

How exciting, you are thinking about visiting the Sister Parish in El Progreso, Yoro, Honduras! I can guarantee this will be a most amazing experience. It is truly life changing, even if you have been on similar trips in the past. Each trip is different and can be tailored to particular interests. Below you will find a list of information and suggestions to hopefully make your visit even more wonderful.

Vaccines:

In addition to all the routine US immunizations a typhoid vaccine is recommended. There are two forms of Typhoid vaccines. The injection is approved for age 2 and up and must be repeated every 2 years. The oral vaccine is a pill taken on days 1, 3, 5 and 7 and is approved for ages 6 and above. The oral vaccine is repeated every 5 years. Both vaccines should be completed two weeks prior to travel to insure good immunity. There has been one confirmed case of Typhoid over the last several years at the Hogar.

For the protection of the children and staff, 2 Covid vaccines are requested prior to visiting. Please also consider a rapid Covid test 24 hours prior to travel if any known exposure or even possibly mild symptoms. Covid remains a much larger concern in Honduras as the infrastructure is not as capable of preventing spread and treating the disease compared to the US.

If you are an adult, make sure you are immunized for Hepatitis A and that your Tetanus vaccine is current.

Medications:

The CDC recommends Malaria prophylaxis for travel to Honduras. There are a variety of medications that can be used for this. Most have some side effects and the specific medicine used should be tailored to the traveler. Some of these medications need to be started two weeks prior to departure. The medicines are not 100% effective and other measures should also be used to prevent mosquito bites. Deep woods off or stronger is suggested and a vitamin B1 mosquito patch has been found useful as well. We have not seen any cases of Malaria over the past many years.

Traveler's diarrhea is a possibility, especially if you drink the local water. Bottled water will be provided but a prescription for antibiotics might be helpful to take with you. For adults Aemcolo or Zithromax can be a good choice. Zithromax can be considered for younger children. Packing Pepto Bismal, Immodium, and probiotics might also be useful. Most visitors have not had any difficulties. Be careful of ice in drinks and salad bars for possible contamination.

Zofran is a prescription anti-nausea medication that can be useful for any nausea or vomiting. Drinking lots of water and staying well hydrated is very important.

Over-the-counter medications/supplies to consider packing are:

Tylenol	Pepto Bismal
Motrin	Immodium
Neosporin	Probiotics
Hydrocortisone	Deep Woods Off
Aloe Vera gel	Mosquito patches
Band aids	Hand sanitizer
Sunscreen	

Your customs form will ask for your destination address. Take a pen to complete the form on the plane. The address of the Hogar is:

Hogar Suyapa

Una cuadra al Sur del Estadio Humberto Micheletti

El Progreso, Yoro Honduras

You will need a valid passport that expires six months or after your return date.

US cash is widely accepted. Some expected expenses would be tips for the porters at the airport that will help you get your bags through customs and out to the awaiting truck/van, money for a few meals or snacks, souvenirs, and airline luggage fees. We ask for \$35 a day per person to help offset the cost of the visit. They are on a very tight budget and we need to make sure our visit is never a financial burden. This money helps with the extra gas, tolls, meals, water, electricity, etc. If staying at the Notre Dame School they charge a boarding fee that is included in this amount.

With trips we usually plan for each traveler to take two large duffle bags as checked luggage full of donations. We are happy to help collect any requested donations. They usually supply us with a list of requested items prior to a visit. They count on our donations as many items are not available or are more expensive in Honduras. The traveler's items usually fit well into a

carry-on bag and a backpack. A letter will be provided prior to travel that verifies these items are donations and not for resale within the country. This helps get you through customs easier.

The WhatsApp app is very useful for sending messages to family at home and even phone calls free of charge while traveling. Wifi is available at the Hogar main building and some areas in the second building.

Take lots of pictures, but please don't post any of the faces from the children at the Hogar for their protection. Nutrition Center children and children from the barrios may be pictured.

The electrical circuits are the same as the US, so no converters are needed.

Some visitors stay at the Hogar, some at the Notre Dame School, and others are housed with host families. If you have a host family, please consider taking a hostess gift. If you stay at the Hogar you will have keys to your room (and they don't have an extra set). If you don't have safe pockets then a safety pen to attach the keys to your clothes could be helpful.

Some groups plan projects to do during their visit. Obviously, packing all needed supplies is required. Supplies there are limited.

The sewer system does not accommodate toilet paper. Toilet paper is deposited into the trash can.

Here are suggestions for a packing list. Individual needs may vary depending on the time of year/weather and your trip's itinerary.

T-shirts and decent length shorts for each day

Dresses or slacks for masses/dinners

Swim suit

Socks

Underwear

Jeans or leggings for in the barrios

Pajamas

Tennis shoes, beach shoes, shower shoes, dress shoes

Ball cap

Sunglasses

Toiletries (shampoo/conditioner, razor, toothbrush, toothpaste, chapstick, comb/brush, etc.)

A towel, wash cloth, and hand towel (we usually leave these behind after our stay)

Cell phone

Cell phone charger

Portable charger

Separate camera from cell phone is desired

Water bottle

Back pack or draw string bag

Little toys/gifts to hand out to the children when in the barrios (examples: matchbox cars, lollipops, bubbles, jump ropes, hacky sack balls, yoyos, etc.)

A few granola bars, protein bars or other snacks might be useful

Wet wipes for a quick rinse off

I hope you find this useful. I know your trip will be an experience you never forget. Please let me know if you have any questions.

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