



2026 Team Member Travel Info

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Dear Team Member

We are so excited that you have expressed interest in joining a mission team to serve with us in Honduras. God is already at work and is orchestrating a plan. Your team leader is our primary point-of-contact and has already been hard at work.

The purpose of this packet is to help you BE prepared well in advance of your departure. We encourage you to attend the pre-trip meetings, to read this entire packet thoroughly, and to prepare yourself spiritually.

Please read the entire packet – especially the information about passports, airports, airlines, and IMPORTANT steps to follow prior to arrival.

We have been serving as full-time missionaries and have lived in Central America since 2009 and have hosted many teams and hundreds of volunteers. We look forward to getting to know you better, working with your team, and most of all, seeing how God works through and blesses your team and the people you serve in Honduras.

BE blessed,

Trisha Lawrence
Borders Expanded Ministries, Inc.
www.be-ministries.org

PRE-TRAVEL INFORMATION

Medical Preparation

We highly suggest that you consult with your medical professional about your state of health, to obtain prescriptions, and to obtain any necessary vaccinations recommended by the CDC for Honduras.

Passports

Passports must be valid for six months (180 days) beyond the date the traveler will enter Honduras. **The Honduras government will not grant you entry if your passport will be expiring within 180 days.**

Airport & Airlines

We authorize travel to/from Palmerola International Airport (XPL) and recommend American Airlines, United Airlines, and Spirit (day flights only). We prefer that you choose the 1st arrival and 1st departure time due to possible flight delays during peak travel season in June & July. We do not recommend standby flights due to the risk of an extended stay and additional travel to/from the airport.

Travel Resources

Centers for Disease Control (CDC):

<http://www.cdc.gov/travel/>

Information about travelers' health, safety and necessary vaccines. The water and food we consume is safe, but the CDC suggests hepatitis A and B, and typhoid vaccines as well as malaria meds. Yellow fever is only required if you are traveling from countries with risk for YF virus transmission.

Zika Virus:

<https://wwwnc.cdc.gov/travel/notices/alert/zika-virus-honduras>

Customs: https://sisglobal.aduanas.gob.hn/Pech/#/plataforma/otra_gestiones/formularioDJRV

It is REQUIRED to complete the customs declaration prior to entry into Honduras. Save the QR code after completion as it will be scanned in the airport. If you do not complete this, you will be required to do this in the XPL airport. Change to English at the top of their page.

US Dept of State & STEP:

<https://travelregistration.state.gov/ibrs/ui/>

Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency.

Transportation Safety Administration:

<http://www.tsa.gov>

Follow TSA Guidelines for packing, check-in and security procedures at US airports. TSA will require you to discard or re-pack any items not permitted for travel.

Clothing Recommendations

Since you are packing for a generally warm to hot climate, we recommend bringing extra of everything since there are **no laundry facilities**. During the months of June and July, we could have rain in the afternoon hours.

What clothing items should I NOT bring? Shirts with profanity; shirts with political parties or candidates; shirts from other mission organizations; low-cut shirts; tank tops; tankinis; bikinis; short shorts; mini-skirts; expensive or sentimental jewelry.

Location	Men	Women
Airport	Pants or shorts with the BE Ministries team t-shirt	Pants, shorts, or skirt with the BE Ministries team t-shirt
Church/Ministry Outings	Dress pants, cargos, jeans	Dress, skirt, pants, capris, jeans
Clinical-type Projects	Scrubs are encouraged for medical, dental, and therapy-type teams	
Hiking	Hiking boots, gear, and gloves (if outdoor activities team)	
Showers	Flip flops, loofa, soap, other hygiene items	
Sleepwear	Lightweight pajamas (other bedding items listed below)	
Weather Items <i>(during months of June-October)</i>	Hat or baseball cap Lightweight rain jacket or poncho with hat Rain Boots (June-November) Sunglasses Sweater Small Umbrella	
Work Projects	Head covering Safety goggles Quality face mask Heavy-duty work gloves Jeans, knee-length shorts or cargo pants T-shirts that you aren't afraid of damaging Comfortable old pair of closed-toe tennis shoes, work shoes, or boots	

Packing Recommendations

- Check with the airline provider about baggage weight, baggage size, luggage costs, restrictions, and embargos during your travel period.
- Pack lightly and efficiently.
 - Remove tags and other items from packaging so that you do not have to pay taxes in customs. It is routine to be charged taxes for new items.
 - Don't take items in your wallet or purse that you will not need.
 - Roll your clothing to save space.
 - Use vacuum-type bags to conserve space and to protect gear from water.
- Pack travel-sized containers of shampoo and other toiletries. Pack these and other liquids inside sturdy zip-lock baggies to avoid accidents.
- Your luggage could be damaged or even lost during travel, so be sure leave behind designer luggage and use sturdy older luggage.
- Use the same color ribbons or tape to easily identify your luggage at baggage claim. Also label your luggage.
- **Pack one change of clothes and all non-liquid medicine in your carry-on bag in the event your checked bag is lost or delayed.**
- Do NOT pack any sharp objects such as scissors, knives, or other items that could be construed as weapons in your carry-on luggage.
- Leave enough room in your suitcase for small souvenir items that you may purchase.
- Pack a small amount of bubble wrap in the event that you purchase a breakable object that has to be placed in your checked luggage.
- Ensure that sports balls are deflated.

