

# Trip Information Packet

## **SURGICAL CLINIC TRIP**

Montellano, Guatemala  
Health Talents International  
May 2-9, 2015

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## WELCOME

*Thanks for your interest in participating in a Health Talents-sponsored surgical clinic to Guatemala! We welcome your participation and look forward to working with you. Following is the information you'll need to help you make a decision to go or to solidify your plans if you've already decided to make the trip. Feel free to call Julie Wheatley if you have questions at (615-397-5447) or juliecarmen@gmail.com.*

**Airline Info:** Our preferred airline for this trip is United from the **Houston Intercontinental Airport**. The *tentative* air schedule is as follows:

- May 2                   - Leave Houston on the earliest AM United flight  
                              - Arrive Guatemala City around noon.
  
- May 9                   - Leave Guatemala City on the second United flight of the day.  
                              - Arrive in Houston between 3-4:00 PM

Because it is less complicated to incorporate your connecting flight with the international portion, our travel agent will arrange all ticketing. **If you have specific travel requests, call Rick Harper by March 1 @ 501-827-9778.** Otherwise, we will proceed with ticketing as per the Trip Reservation Form we received FROM you. **IF YOU CHANGE YOUR TRAVEL PLANS AFTER THIS DATE, THE AIRLINE WILL CHARGE A \$150 PENALTY, YOU WILL BE RESPONSIBLE FOR PAYING THAT PENALTY.**

## **ALERT**

In recent years, there has been an increasing level of crime in Guatemala, largely centered in and around Guatemala City. HTI is continually monitoring the situation and making adjustments as needed for the safety of our teams. *(Pay particular attention to the note highlighted in RED in the "Clothing" section of this info packet.)* Team members will be given further instructions to ensure personal safety in Houston on the day of departure.

For further information, consult the U.S. State Department Country Specific for Guatemala here: [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1129.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1129.html)

## Reservation Form & Trip Fee

You can find the Trip Reservation Form on HTI's website: [www.healthtalents.org](http://www.healthtalents.org). We will need a completed form from you to register for this clinic, as well as a \$200 deposit.

The trip fee is \$650 plus the cost of your plane ticket with a \$200 non-refundable deposit required at the time of reservation. ***We will contact you upon receipt of your application to see if you'd like us to go ahead and purchase your plane ticket at that time. We often find better deals if we make purchases right away. Should we do so, you will need to promptly send in payment to cover the entire cost of your flight. The trip fee balance is due thirty days from your scheduled departure.***

*Should you chose to wait on the purchase of your plane ticket, we will invoice you for the balance due once we complete your purchase. This is typically done forty days prior to departure.*

Current monetary exchange rate is 7.5:1 between the Guatemalan quetzal and the U.S. dollar. Bring CASH to exchange.

## Passport

**You need a valid passport!** For security purposes, make two photocopies of it and store them in separate parts of your luggage. Your passport or a copy of it should be with you at all times. It is safe to leave your passport locked in your room at Clinica Ezell or hidden in your suitcase, just don't forget where you hid it!

## Money

The only things you will need money for are meals at the airports, lunch on your tourist day and your personal souvenirs and gifts from the market. USA Dollars are accepted in most places but your bills should be crisp without tears or markings, otherwise they will not be accepted. It is helpful to bring smaller bills than large ones you may have difficulty breaking.

On the tourist day in Antigua you will have access to an ATM machine located in the hotel lobby. You can withdraw Quetzales from that ATM with a debit card or a credit card for which you have the pin number.

