



February 2024 Honduras Trip Information

February 7-12, 2024

Please join us this February for our annual trip to visit the girls of Our Little Roses! This trip is composed of adults from St. George's and other friends from across the US. All are welcome! We stay at the Copantl Hotel in San Pedro Sula and have professional drivers for transportation. A typical day on this trip includes games, arts & crafts, fellowship, meals with the girls, and swimming. The group also throws a Valentine's Day party for the girls and takes them on a fun outing!

LEADERSHIP TEAM

Patsy Curry pcurry@comcast.net 615-347-2630
Leslie Ann Wilson wilson.leslieann@gmail.com 615-202-4578

PRICING DETAILS

- The trip cost is approximately \$445 / per person for a double-occupancy room + \$100 activity fee + airfare
- The activity fee includes transportation, activities, and some meals with the girls.
- Participants are responsible for paying for their own hotel room on site.
- The \$100 activity fee is collected as part of your registration. **The registration deadline is Sunday, December 17, 2023.**
- Financial assistance is available—contact church member Patsy Curry for more information.

FLIGHT RECOMMENDATIONS

Airfare is the participant's responsibility. Please provide a copy of your airfare itinerary to church members Patsy Curry and Leslie Ann Wilson once booked.

- Delta
- American
- United

IMPORTANT TRAVELER INFORMATION:

- As a reminder, your passport CANNOT expire within **3 months** of the trip.
- Proof of COVID vaccination is required by Our Little Roses.
- Make a copy of the front page of your passport and keep in your carry-on bag.
- Do not pack your passport in your checked luggage.
- Do not bring or wear any special jewelry or other valuables.

CUSTOMS AND IMMIGRATION

Immigration Pre-Check Form: There will be a Honduras Immigration **pre-check** form to fill out 24 hours prior to departure. This is typically sent to you by your airline, found on their app with your reservation details, or by visiting: <https://prechequeo.inm.gob.hn/Login>. More details to follow closer to departure.

Customs Form: On the flight into Honduras, you will be given customs forms. Details to follow closer to departure.

ARRIVAL INFORMATION

When you arrive in San Pedro Sula, you will go through Immigration and a passport check. Then you will go to the luggage area and **claim your checked bags: 1 personal bag and 1 bag of supplies from the church**. Make sure you have your baggage claim receipt handy, and provide it to the baggage handler. **Please remember to get the supply bag!** A luggage handler will help collect all of the St. George's bags before sending them through the x-ray machine together. **It is important that the group and bags stay together during this process.** The group will reclaim their personal and supply bags at the end of the x-ray machine and take the bags out to the arrivals area. Some of the supply bags will likely be pulled and searched by the customs officers. If this happens to your bag, ask someone from the leadership team to wait with you. A member of the group will be in the arrivals area to greet you with the buses.

HOTEL INFORMATION

We will stay at the Copantl Hotel and Convention Center in San Pedro Sula. This is a Honduran-owned and operated hotel that has welcomed St. George's groups for many years. You can expect the following:

- A safe, clean campus
- The breakfast buffet is included in the cost of your room daily. You will see a large offering of hot foods, eggs to order, cereals, breads, fresh fruit, and fresh fruit juices, as well as hot coffee.
- Wi-Fi is available in your room and in the lobby.
- A fitness center and swimming pool are available.
- There are three restaurants on the property.
- The hotel rooms have a refrigerator, hairdryer, shampoo, soap, and safes.
 - If the safe does not work or there is no refrigerator, contact the front desk.
- **Do not drink tap water or brush your teeth with the tap water in the hotel room.** Use bottled/purified water only. There is a water cooler in the lobby with drinkable water available to refill your personal bottle.
 - Two bottles of purified water are provided by the hotel each day per room.
 - Bottled water and other drinks are available for purchase from the hotel, or you can purchase from the grocery store when we arrive.
- The hotel has laundry service.

MONEY

Everyone will need to travel with some **USD CASH** on their person, as well as a credit card for other purchases. Honduras currency is *lempira*. **Exchange rate:** \$1 (USD) equals 24.5 lempira. The exchange rate is usually better on a credit card vs. cash exchange. **Do not take Travelers Checks** as most places in Honduras will not take them.

