

Middle Tennessee Mission Outreach

Honduras Trip Preparation Suggestions – Jan 2019

Suggested Packing List:

- ___ Bible
- ___ A servant's heart and plenty of flexibility
- ___ Passport (Make 2 copies. Leave one copy at home and take the other with you. **You need to keep your original passport on your person at all times. It will be your primary form of identification at all airports, so keep it handy.
- ___ Mesh sack or plastic sack/bag for soiled clothes/shoes and laundry
- ___ Toothbrush, toothpaste, floss, denture supplies
- ___ Razor, shaving cream
- ___ Deodorant
- ___ Soap and Shampoo
- ___ Comb/brush
- ___ Toilet paper (one roll – wipes designed for this purpose are also handy)
- ___ Hand wipes
- ___ Waterless, anti-bacterial hand cleaner (see airline website for liquid restrictions)
- ___ Feminine hygiene items
- ___ Insect repellent/lotion
- ___ Contact lens care items
- ___ Sunscreen/lip balm with sunscreen
- ___ Notebook & pens – some people journal the trip
- ___ Spending money (A suggestion would be no more than \$200 for souvenirs and misc. food/entertainment)
- ___ Camera/chargers/memory cards for digital cameras & other personal electronic items. 110VAC power is available in Honduras, but a surge suppressor/small strip outlet is a good idea – limited # of outlets
- ___ It is suggested that you not bring computers or other valuable electronic items. If you choose to bring them, be prepared to open them up at all airports.
- ___ Non-perishable personal snacks (very important for diabetic folks – sometimes meals can be delayed, you should have a chance to also purchase these when we get to Honduras)
- ___ Sunglasses/hat
- ___ Notify MTMO Team Leaders of any dietary restrictions or food allergies

CLOTHING:

Bring clothing appropriate for summer weather. Comfortable walking or hiking shoes are a must – especially if you participate in construction activities. Keep in mind shoes can become soiled and possibly wet. No tank tops, see through clothing, distasteful wording or pictures on clothing, halter or spaghetti strap dresses. Dress conservatively, please. Men must wear shirts at all times. All dresses, skirts and shorts must pass the length of your longest finger when your arms are by your sides. Simple, neat clothing will be appropriate for worship times. Jeans or long pants are suggested for those participating in construction work. Hats can be beneficial in the sunny locations. Gloves are suggested if you intend to perform manual labor in construction activities.

We should be able to have some level of laundry service while at the mission house. Please reserve this service for folks who are more likely to get dirtier in their work if it turns out this service is available on a limited basis. Do your best to get multiple wearings out of things before turning them in for washing. It is suggested that you not bring delicate washable items – the laundry service is not so delicate. A mesh sack or large plastic bag is handy to keep soiled items in till they're washed.

MEDICATIONS:

Be sure to take an ample supply of all medications you will need for the duration of your trip. Prescription drugs should be labeled and kept in your carry-on luggage when flying. Also, if you have allergies, make sure you take necessary non-prescription medication with you. Your medication may not be available in Honduras, or the specific type you prefer might not be available. Keep a list folded up with your passport of all medications you are currently taking – including drug name and dose, along with any drug/food allergies you may have. Be sure to pack Epi-pens, inhalers, etc. if you're allergic to stinging insects or if you have other allergies/conditions that would warrant that type of medication. If you happen to need any medication during the trip, be sure to notify the team leader immediately.

LUGGAGE:

We ask that all team members limit their luggage to one piece – either carry on or checked. Check Delta/United for policies on personal items. A team of dozens of people creates a huge logistical load for moving luggage, so limiting the number of pieces helps a great deal. You may pack an extra bag if you have been given special permission to carry medicine, tools or other equipment. Pack as light as possible. Your trip fees do not cover airline surcharges for heavy baggage. Visit the URL's below for more information on regulations for baggage and international travel – paying special attention to liquids and baggage weight/charges: http://www.delta.com/content/www/en_US/traveling-with-us/baggage/before-your-trip/checked.html.

<https://www.united.com/web/en-US/content/travel/baggage/default.aspx>

It is suggested that you carry vital personal items on the plane and not in checked bags. This would include medications and other essentials that would stay with you in the event a checked bag is lost. Rolling luggage is easier to move through airports for plane changes. If you have luggage that has a very common appearance (solid black, for instance), it helps to tie a conspicuous marker like a small colored piece of cloth to the handle. This will help keep others from mistaking your bag for theirs. It will also speed up identification of your luggage on conveyors while at the airport. Fill out and attach luggage tags to your bags before you get to the airport or as soon as you get in line at the baggage check location. Large zip closure plastic bags can be really handy for organizing liquids/preventing spills in checked bags.

Miscellaneous:

A fanny pack or backpack is not required, but they can be useful to keep track of personal items you'll need during the day. Keep in mind that a backpack will count as one of your personal carry-on items. Keep fanny packs and backpacks in your sight at all times during the trip.

Make sure you bring ample memory cards for digital cameras/recorders. Also, you might want to consider re-setting the file size setting on your camera to maximize storage.

MTMO personnel will have several cell phones available while in Honduras to communicate with your loved ones back home. A small donation is all that will be required for use of the phone. Facebook and web site updates are also planned to keep folks at home involved and up to date. We will publish a local phone number after reaching Honduras so that folks back home can reach us if an emergency occurs.

We expect to have wi-fi access at the mission house on this trip. However, speed is always an issue, so please be mindful of others' access to this common wifi connection when using it. Be prepared for wooden frame bunkbeds with 4" foam mattresses for sleeping. Bring a small pillow/padding to help with sleep if you're concerned about that sort of thing.