## Immunization Recommendations from the CDC

**Three categories:**     A - for everyone, regardless of travel plans  
                              B - for travel to Central America  
                              C - optional suggestions

**Category A :** Everyone should be up to date with their immunizations as per CDC recommendations. Assuming the usual childhood immunizations, this means the following:

1. Tetanus booster every 10 years
2. Mumps/measles/rubella – one booster between ages of 15-49 and another after age 50.

**Category B**

1. Hepatitis A: 2 doses...first one, then a second one 12-18 months later
2. Typhoid vaccine - 1 dose
3. **Hepatitis B:** For health care workers and non-medical volunteers who come in contact with body fluids, those who wash instruments, empty bed pans, etc. *No one aged 17 and under is allowed to handle sharps or bodily fluids.*
4. Hep B is given as 3 doses: 1<sup>st</sup> one; 2<sup>nd</sup> dose 1-2 months later; then 3<sup>rd</sup> dose 4-6 months after the 1<sup>st</sup> dose.

*As in any medical setting, Hepatitis A, B, C and the HIV/AIDS virus are always a concern. We follow the standard safety practices that are followed in the U.S. and also have a protocol in place in case of an emergency. It is essential that ALL who handle instruments in any capacity, particularly non-medical volunteers who may not otherwise be protected, be vaccinated against Hepatitis B and with the appropriate vaccinations as listed above.*

For persons who have not had either Hep A or B, there is now a combination vaccine for both. The trade name is "Twinrix." Doses are 3: first one, then 2nd 1 month later and a 3rd at 6 months after initial dose. A person is safe to travel after the first 2 doses. So if one is going and has not had Hep A or B and is on a short time frame he/she can get the first dose one month before travel, then get the 2nd dose just before leaving.

**Category C**

1. Malaria: CDC recommends malaria prophylaxis for Guatemala at altitudes of less than 1500 meters (4,921 feet). Chloroquin (Aralen) is recommended and is taken at a dosage of 500 mg once a week on same day of the week. Begin one week before going, continue while there, and for four weeks after returning.
2. Clinica Ezell is located below 4921 feet, but it is a confined space. Consult with your physician as to whether or not you should take it for a one-week trip. Health Talents *requires* that all those staying longer, especially MET students, take it. In all cases, one should use DEET insect repellent when outside in the evening or in heavily forested areas.

## Trip Agenda

- May 2 Arrive in Guatemala City and to travel immediately to Montellano by bus (about 3 hours). Unpack and settle in.
- May 3 Attend worship services at the Montellano Iglesia de Cristo, Set up for surgery, do pre-op exams, then begin operating.
- May 4-7 Continue operating.
- May 8 Tourist day! We'll spend the day AND night in Antigua for shopping and sightseeing.
- May 9 Have a nice buffet breakfast, shuttle to the airport around 9am and fly home

## **Lodging**

We will stay at two different sites while in Guatemala. The first six nights we'll be at our dormitory in Montellano, and the last night in a hotel in Antigua, most often we stay at the Porta Hotel Antigua located at the intersection of 5<sup>th</sup> Avenida and 8<sup>th</sup> Calle.

## **Food & Water**

Ana our head cook has been serving up some of the most wonderful meals for our groups for many years now. She and the other kitchen staff are trained in good hygiene practices so you can feel sure that you will have plenty of good healthy food during your stay. You might want to bring a few snacks for those "snack attacks." We also recommend flavor packets for your water bottle to help stay hydrated!

We have potable water available in the kitchen and bathrooms at Clinica Ezell as well as in several water dispensers throughout the compound. You will be provided with an HTI water bottle upon arrival. **DO NOT DRINK TAP WATER ANYWHERE IN THE COUNTRY UNLESS IT'S SPECIFICALLY DESIGNATED AS POTABLE DRINKING WATER.**

## **Packing and Clothing**

- The weather is quite warm, both day and night, although it does cool in the evening. Operating rooms are air conditioned and dormitory rooms are equipped with ceiling fans.
- **Wearing shorts to clinic is not appropriate for either sex.** Scrubs, lightweight jeans, khakis and skirts are all just fine. Be sure to wear comfortable shoes. Washing facility is available at Ezell.
- We have a closet full of scrubs, towels and linens for your use while at Clinica Ezell so pack light!
- Antigua can be chilly at night so you will want to bring a long sleeved item and may want a nice outfit for dinner that evening at the hotel
- Your trip fee buys you an HTI t-shirt, complete with the HTI logo and name in both Spanish and English. Additional t-shirts may be purchased for \$10 each.
- **PLEASE don't bring or wear expensive jewelry (gold, diamonds) That is asking for trouble.**
  - Flip-flops to wear in the shower. We have hot water in the showers!

