

HONDURAS TRIP PACKING LIST

Get ready for your trip to Honduras!

The weather in Honduras is considered tropical on both its Pacific and Caribbean coasts, and the Bay Islands have a subtropical climate. Pack for hot, humid, and rainy conditions; it may not cool off much in the evenings and the sun will feel very strong. Plan for a high temperature of around 88 degrees and a low temperature of about 74 degrees. Rainy season begins in May and hurricane season is June-November.

We will be visiting communities in small cays and coastal towns and spending long periods of time outdoors each day. There are no dress codes, religion-influenced or otherwise. We are planning to have at least one special dinner with local government representatives.

You may wish to consider packing the following items:

- Assortment of casual and comfortable summer clothes (light pants, t-shirts, sundresses, sleeveless tops, etc)
- Long, lightweight pants
- Lightweight rain gear for tropical showers
- Light windbreaker or wrap
- At least one business casual outfit for our dinner with government representatives
- Comfortable shoes for lots of walking
- One or two swimsuits
- Reef-safe sunscreen
- Additional sun protection items, such as: sunglasses, a wide-brimmed hat, a buff, and any other personal preferences
- Insect repellent
- Small backpack or rucksack
- Personal toiletries
- Camera, and if applicable, lenses and plenty of film or memory cards, and extra batteries
- Motion sickness medication - we will be on boat transfers
- Your own water bottle (Bottled water will be provided throughout the trip, particularly on our field trips. Drinking water will be available to refill water bottles)

Don't forget:

- Personal medications and other health items (consult [CDC's recommended pack list](#))
- Passport and return flight ticket
- US Dollars (used in Honduras) and an ATM card to withdraw more cash
- Credit cards are widely accepted. Please alert your bank of your travel plans so they don't flag any transactions as fraudulent.