

Roatán ITW Complete Trip & Packing Guide

Travel Documents

- Passport (*We recommend you take photos of this and keep on your phone and for added protection it doesn't hurt to give photos to a trusted family member as well.*)
- Flight itinerary/boarding passes
- Government-issued ID (*Recommend saving photos to phone as well*)
- Wallet
- Complete airline check-in
- Complete Honduras online pre-check
- Print travel documents if possible, Save digital copies.

Money

Bring approximately **\$200–300 USD**, depending on your spending plans.

- Bring only **\$20 bills or smaller**.
- Every bill must be **clean and undamaged**.
- Do **NOT** bring bills with:
 - Tears (even tiny ones) They will NOT accept.
 - Tape
 - Writing
 - Marks
 - Excessive wear

Businesses in Roatán often refuse damaged U.S. currency because local banks will not accept it.

- U.S. dollars are widely accepted.
- You will usually receive change in **Honduran lempiras (HNL)**.
- Keep cash in multiple locations instead of one large stack. (*I usually put small amounts in multiple places in my purse or backpack so when I am paying it does not look like I have a lot*) Avoid pulling out large amounts of cash in public.
- If using cards, a **credit card** is generally safer than a debit card because of better fraud protection.

Clothing-See the HC Guidelines on the Website.

- Uniform: Hope Corps shirts (2 or more)
- Black pants/skirts

- Black shoes, black socks, black tie if required
- Casual Outfits
 - You will want one of them to be a workday outfit that can be possibly ruined.
 - Most evenings you can dress down once we get done with all services and sessions. You can bring a couple of these outfits that can be washed if needed. Do **NOT** bring one for every single day.
 - Free Day Outfit-This may also be a swim outfit. There are a lot of water activities available that day.
 - Modest Swim Outfit-There are two opportunities to go swimming. One is for the free day and the other is after the workday when we go have dinner on a smaller island.
- Work shoes that can get dirty or ruined.
- Comfortable black shoes for uniform
- Slides/flip-flops/water shoes

Toiletries-TSA liquids 3 oz. or less.

- Shampoo
- Conditioner
- Body wash/bar soap
- Toothbrush/ toothpaste
- Deodorant
- Lotion
- Hair products
- Comb/brush
- Razor (disposable or cartridge)
- Washcloth
- Beach towel
- Chapstick

Must-Haves-ALL of these are a MUST!

- Refillable water bottle-**Important!!!!**
- Bible and Journal
- Backpack/daypack
- Sunscreen-*Roatan is close to the equator. Their sun exposure is different and very intense.*
- Bug spray-*Trust us you WILL need this.*
- Hat-For work day
- Optional sunglasses
- Light blanket-if you get cold, the AC at the HC center really works!!

Electronics

- Phone
- Charger
- Portable battery pack-Highly recommended.

Helpful Apps.

- **Google Translate**
- **XE Currency**-This is great for knowing the exchange rate. Honduran money is in Lempiras. You can give them USD but they will give you back Lempiras.
- **Your airline's app.**

Laundry

Label all uniform shirts, pants, skirts clothing tags with first name and last initial. If your name is too long then something that is easily unique and identifiable Initials -**This is a MUST!**

Alumni handle scheduled laundry times and you will be informed of the schedule at orientation.

We do not typically do private laundry but if for some reason it is needed make sure to bring a washable mesh bag and Sis. Reyanna and I will help you with this.

Weather

Hot, humid, tropical. You will need to stay hydrated and wear sunscreen!!

Phone Service

Limited Wi-Fi. Airplane Mode is common. Consider an international plan if you would like. All Leaders will have phones for emergencies.

Free Day

Beach, swimming, snorkeling, ziplining, shopping, restaurants, souvenirs. -We will let you know cost of these at orientation. They typically are in the \$30-\$40 range.