**Miscellaneous: Alarm Clock!!**

Camera and charger Toiletries

Bible or app on phone

Baby Powder

Insect Repellent

Medicine for car sickness if needed

**PACKING TIP: Carry on board your clothes and personal items. It is not unusual for checked items to astray. You can carry 1 bag on and check 1 bag for free. United now charges \$40 for a second checked bag. None of your checked bags should weigh more than 50 lbs or United will charge an overweight fee as well.**

## **Professional Documentation**

All physicians, CRNA's, NP's, PA's and dentists need to submit a **NOTARIZED** copy of their professional credentials, including their license AND diploma from highest level of learning. Currently, the easiest way to accomplish this is to make a copy of your current license, medical/dental/nurse practitioner/PA or dental school diploma and highest level of board certification. (If your diploma is framed, simply take a photo of the actual document while trying not to include the actual frame and print a copy of that photo.) Handwrite a note that this is a copy of the original and then have your signature notarized. Dentists must also provide a copy of their passport per the dental accreditation body.

We need this info approximately two months in advance in order to initiate the process for licensure approval. Please fax or email this info to Rick Harper at [HTIRick@aol.com](mailto:HTIRick@aol.com) or 501-268-8144 as soon as you can after registering and receiving this information packet. Your promptness in doing so will help assure a smooth approval process in Guatemala.

## **American Embassy Registration**

Each team member should take a moment to register with the American Embassy before traveling to Guatemala. This registration will help you immensely should you run into any issues while with us in Guatemala, like losing your passport.

It only takes a few minutes. <https://step.state.gov/STEP/pages/individuals/newAccountStart.aspx>

Our *foreseen address* will be *Clinica Ezell, Montellano, Suchi*.

### **Help for the Customs Declaration Form you fill out on the plane to Guatemala City**

Question 9 – Write in: Clinica Ezell, Montellano, Suchi

Question 12 – Check Tourism

Question 15 – Check NO (you are not carrying over \$10,000 with you)

Question 17 – If you are bringing meds for Clinica Ezell only check YES on the Drugs line. Enter a value less than \$300

Question 17 – If you are bringing no medical supplies or medicine for Clinica Ezell, check NO in all boxes in this section

## **Donated Medicine & Supplies**

We appreciate any help you can provide in gathering donated medicines or supplies for the clinic, just be aware that **we need a list of these items 45 days prior to our departure.** This list will be provided to the Ministry of Health in Guatemala for approval in order to avoid any problems when passing through customs upon our arrival.

Many drug reps will provide meds, but they only give to physicians or dentists making these trips. Contact them individually. Healthcare professionals are eligible to receive a box of Zyrtec or Tylenol samples, each quarter, by enrolling at these two websites: [www.Zyrtecprofessional.com](http://www.Zyrtecprofessional.com) and [www.Tylenolprofessional.com](http://www.Tylenolprofessional.com). If you are willing to do so, please know that we will put these medicines to good use.

See the list below for suggested over-the-counter meds we need. This is a good way to involve your congregation in the trip by having them collect supplies for you. Just remember to have the list to us 45 days prior to the trip in the following format:

Generic name of medicine, mg, quantity in pills or capsules, expiration date (at least 6months)  
Example: Acetaminophen, 250mg, 1000 pills, 7/31/2016

Once you have your list of supplies please submit it to Rick Harper at [HTIRick@aol.com](mailto:HTIRick@aol.com).

