

Honduras Medical/Surgical/Volunteer Work Team

Mission Travel Check List

Mandatory –Yes and Optional

CLOTHING	Work/Auxiliary		Dental		Medical		Surgical	
Honduras is hot-but you might need a sweater during the evenings-in the mountains you may need a light jacket and/or rain gear	Yes		Yes		Yes		Yes	
Shoes, comfortable, easy cleaning sturdy good for long walks, if you bring sandals, make sure they are heavy soled, shower shoes.	Yes		Yes		Yes		Yes	
Swim wear, underwear, sleepwear – women, bring several loose, light-weight dresses or skirts, no shorts in public.	Yes		Yes		Yes		Yes	
Men, short sleeved sport shirts & slacks, swim wear, underwear, sleep wear	Yes		Yes		Yes		Yes	
Scrubs for each day (plan to donate them)	Yes		Yes		Yes		Yes	
OR shoes	Optional		Optional		Optional		Yes	
PERSONAL	Auxiliary		Dental		Medical		Surgical	
Passport with two copies and ticket (do not lose- keep with you at all times – keep copies separate, possibly leave one at home)	Yes		Yes		Yes		Yes	
Bible and/or reading materials	Optional		Optional		Optional		Optional	
ATT calling card , most of the off brands will not work for international calls.	Optional		Optional		Optional		Optional	
Visa (if needed, will get in Honduras)	Yes		Yes		Yes		Yes	
Money Belt (to keep your passport & money)	Yes		Yes		Yes		Yes	
Appropriate Currency (Honduran Currency will get in Honduras)	Yes		Yes		Yes		Yes	
Maps/Brochures/Tourist Information	Optional		Optional		Optional		Optional	
Water bottle/Jug	Yes		Yes		Yes		Yes	
Camera and film	Optional		Optional		Optional		Optional	
Contact lenses, eyeglasses, sunglasses, eye drops	Optional		Optional		Optional		Optional	
Toothbrush-paste-soap-deodorant-shampoo	Yes		Yes		Yes		Yes	
Laundry soap	Yes		Yes		Yes		Yes	
Plastic bags/zip lock bags & twist ties	Yes		Yes		Yes		Yes	
Waterless hand cleaner, wet wipes, toilet paper (recommended)	Optional		Optional		Optional		Optional	
Mosquito repellent with DEET	Yes		Yes		Yes		Yes	
Reading-sewing kit- Swiss knife-small tool kit	Optional		Optional		Optional		Optional	
Flashlight with Batteries & small first aid kit	Yes		Yes		Yes		Yes	
Sheets, pillow cases, sleeping bags	Optional		Optional		Optional		Optional	
Alarm clock	Optional		Optional		Optional		Optional	
Towels & wash cloths	Yes		Yes		Yes		Yes	
Pre-packaged food if you have a weak stomach. Suggestions: lunch box cans of fruit, tuna, power bars, breakfast bars, dried fruit, ensure, packaged juices, cracker, etc.	Optional		Optional		Optional		Optional	

PERSONAL MEDICATIONS & HEALTH	Work/Auxiliary		Dental		Medical		Surgical	
Check CDC guidelines	Yes		Yes		Yes		Yes	
Get appropriate vaccinations	Yes		Yes		Yes		Yes	
Health Insurance? Does it Cover?	Optional		Optional		Optional		Optional	
Personal Medication	Yes		Yes		Yes		Yes	
Band-aids	Optional		Optional		Optional		Optional	
Antibiotic cream	Optional		Optional		Optional		Optional	
Ear and eye drops	Optional		Optional		Optional		Optional	
Imodium, Rolaids	Optional		Optional		Optional		Optional	
Cipro	Optional		Optional		Optional		Optional	
Analgesics (Tylenol)	Optional		Optional		Optional		Optional	
Anti-allergics	Optional		Optional		Optional		Optional	
MISCELLANEOUS	Auxiliary		Dental		Medical		Surgical	
Prepare home for absence	Yes		Yes		Yes		Yes	
Embassy Telephone Numbers	Yes		Yes		Yes		Yes	
Hotel name, address, phone & fax	Yes		Yes		Yes		Yes	
What to do if lost, injured or loss.	Yes		Yes		Yes		Yes	
Aware of time difference.	Yes		Yes		Yes		Yes	
Caps, Masks, Shoe covers for the week. If you are able, bring enough to share.	Optional		Yes		Yes		Yes	
Enough sterile and unsterile exam gloves for your self for the week.	Yes		Yes		Yes		Yes	
One Pair gloves (rubber for washing surgical instruments, operating room, etc.)	Yes		Yes		Yes		Yes	
Bandage scissors, stethoscope, blood pressure cuff, thermometer, tape, roll of steam autoclav tape.	Optional		Yes		Yes		Yes	
Antibacterial liquid of any kind	Optional		Yes		Yes		Yes	
Ball point pens, pencils, magic markers	Yes		Yes		Yes		Yes	
Small toys (the kids love anything)	Optional		Optional		Optional		Optional	
Bottled water for the flight and care ride to point of destination.	Optional		Optional		Optional		Optional	
Two-way radios	Optional		Optional		Optional		Optional	