

**Important Reminders and Packing List:**

Medical Brigades

Syracuse

January 5-11, 2011

Welcome to Honduras!

Pre-Departure Information

* **Passport**
* **Photocopy of passport**
* **$38 for exit fee**
* Prescription medications
* Insect repellent
* Sunscreen
* Scrubs/clothes that can get dirty
* Computers for Data Informatics
* Water bottle
* Sunglasses
* Comfortable shoes
* Shower shoes
* Snacks
* Jacket
* Hand sanitizer/wet wipes
* Expendable funds
* Small daypack to bring on brigades
* Ziploc bags to keep things dry
* Camera

**Flight Itinerary to Honduras:**

Wed 05JAN11 CO611 NEWARK 5:30AM HOUSTON 8:22AM

Wed 05JAN11 CO756 HOUSTON 9:25AM TGU 12:33PM

Tue 11JAN11 CO755 TGU 1:25PM HOUSTON 4:32PM

Tue 11JAN11 CO1010 HOUSTON, TEXAS5:50PM NEWARK 10:20PM

At the airport you will be greeted by your Brigade Coordinators who will be wearing Global Brigades attire. You will then driven by bus to Tegucigalpa and go directly to the compound, Flor Azul where you will be staying.

**Meet your Brigade Coordinators:**

**Dr. Jenny (**[**drjenny@globalbrigades.org**](mailto:drjenny@globalbrigades.org) **)** will be contacting you soon to introduce herself and to send an itinerary for the week.

**Accommodations where you will be staying:**

Flor Azul: The more rustic of our two main compounds, Flor Azul offers an incredible few of the valley below. It has the normal GB amenities such as beds, sheets, towels, a washer and dryer for laundry, an abundance of bathrooms and showers, and bottled water for drinking. It is a secure compound with security staff working around the clock. Flor Azul is also located just up the hill from the Flor Azul Boys School & Farm, whose students are always ready for a game on their full size soccer field.

**Community where you will be working:**

You will be working in El Plan. For more information about San El Plan, be sure to check out the community profile:

http://globalbrigades.wikidot.com/community-profiles:plan

**Emergency Contact Information:**

Upon your arrival to Honduras, Global Brigades will notify the contact you identified on the roster, that you have arrived safely. As a general rule, please express to your family and friends at home that “no news is good news” as phone and internet are limited except for emergency situations. However, in the event of an emergency, please contact the following:

Contacts in Honduras:

**Dr. Jenny Najera, Medical Brigades Director**

[drjenny@globalbrigades.org](mailto:drjenny@globalbrigades.org)

Cell: 011-504-9973-9608 (from the US)

Cell: 99-73-9608 (from within Honduras)

**Enrique Rodríguez, Managing Director**

[quique@globalbrigades.org](mailto:quique@globalbrigades.org)

011-504-99-70-9478 (from the US)

99-70-9478 (from within Honduras)

Contacts in the U.S.:

**Shital Chauhan, GB Co-Founder/ Health**

shital@globalbrigades.org

(847)507-5978

We look forward to seeing you soon in Honduras! Please do not hestitate to contact your group’s in-country program advisor, Kelly Wenzel ([Kelly@globalbrigades.org](mailto:Kelly@globalbrigades.org)) with any additional questions.