### **Over-the-Counter Items we could use in Guatemala**

**\*\*Generics are cheaper and just as good**

**\*\*Children's medicines are always useful**

#### **Pain Meds**

Acetomenophen - coated, capsule, gelcap  
Aspirin – coated only  
Bengay – muscle aches  
Excedrin – used for migraine patients  
Ibuprofen - coated, capsule, gelcaps

Anti-fungal creams like clotrimazole  
Anti-Lice shampoo  
Hydrocortisone creams  
Moisturizing soap like DOVE  
Triple Antibiotic Ointment like Neosporin

#### **GI Meds**

Antacids – like Roloids or Tums  
Fiber Tablets  
Omeprazole - Prilosec  
Ranitidine – also called Zantac (75mg or 150mg)

#### **Respiratory / Allergy Meds**

Cold meds - Tylenol Cold PM and AM (non syrups)  
Cough suppressants/expectorants - pill form  
Diphenhydramine – Benadryl – children and adult (pills)  
Loratidine-Claritin  
Sudafed

#### **Eye Meds / Supplies**

Artificial Tears / Eye Lubricant  
Reading glasses (need to be in good shape)  
Sunglasses

#### **Dental**

Dental Floss  
Toothbrushes  
Toothpaste  
Please, no mouthwash!

#### **Skin Meds / supplies**

**Diabetes Management** Glucometers or Glucometers Strips – if just strips, then they need to be one of the following: One Touch, Freestyle or Bayer Ascensia

### **HTI TRIP POLICIES & DISCLAIMER**

We are honored that you are interested in spreading God's love through medical evangelism with Health Talents International. Health Talents began its global medical evangelism ministry in 1973. Today the ministry is centered in Guatemala and Nicaragua. The ministries in both countries are staffed entirely by nationals who operate primary care clinics in conjunction with area Churches of Christ.

We intend for our work together to be a spiritual experience for everyone, including the North American team, our patients and our Central American workers. ***A Board of Directors oversees the activities of Health Talents, which is a ministry of the Churches of Christ.*** Every team member should have a spiritual view of life and must agree to personal conduct that honors the Christ-centered nature of our work. It is not a requirement that participants be members of the Church of Christ. Respect and tolerance for different faith traditions among team members is presumed.

When in Guatemala or Nicaragua, it is not unusual for team members to see situations of poverty and great need. This often prompts a desire to contribute money in response. If you encounter a situation in which you feel drawn to respond, please discuss it with the North American team leader so that the need can be evaluated. You should not discuss your desire to be helpful economically with any Guatemalans, including HTI staff members. You should speak only with the team leader. If appropriate, the support can be channeled through HTI to minimize the negative effects of jealousy and inequity that gifts of money often create. In this manner, the relationships of the national staff, the people we serve, and Health Talents are respected and preserved. The HTI Board does not permit soliciting of monetary gifts by nationals...and none are expected from team members. We ask each team participant to abide by this policy. If you feel you cannot do this, please discuss it with Marie Agee or the trip leader before plans for your inclusion on the team are finalized.

Since we are working in Central America in association with local Christian congregations, our teams must remain culturally sensitive and act in ways that are not offensive in light of local Christian practices. Actions accepted in the United States by some Christian people may be offensive or not acceptable in Central America. Smoking is an example. In Central America, Christians perceive smoking as a habit of a non-believer.

Team participants are expected to follow the policies outlined below:

1. For the duration of our time outside the United States, abstain from the use of tobacco, alcohol, illegal drugs and improper sexual conduct, whether at clinic sites or on side trips for shopping and sightseeing.
2. Attend all devotional sessions and the worship service on Sunday.
3. Cooperate with the team leader's decisions at all times. The trip leader has been assigned responsibility for the group and his decision regarding any changes in arrangements due to unforeseen developments will be final. The team leader will make decisions based on input from our emergency contact in the United States, US Embassy, our travel agent and team members.