Travel-type Documents

- Flight confirmation
- Customs Declaration (*see website on travel page*)
- Passport and copy of passport
- Medical information, insurance card
- Minors: Parents/Guardians must complete Minor Travel Consent Form

Personal Items (Items in Red are Required)

- **Insect repellent** (non aerosol) like Off or Deep Woods Off are ok, but Deet is most effective. We have stinging ants, mosquitoes, and no-see-ums (tiny insects that sting and cause extreme itching).
- Small container of anti-bacterial hand sanitizer
- **Water bottle (required item – durable and refillable)**
- Flashlight because of power outages and your phone light may not work (ensure it works before you leave and pack batteries separately)
- **Bible** (or use your Bible app)
- **Body wash and deodorant** (*deodorant is required*)
- Bath & Bedding Items (*all to be left behind*)
 - Pillow (*if you have trouble sleeping, please bring your own pillow that you can take back to the USA*)
 - NEW IN 2027: Two (2) white towels and personal loofa or wash cloths
 - NEW IN 2027: One (1) set of matching twin sheets
 - NEW IN 2027: Microfiber-type blanket – twin size (not comforters or bulky/over-sized blankets)
- CPAP (if needed) and everything needed to operate it (we will need 2 weeks notice to buy distilled water)
- Dental hygiene items
- Eye products such as contact lenses, contact solution, contact case, glasses, and glasses case
- Fan (solar-powered personal fan in case electricity goes out)
- **Flashlight (separate from your phone)**
- Hair products (comb, brush, shampoo, conditioner, & styling creams)
- Laundry bag (pillowcases work great)
- Medical alert bracelet, if applicable
- Medications, prescription for nausea and diarrhea and OTC's such as Pepto Bismol, Imodium, Dramamine for motion sickness. Prescription medicines MUST be in labeled containers and correspond to the traveler's name.
- Musical Instruments (if desired)
- Razor/shaving cream
- Credit card and some cash for small souvenirs, snacks, and meals in airports
- Solar-powered charger for phone in event of extended power outage.
- Sunburn treatment and body lotion
- Sunscreen
- Tampons, panty liners, or pads (*We cannot buy tampons in Honduras*)
- Ziploc baggies (2 each of sealable gallon and sandwich sizes) to transport liquids back to the USA.

Security Measures

- Keep your passport with you at all times. Plan on giving your passport to the lead missionaries in Honduras. These will be stored during your stay in a locked safe.
- Leave a copy of your itinerary, passport, and emergency contact information with a family member or close friend at home.

Don't skip over this info. We want you to have the best experience possible.

- Get a good rest in the days leading up to the trip.
- DO NOT travel if you're sick.
- Wear tennis shoes on the trip to save packing space and to avoid sore feet/blisters from other shoes. Break-in new shoes before you leave to avoid blisters.
- Please know that you will not have access to internet or wifi. Prior to departure, obtain an international plan and know how to activate it prior to departure. Please keep your smart phone or cell phone on airplane mode to avoid international roaming fees.
- Family and friends may receive updates that the lead missionaries will post to this Facebook page, <https://www.facebook.com/BordersExpanded/>.
- Please talk with your team leader about the entry and exit procedures as well as the addresses needed for the customs form. Please wear the BE team t-shirt when traveling to Honduras. This way, the missionaries can easily find your group as they arrive at the airport.
- This is **SUPER IMPORTANT** for completing the forms on the plane and for entering the country.
 - **Foreseen Address:**
Borders Expanded Ministries, Inc.
RV-932, Km 5 hacia Orica
Aldea: El Tomate
Municipio: Guaimaca
Departamento: Francisco Morazán
 - Phone Numbers:
 - 011-504-9926-1090 or +1-270-535-8068 (Trisha)
- If a customs agent requests to check your luggage and asks if you have prescription drugs, they are most likely asking if you are transporting medications to be used for ministry. If these are for personal use, you can answer, "no."

Healthcare

Prepare yourself and your team to handle unexpected medical emergencies. Identify someone on your team with CPR/First Aid certification or consider getting this certification yourself. Brief your team on emergency protocol while on-site, who to contact and in what order, where to go, what to do, etc.

