

## What to bring

1. Passport – must be valid for at least six months after your trip to Honduras.
2. Clothing – It is hot. Bring plenty of light comfortable clothing T-shirts and shorts can be worn at schools & clinics. Bring plenty of T-shirts. There is high humidity.
3. Women may want to bring a dress or skirt if they wish to go to church. Shorts can be worn at the clinics. Tank tops are not appropriate. Hondurans are very modest, please NO tight revealing clothing.
4. Bring comfortable shoes to work in but avoid open shoes. Sandals or flip flops are ok after work at the hotel.
5. Camera
6. Insect repellent – (**This is important!** Bring plenty and use it!)
7. Sunscreen and lip balm – (**This is important!** Bring plenty and use it!)
8. Hand sanitizers—(**This is important!** Bring plenty & use it!)
9. A color copy of passport page showing your photo and signature.

## Weather

**Dry Season** is usually from January to April

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

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

**Pespire:** 90 F (or higher) in the day to 80 F at night. Cooler in January

**San Marcos:** is in the mountains and is “cooler”