacks with **Orange** and **Green!** This could be surveyor's tape or fabric or ribbon, whatever you can find. This helps keep track of our luggage and also helps you to identify other HHPF participants as you are at the gates in various airports around the world!

**2. Arriving in San Pedro Sula:** Once you clear passport control, go to the baggage claim carousels and claim your luggage. To exit that area, you must show your baggage claim ticket that you received when you checked in. Your luggage then needs to be passed through a scanner and may be inspected. ***New since May, 2023, there may also be a \$5 charge if you are carrying any supplies or equipment for our clinics. Simply pay and get through and HHPF will reimburse you. Also, present the HHPF authorization letter if this applies to you.***

**3. Meeting place in San Pedro Sula Airport:** Once in the main lobby area of the airport, turn to the right and head 100 yards to the "Food Court" area where there are a couple fast food restaurants. We will check in and gather in that seating area - that is where you will find the group!! Notice the Orange and Green surveyor's tape on all the luggage!! Once our last flight is in, we will load buses to travel to LaCeiba.

## D. MISCELLANEOUS TRAVEL

**1. Travel Insurance** - This is STRONGLY recommended! Unfortunately there are often delays due to weather, and this may cause you to have an extra night's hotel stay or travel cost once arriving in Honduras. While most travel insurance policies will have the lost luggage and delayed flight coverage, it is also important to have **Medical Evacuation Insurance** - Recommended minimum is at least \$1,000,000 in coverage. It sounds like a lot, but if you have a medical emergency (illness, accident, injury) and need to get back to the US (or other home country), it costs a lot!! There are many companies offering evacuation insurance including RoamRight and TravelGuard, as well as many others.

**2. Vaccinations & Malaria prophylaxis** - There are no requirements for vaccinations to enter Honduras, but we recommend that you are up-to-date on all routine vaccinations before you travel. We also recommend visiting the CDC and reviewing their recommendations, and then the decision to take malaria preventative medicine or other preventatives is yours: [CDC Honduras Travel Info](#). Please note that if you are going to take Chloroquine as a malaria prophylaxis, you need to start taking it 2 weeks before being in an area that has malaria. About 50% of our group typically takes Chloroquine. Our clinics are in cities (La Ceiba, Tela and Olanchito, not rural areas, which may affect your decision.

## E. WHAT TO PACK

**1. Clothing and accessories** - Everyone will wear scrubs in the clinics, including assistants. While not in the clinics, casual clothes are fine. There is nothing we do or anyplace we go that casual clothes are not OK. Have a long sleeve shirt and long pants to wear in case there are mosquitoes or chilly. Typically in March, it is in the 80s-90s during the day and down to upper 60s in the evenings.

**\*\*\*\*Both the Veins and Prolo groups have a hiking outing to Pico Bonito.**

**Tennis shoes will work for the outing.**

**2. Shoes** - You must wear **closed-toed** shoes during the clinics - no sandals - for protection. You will be standing and working long days on cement floors, so having two pairs to choose from is ideal. After hours, any comfy shoes will do.

**3. Laundry** - There is laundry service available at all of our hotels. It is inexpensive. Typically if you drop your dirty laundry off at the front desk in the morning, it is ready for you in the evening. (You will pay in Lempira!) Usually people take 3 sets of scrubs along and wash them out, or send them to the laundry every couple days.

**4. Jewelry** - It is recommended to not wear expensive or excessive jewelry or watches either in the clinic or elsewhere. The less you can do to draw attention to yourself, the better.

### 5. Other things to bring to Honduras

- passport
- camera/phone
- computer (optional)
- ultrasound (optional)
- medication you will need (carry it in your carry-on luggage)
- extra pair of glasses/ contacts
- sun screen
- hat
- swimsuit - Gran Hotel Paris; Pico Bonito hiking; Tela has the ocean
- mosquito repellent
- sandals to wear when not working
- water bottle
- day pack (to carry your stuff back and forth to the clinic)
- shampoo
- soap
- hairdryer (there may be soap/ shampoo in the hotel but it is very generic)
- reading materials
- chargers for items you bring
- surge protector
- charcoal tablets as needed for gastrointestinal upset
- money belt or money bag to lock up in room (some rooms have a safe)

HHPF is not responsible for loss or damage to any personal equipment, including medical equipment.

Specialized electronics/equipment - Please let Kay or Misty know if you are bringing equipment or supplies, like an ultrasound, that might require a letter of authorization from HHPF.