Some First Aid items will be on-site, but here are some items you may want to bring and leave for us to add to our medical clinic.

- Acetaminophen
- Adhesive bandages in several sizes
- Adhesive tape
- Alcohol wipes
- Antibiotic cream
- Antiseptic wipes
- Calamine lotion
- Disposable instant cold packs
- Elastic bandage
- Hydrocortisone cream
- Ibuprofen
- Plastic gloves in various sizes
- Safety pins
- Silvadene Ointment for burns
- Sterile gauze
- Tweezers

This is a list of prescription medications that we highly recommend. **Prescription meds need to be in the original prescription containers with your name on it.**

- Ondansetron sublingual tablets for nausea (*these are best bc they are fast acting and don't cause drowsiness*) or Phenergan (promethazine) 25 mg tablets for nausea
- Hyoscyamine 0.125 mg tablets for diarrhea
- Antibiotic prescribed by your medical provider for traveler's diarrhea

In the event that you need emergency medical treatment, bring a credit card and extra cash.

Questions & Answers

- **Where is Honduras?**
 - *Honduras is in Central America. Flights from Houston & Miami are ~3 hours.*
- **How much will it cost to come serve for a week?**
 - *BE Ministries will provide accommodations on ministry property, ground transportation in Honduras, and meals onsite. The flight is not included. American Airlines, and United fly to XPL.*
- **What airlines fly to Honduras and which airport will we fly into?**
 - *We are only picking-up passengers that fly into Palmerola Interional Airport (XPL). We do not authorize teams to fly on Spirit unless arrival is prior to 2:30 pm. Currently, the two options for XPL are American Airlines and United Airlines. We prefer that you choose the 1st arrival and 1st departure time.*
- **Will someone meet us at the airport?**
 - *Yes, the missionaries will greet you immediately after you exit the secured area of the airport. We will be able to see you once you enter the baggage claim area. We will escort you to the ministry vehicle or team bus.*
- **Will we eat lunch when we land at XPL?**
 - *XPL is a new airport. There is a Subway, Dominos, and other local eateries, however, we will likely bring sandwiches, chips, cookies, and bottled water to eat prior to traveling to the ministry location.*
- **How long will we have to travel to get to the mission location?**
 - *The road trip will be about 2.5 hours depending on traffic. You'll see extreme poverty and beautiful mountains and scenes on the way. Have your camera ready, but don't hang out of the windows or put your camera outside the window. Please do not photograph police or military.*
- **What language is spoken in Honduras?**
 - *Spanish is the predominant language. Teams can arrange to have translators, but at an additional cost.*
- **What will we be doing?**
 - *The team leader and the missionaries in Honduras will prepare activities based upon the skillsets of the team members.*
- **Will there be an agenda?**
 - *Yes, a daily schedule will be pre-established with the mission team leader, however, flexibility is super important as things could change based upon weather, pandemic, etc.*
- **What is the time zone in Honduras?**
 - *Honduras is on GMT-6.*
- **Will the team have devotions or worship time in Honduras?**
 - *Most definitely. Your team leader will be working on this. Volunteer to help.*
- **Will there be a menu?**
 - *Yes, a menu is important for us to have enough food for meals. We will eat some North American-type food initially and introduce a few typical dishes over the course of the week. It is important that we know if you have any food allergies.*

- **What if I have food allergies?**
 - *We ask about food allergies on the team application. We have hosted team members with severe/life threatening allergies in the past, but it can be difficult and expensive to purchase specialty items such as gluten-free items.*
- **What if I am a picky eater?**
 - *We will have a diverse menu, starting everyone off with North American-type food, but we will introduce some typical food into the menu throughout the week so that you can enhance your cultural experience in Honduras.*
- **Can we purchase snacks and sodas?**
 - *Yes, but a very limited selection. We will have sodas and some snacks available for purchase.*
- **Are credit cards accepted?**
 - *Visa and MasterCard are accepted at the airport and most tourist locations. Gift cards do not function here.*
- **Where will we sleep?**
 - *You will sleep in a dorm. If you have a bunk bed in your room, the top bunk will be designated for luggage.*
- **Will I be able to use my CPAP?**
 - *We of course encourage you to bring your CPAP machine, but you will need to bring your own supplies such as Distilled Water as this is not readily available. It's extremely important that you realize that the electricity could go out for short periods or longer times. If you cannot sleep safely without your CPAP, this is an important consideration. We need to know 2-weeks in advance if you need to bring a CPAP.*
- **Where will we shower? Will there be hot water?**
 - *There are showers adjoining or adjacent to the bedrooms. Since others will be using the same shower, we recommend you pack flip flops for the shower. Yes, unless there is a malfunction or electrical outage, you will have warm water.*
- **Can we flush the toilet paper?**
 - *No, all toilet paper must be deposited in the trash can. We will have someone empty your trash and clean your room/bathroom each day.*
- **Can we drink the water? Can we brush our teeth with the tap water?**
 - *No, you cannot drink or brush your teeth with tap water. We filter water with a professional filter system. You should use the filtered water for brushing your teeth and for rinsing your toothbrush.*
- **For the ladies, should I take feminine hygiene products? Can I buy tampons or pads?**
 - *Yes, even if you are not anticipating the need, please pack these items. Tampons are almost impossible to purchase.*
- **Is it appropriate to buy items from street vendors?**
 - *No, we do not recommend that you buy food or other items from street vendors.*
- **Can I give things away to people?**
 - *No, if you would like to leave something to donate, please leave the items in your room or see the lead missionaries on-site. DO NOT make promises to help someone financially. Please see releases page regarding donations in Honduras.*

