

HGW Medical BRIGADE 2023. JUNE 15 NEWSLETTER

This is the second in a series of newsletters intended to assist with your participation in Honduras Good Works Medical Mission Trip. Please make sure you have read the previous newsletter and be on the lookout for a final newsletter in July.

At this point, **you should have uploaded your passport** so we can arrange for air travel. We will also be submitting it to the Honduran government, and to the agency that will be helping us through the Honduran airport. Your passport must be good through February 2024. Tickets will be purchased in your name soon. Make sure you are receiving the proper immunizations as discussed with your primary care provider. Use this link to upload: [upload documents](#).

PHYSICIANS, Pharmacist, APNs: You should have uploaded your medical diploma and current license to practice. If you haven't, please use the upload documents link NOW.

PAYMENT: Payment in full is due by June 30th. The trip amount includes airfare, travel insurance, lodging and meals and in country travel. The minimum donation to make the trip is \$2100, but we need as many as possible to donate the full \$3000 to make this trip a success. This will help cover the costs of our Honduran volunteers. Many of you are traveling with HNI charities, and you should have heard from Skip about funding.

What to pack

It's time to start thinking about what you need to pack. We really need as many of you as possible to only bring a carry-on for your personal items, as we need to assign you a team bag to check. These will contain the medical supplies and hygiene bags that the team will be giving out during the week. If you must check a bag for personal use, please let us know as soon as possible.

Please dress modestly, nothing too short or revealing, as we are guests and representatives to the Hondurans. Pack for a weeks' stay in a temperate climate. Honduras is temperate year-round. Daytime temperatures may reach 80-85, occasionally to 90. Nighttime will cool down to 75 or below after midnight. In the summer, the rainy season starts. Some prefer to bring a poncho and/or a light jacket. Nights can be cool but not cold.

Light weight long sleeved shirts and long pants are best for mosquito protection. Scrubs, long loose skirts, pants and capris are appropriate for the field. Comfortable, closed toe walking shoes are a must since the terrain in many of the villages we visit is rough and uneven, and the soil is contaminated with parasites. In the evenings at the center you may want to dress more comfortably but again please keep in mind that we are guests of the nuns and will want to be respectful. Sandals or flip flops are ok for the evenings at the compound.

Many people pack gently used clothes/shoes that can be left and donated at the end of the trip.

We usually have the ability to have clothes washed one time, depending on the weather, so you don't need to pack a whole week's worth of clothes.

Remember, you will have the team T-shirt to wear to and from the airport and on picture day. Team T-shirts will be provided at the last packing party or at the airport on the day of travel.

You may also want to pack travel size soap, shampoo and bug spray. We will have mosquito wrist bands and cans of bug spray to share.

Everything (meals, transportation, lodging) will be provided for you, but if you would like to buy extra snacks/gifts, bring spending money to exchange at the airport.

IMPORTANT: Pack a refillable water bottle! THIS IS ESSENTIAL

Packing parties

- The next packing party is **June 29, 2023, at Stony Point High School, 1801 Tiger Trail Round Rock, TX 78664 from 9-Noon**. This is being hosted by their HOSA program, and we would LOVE to have a large group showing them what we do!!
- The final packing party will be **July 8th, at St. Richard's Episcopal Church , 1420 E. Palm Valley Blvd, Round Rock**, from 9:00 a.m until we are done. We will complete the packing of hygiene kits, and the labelling of medicine baggies, pack up the medical and dental supplies and weigh each bag. Feel free to bring snacks to share with others.

PLEASE come to these if you live in the central Texas area and bring your friends! We need lots of hands. And bring donated , non-expired toiletries too!

George Bush Intercontinental Airport, Houston (IAH)

Brigadiers are asked to be at the United Airlines Group Check In counter in Terminal C on August 3rd no later than 6:30 am. This terminal changes from year to year, so expect a last minute email about which terminal it is located in.

Wear your team T-shirts on the day of travel. If you have not picked it up it will be given to you at the airport.

We need several people outside Terminal C by 6:15 am to help unload the crates and duffle bags from the U-Haul truck that will be driving down from Austin by a volunteer.

Please follow these guidelines for check-in:

- **Have your passport handy.**
- **While you may check in on line ahead of time, please do not go directly to the gate, as we need to assign a team bag for you to check in at the group check in counter.**
- **MEET AT THE GROUP CHECK IN DESK, and if you have status with United, please let Skip Courtney know as you may get a free checked bag.**
- HGW will be paying for the checked luggage. Do not pay for any checked bags.
- Give Skip the baggage claim ticket for team bags.
- **DO NOT** tip anyone for group activities. Skip is in charge of all tips for porters who help unload the U-Haul at the airport in Houston, although we do expect the team to do this job. If you are having any difficulty, please notify Skip ASAP at 512-426-7311.

- **Fill your water bottle in Houston! And get some food as it may be 1-2oclock before we get any food in Honduras.**

PALMEROLA AIRPORT IN COMAYAGUA (XPL)

Honduras has a challenging form to fill out on line, that will need to be submitted a few days before the trip. More info on this next newsletter.

- The first step upon arriving in Honduras is to go through immigration. You will need your passport (and maybe a printed copy of said form—TBD). Once you're through, go to baggage claim area and find your personal luggage if you checked a personal bag. Keep it with you as you wait. If it does not arrive, let Dennis know.
- Do not leave the baggage claim area until told to do so by Skip! Please use the restroom here if needed so you don't wander off once we are through baggage claim.
- We will collect all team bags into one area. Skip will count bags and present the team luggage claim tickets to airport personnel. The next step is getting the luggage through customs. This has been a tediously slow process recently. Plan on spending some time waiting.
- Once outside the baggage area the advance team will be looking for team T-shirts to greet us. They will have chosen porters to take our luggage to the bus and trucks which have been rented for our transportation. Keep your carry-on with you at all times, and stay together. Please don't wander off!
- Tips will be taken care of. Do not tip anyone, and don't give money to beggars.
- Our advance team will arrange for a trusted money changer to change your dollars to lempiras. DO NOT DO it with anyone else. At times he will want to do the exchange on the bus, at other times in a particular spot inside the airport. Please stay together so you will know when and where this is happening. During the week you might want to buy snacks, adult beverages for social hour and souvenirs, so exchange accordingly.
- Water and pizza will be provided for us in the bus and trucks. Please wear your name tags so that the advance team knows who to share these with. Because our funds are limited, unfortunately we are not able to purchase enough water and pizza to share with airport workers.

We will put all luggage on the bus if possible, and not in the back of the trucks.

DRIVERS IN HONDURAS: If you have been designated as a driver, go with Dennis to the car rental agency with your driver's license. Once outside the airport, you will be directed to the bus and the trucks.

FINAL COMMUNICATION NEXT MONTH

To answer questions or for technical help, please contact us through brigade.info@hondurasgoodworks.org.