Please bring cash for the following in exact amounts:

- \$40 total to tip our driver, Manuel
- \$10 total per person for your housekeeper

- \$5 per person to tip San Pedro Sula airport baggage handlers
- \$5 per person to tip bellman if he delivers your luggage or groceries

Examples of cost/per person:

- Travel days: airport lunch \$25, snacks \$15, book/magazine \$10
- Lunch or dinner at hotel \$20/day
- Snacks for room from grocery store \$25

Hotel:

- **You must have a credit card on file for your hotel room for incidentals.**
- **You must have \$10 (USD cash) for your hotel cleaning tip.**
- The Copantl Hotel does exchange dollars for lempira. The outdoor market will accept US dollars.

Grocery/Restaurants/Shopping:

- You can use Visa and Mastercard at the grocery and restaurants.
- We will go to the grocery store on the first or second day of the trip to purchase snacks/drinks for the hotel room. They do have Gatorade and some other “American” foods.
- We will try to go to the Guamilito market on one of the days. They accept cash and cards. You may want smaller USD cash bills for this.

OLR RULES

- Do not bring valuables of any kind.
- Do not let the girls use your cameras, phones, or any other electronics. This takes away from our time with the girls and is a distraction to them and others.
- Do not post any photos of OLR girls on your Instagram/Snapchat/ Facebook/TikTok or on the internet. This is for their protection!
- All gifts for girls must be taken to the office to be logged in; we cannot give gifts directly to any girls due to the non-profit nature of the organization.
- Follow the dress code outlined in the covenant signed at registration.

IMPORTANT CONTACT INFORMATION

Copantl Hotel: 011 504 2561-89

Our Little Roses Office: 011 504 2552-7687 / M-F; 8:30 to 4:30

Mayra Aguellas: 011 504 9922-2994 / Emergency number after OLR hours

Patsy Curry: 615-347-2630 / Patsy has international service; text if possible

PACKING LIST

You may take one carry-on bag and one checked bag (your checked bag can be no more than 50 lbs). Put identification information on your luggage where it is easily seen: "Your name / Copantl Hotel 504 2561-8900 / San Pedro Sula." You may be asked to carry one additional checked bag with group supplies. Please keep up with this bag; we will reimburse you for any bag fee associated with the supply bag. **Place your passport in your carry-on bag, pocket, or purse.** Make a copy of the front page of your passport; put it in your carry-on bag. The current TSA rule for liquids in carry-on bags is 3oz containers or less and only as many containers as you can put in a quart size Ziploc bag. *For more information go to the TSA and/or FAA websites.* **Do not bring or wear any jewelry or valuables! This is for your safety!**

*****DRESS CODE REMINDER, AS LISTED IN YOUR SIGNED COVENANT:
No midriffs, no low-cut shirts/tanks/no super-short skirts or shorts*****

Clothing:

- Athletic tops/t-shirts
- Athletic shorts/tennis skirts
- Pants/leggings for possible Planet Jump outing
- Socks
- Tennis shoes/work shoes/sandals/flip-flops
- Swimsuit and cover-up
- Hat, sunglasses, visors, and/or bandanas.
- For church or going out to dinner:
 - Men: One shirt with collar and one pair of slacks or long shorts
 - Women: sundress/long skirt or nice slacks and blouses
- One facemask just in case!
- A red or pink shirt for the Valentine's Day party

Miscellaneous:

- Black Sharpie pen to use for signing t-shirts.
- Beach towel that you might leave there for the girls.
- Sunblock SPF 30-50+ (we are almost on the equator!)
- Insect/mosquito repellent containing Deet
- Backpack or tote bag to carry things between hotel and OLR
- Refillable water bottle
- Hydration packets (Nuun, Liquid IV, etc.)
- Phone/electronic chargers
- Card games to leave at OLR: SkipBo, Uno, standard playing cards, etc.

Toiletries/Medications:

- Personal hygiene items (deodorant, toothbrush/toothpaste, bath soap)
- Lip balm
- Hand sanitizer
- Pepto-Bismol tablets for GI prophylaxis EVERY DAY
- Over-the-counter meds such as Roloids, Alka-Seltzer, Tylenol, Advil, Immodium, cold medications, etc.
- Prescription medications (keep in carry-on bag)