- **Will we be in danger?**
 - *We will be present to pick up the team at the airport and will always accompany the team. As with in any country, even the USA, there are dangers. We do not travel at night, and we avoid dangerous areas.*
- **Can we take photos?**
 - *Yes, but it is best to ask permission and offer to show the photo. Never take photos of Honduran police or military.*
- **Will we have access to the internet?**
 - *No, you can obtain an international plan on your US cell phone, but we recommend that you try to limit your screen time and focus on what God wants you to see.*
- **Can we give tips to the luggage handlers, cooks, pastor, driver, maid, etc?**
 - *We will pay a set rate to the luggage handlers. The team leader will collect the tips and present these to the cooks and maid on the last night of your stay.*
- **What if I get sick?**
 - *If you become extremely sick or have a minor injury, we will take you to a nearby hospital operated by another North American mission organization. If you are injured or require specialized care, we would need to take you 1.5 hours away to a private hospital in Tegucigalpa. All expenses will be your responsibility.*
- **What happens if I get lonely or want to go home?**
 - *Let us know if you are sad, scared, sick, or want to go home for some reason. We will not be able to return to the airport for an unscheduled return flight unless there is an emergency. Our organization will not be responsible for additional costs related to an unexpected return.*
- **Are Covid vaccines required or Covid tests required to enter Honduras?**
 - *Vaccines and testing to enter/exit Honduras are no longer required.*
- **Can we go site-seeing or buy souvenirs?**
 - *We will offer ministry t-shirts for sale as well as vanilla. We may be able to go to Guaimaca, a city about 20-minutes away, where you can buy pine needle baskets, coffee, hot sauce, etc. T-shirts and many other souvenirs will also be available at the airport in Palmerola.*
- **Is it safe for a pregnant woman to go to Honduras?**
 - *No! More info @ <https://wwwnc.cdc.gov/travel/notices/alert/zika-virus-honduras>*

Team Member BEattitudes and Team Covenant

As a Christ follower, I commit to the policies and team member covenants set forth by Borders Expanded Ministries, Inc. (BE).

1. Discipline myself and to put a priority on growing deeper in my walk with Christ during the preparation process and during our project assignment.
2. Participate in and actively support the whole team to accomplish the established goals.
3. Conduct myself in a manner that brings glory and honor to God, to my church, to my family, to both my home and host countries, and to BE Ministries.
4. Conserve energy and water and help keep my sleeping area tidy.
5. Always possess a servant attitude and embrace the guiding principle of, "What can we do to serve God and His ministry?"
6. Possess a spirit of flexibility and realize that many factors can alter the pre-established schedule and that plans often change.
7. Share the person of Jesus through my words, actions, deeds, and dress. I will not judge nor criticize the culture, efficiency, work habits, food, traditions, ministry practices, etc.
8. Refrain from any activity or behavior that might be a stumbling block to any team member or to the people I am serving or seeking to influence.
9. Avoid romantic relationships with another team member or a national throughout the entire trip process.
10. Avoid political conversations with team members, missionaries, and nationals. Do not engage in any conversation about who you supported or voted for in the USA.
11. Abstain from using or possessing alcohol, tobacco products, e-cigarettes, and illegal drugs during the trip.
12. Submit to the authority of the team leader(s) and missionaries in Honduras.
13. Respect and follow decisions made by the mission team leader and missionaries in charge.
14. Follow all import and export laws and will be aware of the airline's guidelines for luggage. I will not attempt to bring any item or good into the host country or back into my country of residence that is banned.
15. Communicate all concerns, conditions, or other issues to the team leader(s).
16. Refrain from giving cash, personal gifts, or making promises to a national while on my trip and following my trip. I understand that doing so may create an unhealthy dependency and sense of entitlement. I agree to adhere to this policy no matter the circumstances to protect the health of the relationships with BE.
17. Accept that if I break any of the policies listed above, at the discretion of a BE representative and in conjunction with my Team Leader, my mission trip can be terminated, and I can be sent home at my own expense.