

Recommendations for GSCH Guests

ITEMS WE'LL PROVIDE:

- Bedding/Bath Items: Sheets, pillow, pillowcase, blankets, towels, and washcloths. We can also provide a pillow. However, you may wish to bring your own.
- Security: A safe place to store your passport, credit cards, and money.
- Healthcare: Access to the clinic/pharmacy in the event of an emergency or for first aid products such as antibiotic ointments, hydrocortisone cream, band-aids, etc. We will also provide lice shampoo if needed.
- Food: 3 meals per day, drinks, and purified water. Lunch generally consists of left-overs or sandwiches. The main meal of the day is usually dinner.
- Laundry: We have a washing machine and dryer that you may use. You will be able to buy your own detergent in local supermarkets.
- Phone: You may purchase an inexpensive phone for about \$25 and add minutes as needed. The rate to call the USA is \$0.10 per minute using the TIGO service.

THINGS TO DO:

- Inform your credit card company and bank of the dates that you will be in Honduras.
- Make a copy of your passport and leave the copy with someone in the USA.
- Apply for travel insurance at www.aaintl.com. Send proof of insurance to Sheree Postlewait at sheree@bmdmi.org.
- Mail your check made payable to BMDMI and designate the check for GSCH visitor fees.
- Document the phone number of your credit card, your credit card numbers, expiration date, and security code.
- If you are going to be here for more than one week, reduce your passport to the size of a credit card and laminate it to use as photo identification in the stores. Many businesses require that you present your passport when making purchases with a credit card.
- Ensure that your tetanus vaccination is up-to-date. Ask your doctor about receiving a Hepatitis A injection.
- Share contact information and let us know of any medical conditions, food, or medicine allergies that we need to know about.

CLOTHING RECOMMENDATIONS:

- Pack enough to last about one week.
- Clothes should be comfortable, cool, casual, and modest.
- Dress/Skirt (for females) for church services or in the event that you accompany our Bible Club to a remote village.
- Shoes should be chosen for comfort and suitability for walking on rough terrain; you may wish to bring two pairs in case one pair gets wet as well as extra socks. Sweater or light jacket is recommended for cool nights.
- Modest swimsuit, old shorts/t-shirt for swimming in the pool.

MISCELLANEOUS ITEMS:

- Bible, pen and paper (for journaling or making notes)
- Books that you might want to read in your free time (if any)
- Insect repellent; mosquito netting is optional

- Sunscreen
- Moist towelettes for quick cleaning
- Antibacterial hand gel
- Shower shoes, shampoo, conditioner, soap, and other personal toiletries
- Personal medications and feminine hygiene products to last for the duration of your stay – plus extra days in the event of a delay with your exit
- Flashlight with supply of batteries
- Rechargeable batteries and charger (not necessary – but more economical in some cases)
- Small umbrella and/or compact rain gear; rubber boots if your trip is in the months of May - Sep. It is recommended that you bring rain boots that you can leave behind for a teenager or an adult employee.
- A camera to take lots of pictures!
- A copy of your passport tucked away in your suitcase in case you lose the original.
- A laminated copy of your passport reduced to the size of a driver's license.
- Do not pack or take any expensive or flashy jewelry or accessories. The general rule of thumb is not to take, or wear, anything that would leave you heart-broken if you lost it.
- Do not wear piercing jewelry other than modest earrings; minimal earrings should be worn on the ears of females only.
- Tattoos must be concealed.
- Do not take loads of money with you; what money you do bring should be in 1s, 5s, 10s, and 20s. (Credit cards are accepted at most souvenir stores.) You can buy Coke products on property and other snack items at the GSCH or occasionally at the local market.
- Photos of yourself, your family, and friends, to show the children.

CONTACT INFORMATION:

- Sheree Postlewait: sheree@bmdmi.org or 011-504-9450-4068
- J.P. Postlewait: jp@bmdmi.org or 011-504-9450-4101

TRAVEL INFO:

You are probably aware of the following information, but just in case you don't know. On your Flight, an attendant will give you a form to complete. This is a registration document that you'll be required to present to customs in Honduras. Most of the information is straightforward, however, here are a few suggestions.

- Type of Passport: Check ORD
- Travel Purpose: Tourism
- Foreseen address: Hogar del Buen Pastor, Santa Rosa, San Antonio de Oriente, Francisco Morazán.

Revised: March, 2015