

What to bring

1. Passport
2. Airline ticket
3. Clothing – It is likely to be warm. Bring plenty of light comfortable clothing (clean jeans, Khakis, golf shirts all can be worn to restaurants and church)
Women should bring a dress or skirt for church. Shorts can be worn at the clinics but should be knee length. No Shorter! As a rule it is better all around if team members wear long pants. Tank tops are not appropriate. Dress modestly. NO tight revealing clothing.
4. Comfortable Shoes and nothing open. Do not wear sandals or flip flops. This is a good way to contact a parasite.
5. Light Jacket and rain jacket
6. Camera and Film
7. Insect repellent – (This is important! Bring plenty and use it!)
8. Sunscreen and lip balm
9. Hand sanitizers
10. Snack Foods
11. Copy of Passport and two passport size pictures

Weather

Dry Season is usually from January to April

Wet Season is usually from May to December. May to September is mostly afternoon showers. Heavy rain is October to December.

Tegucigalpa: From 90 F in the day to 60 F at night.

Pespire: From 100 F (or higher) in the day to 80 F at night. Cooler in January

Days are hot and dusty