

## General Travel Information

1. Carry a list of important phone numbers, a copy of the photo page of your passport, and a copy of your travel itinerary with you (not in your luggage). Note: Do not keep the copy of your passport in the same bag as your actual passport in case that bag is lost or stolen.
2. Check with your airline for checked bag limits – most airlines will offer you one free checked bag for an international flight with a weight limit of 50 pounds. Most airlines allow one carry-on bag (check size restrictions) and a personal item (i.e. backpack or purse) on board the plane with you. Take a change of clothing in your carry-on in addition to other essentials in case your luggage is delayed: medications, glasses, camera, toothbrush, etc.
3. When you check-in for your flight to Tegucigalpa, make sure your luggage is checked to your final destination. Tag your luggage with a ribbon or other colorful form of identification so that you can easily identify it at baggage claim.
4. Ask your airline whether your exit tax is included in your airfare price. Have \$40 US on hand to pay your tax at the airport if necessary.
5. If you have a problem and need to contact C.A.R.E., please contact:  
Kristi Wass, Director of Operations, U.S. Cell: 515-290-0600  
Kristi Wass, Honduras Cell Phone: +011-504-3380-0150
6. Upon Arrival – A C.A.R.E. representative (if not already accompanying you on your flight) will meet you at the airport with a sign.
7. In Honduras – Large U.S. bill denominations and Travelers Checks are not accepted. You are welcome to bring money to exchange into local currency **or** you can bring small bills (mostly ones and fives) if you prefer to pay in USD, but please remember most places won't have USD to make change for you. Alternatively, many locations accept credit cards, though you will need to notify your credit card company of your international travel plans in advance. C.A.R.E. will make arrangements for those who want to change money into local currency.
8. Few cell phones work in Honduras and international roaming and data can be very expensive. We recommend either purchasing an international plan in advance, or--even better-- turn off data and cellular functions while in country. This avoids a massive phone bill and allows you to focus on all of the wonderful opportunities to learn while you are in Honduras. The Hotel does have wireless internet for you to check-in in the evenings, and all C.A.R.E. staff members carry a cell phone that can be used in case of an emergency.