Because of our experience in September, 2001, when an HTI surgical team was in Guatemala during the World Trade Center attack, we recognize the importance of team solidarity in crisis situations. Although that team was not in imminent danger, the team leader had to make decisions regarding housing and changes in transportation. Since it may be important for the group to stay together for security reasons, it is critical that the team members comply with the group leader's instructions.

Should an unforeseen change in circumstances occur in the future, the HTI policy is that the team leader and the travel agent will attempt to re-arrange travel as efficiently as possible. The group may need to split up in order to return. The team leader will take your input regarding travel plans, but if we allow the travel agent to make all the plans, she can do that ***more*** efficiently, and the safety of the ***whole*** team may be more fully addressed. Anyone who does not follow the group leader's advice and decides to make independent travel arrangements, must accept full responsibility physically and financially for the decision.

It is your responsibility to ensure that HTI has correct emergency notification numbers (preferably an e-mail address) of your contact, so we can keep family members informed of any changes.

***Disclaimer:*** *Guatemala and Nicaragua are developing countries and often experience instability. Team members should understand that while HTI will take reasonable steps to ensure the personal safety of*



*team members, there are risks inherent in living, traveling, and working in such situations. Each team member assumes a certain amount of risk when he commits to participate in medical evangelism.*

*Health Talents has sponsored medical evangelism trips for many years and has had very few problems. We want your trip to be a positive life-changing experience, so we request that you comply with the conditions of this statement.*

## **GUIDELINES FOR CLOTHING DONATIONS**

The HTI Board of Directors respectfully requests that you refrain from bringing clothing and shoes to distribute to the villagers. We are grateful for all efforts to help in this ministry, but the reality is that donations of clothing and shoes are tricky. We've been working in Guatemala since 1978, and we have learned that such donations don't help the work of HTI or the churches. In fact, they have an adverse effect. They cause chaos, jealousy and strife among the people and create a system of "beggars" overall.

The tension that exists in a medical ministry is to help people without causing harm. The aim is to help them physically in the name of the Lord so as to help them make the connection to spiritual health that comes only from Jesus. Glitz and glamour and giveaway programs don't do this nearly as well as helping people when they *know* they need help... and doing it in a way that exudes love and caring.

We appreciate so much and understand why people want to help in this way, and it sounds really uncaring to say that we don't want anyone to do it. However, it makes the Guatemalans see *us* as Santa Claus, and in so doing, takes the focus *off* our Lord. If you want to help, support a child in our ABC or scholarship programs, take part in a medical/ dental or surgical trip, or donate funds with which to buy medicines and Bibles. These are the things that help keep the focus of the ministry where it belongs.

In conclusion, we've all seen here at home what harm welfare can do to an individual's motivation and expectations. It is critical for us to avoid that in Guatemala if we have any hope of raising up a generation of people who truly believe that their hope is in the Lord Jesus.

## **Spanish Words and Phrases**

**Parts of the Body** (starts at top of body and goes down – left to right)

<b>Spanish</b>	<b>English</b>	<b>Spanish</b>	<b>English</b>
Pelo	Hair ( <b>individual</b> )	Cabeza	Head
Cabello	Hair (head)	Parpados	Eyelids
Frente	Forehead	Ojo	Eye
Oreja	External ear	Oído	Inner Ear
Oído	Middle Ear	Nariz	Nose
Boca	Mouth	Lengua	Tongue
Diente	Tooth	Mejilla	Cheek
Garganta	Throat	Cuello	Neck
Nuca	Back of Neck	Espalda	Back
Espina /Columna	Spine	Hombro	Shoulder
Brazo	Arm	Codo	Elbow
Muñeca	Wrist	Mano	Hand
Dedo	Finger	Una	Fingernail
Pecho	Chest	Pechos / Senos	Breasts
Estomago	Stomach	Hígado	Liver
Riñones	Kidney	Matriz	Uterus
Intestinos	Intestines	Cintura	Waist
Cadera	Hip	Pierna	Leg
Rodilla	Knee	Tobillo	Ankle
Pie	Foot	Dedo del pie	Toe
Piel	Skin		