**6.Computers and Wifi** - People take their laptops to Honduras. There is WiFi in the hotel, but not in the clinics. If you decide to take yours, make sure it is backed up... and realize that whatever you take to Honduras is your responsibility. Consider a surge protector as electricity goes on and off frequently. HHPF is NOT responsible for your belongings!!

**7. Electricity** - It is the same as in the US and Canada - 110 V and uses the same plug. Just FYI, there are times when the power just goes off. It is good to have a surge protector for your computer and phone chargers. Also, please have a flashlight or headlamp with you, especially for the clinics! When the electricity goes out during the day, we work by headlamp to continue treating patients!

**8. Phones** - If you have a cell phone plan where you can purchase an international plan, it's worthwhile. They vary in cost depending on your carrier, but then calls are made as you do normally. If there is Wifi, you can use WhatsApp for free. (Only the hotels have Wifi, not the clinics). Another option is to purchase a SIM card in Honduras to put into your phone for data. There is one place in the airport offering inexpensive 7 and 14 day plans, as well as many Tigo stores in the area that offer the same.

## **F. HOTELS**

All participants start their stay at the Gran Hotel Paris in La Ceiba, Honduras (contact below). Unless you paid for a single room, you will be paired with another person. You may have indicated someone on your registration.

**ENT participants** will spend the week at Gran Hotel Paris.

**Prolo participants** will either stay at the Gran Hotel Paris or at the Hotel Sherwood in Tela (contact below).

**Veins participants** will stay in La Ceiba, Tela or Olanchito (contact below)

- 1. Room Safety** - While we have not had theft issues in the past, it is important to consider keeping your valuables locked while you are out of the room. Of the three hotels that we will be staying in, only one of them has room safes (but fewer than half of their rooms have the safes). The hotels may allow you to put an envelope (money, passport) in their front office safe, but not tablets or computers. Many of you will opt to take your computers with you to the clinic daily where they will be stored in a safe location. You may want to consider a locking bag (ie. PacSafe) that has wire mesh in it to put extra money in, computer, passport... anything that you would usually put in a hotel room safe. It has a cable to lock it to the plumbing or the bed frame. REI store and Amazon carry these and other similar safety items.

## **G. MONEY**

Honduras uses Lempiras. Currently the exchange is 24/US\$; 18/Can\$

You can use US dollars at the airport and get change back in Lempira.

There is an ATM at the airport. It may or may not work:)).

You can exchange up to \$50 at the Hotel Paris lobby. There are also banks and other ATMs.

Most credit and debit cards are accepted.

## H. FOOD

Most of the meals are served buffet style. There will always be choices for meat and vegetarian options. In your application we asked about food allergies and while we will try our best to accommodate your food preferences, please know that food restrictions like gluten-free and vegan are not as common in Honduras as they may be in other countries. We have requested that all foods and meals are prepared nut-free. Again, we will do our best to ensure your food preferences.

## I. WATER

**Do not drink the water from the taps.** We will always have access to bottled water to drink safely or to refill your own water bottles, or to use for brushing your teeth.

## J. CONTACTS

Kay Weeden HHPF Pres and Service-Learning Coord. <a href="mailto:kayweeden@hhpfoundation.org">kayweeden@hhpfoundation.org</a> 608-658-8523 (same for What's App)	Annette Zaharoff, MD IART/HHPF Prolotherapy Director <a href="mailto:amzsportsmd@msn.com">amzsportsmd@msn.com</a> 210-219-5920
Julie Olson, RNMS HHPF Lead Nurse <a href="mailto:julieolson@hhpfoundation.org">julieolson@hhpfoundation.org</a> 608-345-3875	Meg Spartz, MD HHPF Vein Director <a href="mailto:megspartz@gmail.com">megspartz@gmail.com</a> 612-845-8053
Chet Hermanson HHPF Honduras Logistics <a href="mailto:chethermanson@hhpfoundation.org">chethermanson@hhpfoundation.org</a> 608-335-3758; in honduras +504 3258-2040	Mike McDonald HHPF ENT Director <a href="mailto:michaelmcdonald@gmail.com">michaelmcdonald@gmail.com</a> 608-225-9356
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Hotel Sherwood, Tela. Avenida Guatemala, Peatonal Playera, Tela, Atlantida, Honduras +504 9472-3387	
<a href="https://travel.state.gov">https://travel.state.gov</a> Enroll in STEP program to receive alerts or if you have an emergency while in-country	US Embassy in Tegucigalpa <a href="https://hn.usembassy.gov/es/">https://hn.usembassy.gov/es/</a> Telephone: +504 2236-9320

Thank you again for signing up to go on this all-volunteer trip! HHPF looks forward to working with you as we *Improve Health and Transform Lives*.