### Senses

<b>Spanish</b>	<b>English</b>	<b>Spanish</b>	<b>English</b>
Oido	Hearing	Vista	Sight
Sabor	Taste	Sentido / Tacto	Touch

### Common Illnesses / Medical Terms (alpha in english – left to right and down)

<b>Spanish</b>	<b>English</b>	<b>Spanish</b>	<b>English</b>
Alergia	Allergy	Sangre	Blood
Catáro	Cold	Planification	Contraceptive
Tos	Cough	Quiste	Cyst
Diarrea/asientos	Diarrhea	Asientos	Diarrhea
Flujo	Discharge	Mareo	Dizzy
Heces	Feces	Fiebre / Calentura	Fever
Gripe	Flu	Fluido	Fluid
Gastritis	Gastritis	Dolor de la cabeza	Headache
Piojos	Lice	Suero Oral	ORS
Flema	Phlem	Ronchas	Rash
Cicatriz	Scar	Hinchazon	Swelling
Orina	Urine	Vomitos	Vomiting
Débil	Weak	Lombrices	Worms

Me duele la/el \_\_\_\_\_.

My \_\_\_\_\_ hurts.

Le duele la/el \_\_\_\_\_?

Does your \_\_\_\_\_ hurt?

Me arde la/el _____.	My _____ burns.
Le arde la/el _____?	Does your _____ burn?
Me pica la/el _____.	My _____ itches.
Le pica la/el _____?	Does your _____ itch?
Se hincha la/el _____.	My _____ swells.
Se hincha la/el _____?	Does _____ swell?
Se pone colorado?	Does it get red?
Le da fiebre/calentura?	Does it give you fever?
Le da vomitos?	Does it make you vomit?
Le duele/arde al orinar?	Does it hurt to urinate?
Ha visto sangre en los heces?	Have you seen blood in your bowel movements?
Cuando le bajo la ultima regla?	When was your last period?
Tiene mucha hemorragia?	Do you have heavy bleeding/hemorrhaging?
Tiene mucho dolor con la regla?	Do you have a lot of pain with your period?
Cuantos dias le tarda?	How many days does it last?
Cuantos hijos tiene Ud.?	How many children do you have?
Quantos partos tuvo?	How many deliveries did you have?
Quantos abortos?	How many miscarriages?
Se siente debil?	Do you feel weak?
Tiene marreos?	Are you dizzy (vertigo)?
Se desmaya?	Do you faint/pass out?

## Phrases

### Spanish

Buenos Dias  
Buenas Tardes

### English

Good Morning  
Good Afternoon

Por favor	Please
Muchas Gracias	Thank you
Pase Adelante	Come in.
Siéntese, por favor	Have a seat / Sit down, please.
Acuestese aqui por favor	Lie down right here please
Cual es su nombre?	What is your name?
Me Llamo _____.	My name is _____.
Cuantos anos tiene?	How old are you?
Cuantos hijos tiene?	How many children do you have?
De donde es?	Where are you from?
Donde vive?	Where do you live?
Casada/o o Soltera/o	Married or Single?
Mucho gusto a conocerle.	Nice to meet you.
En que le podemos ayudarle hoy?	How can we help you today?
Que tiene?	What do you have? / What is wrong?
Que Duele?	What hurts?
Cuando empezó?	When did it start?
Cuantas veces al día?	How many times a día?
Consulta Medico antes?	Did you consult a physician before?
Hay calentura?	Is there fever?
Tiene vómitos?	Do you have vomiting?
Antes o después de comer?	Before or after eating?
Tienes dolor del pecho?	Do you have chest pain?
Tienes ardor del pecho?	Do you have heartburn?
Por favor, respire profundo.	Breathe deeply.
Por favor, abre la boca.	Open your mouth.
Diga Ahhhh!	Say Ahhhh!
Pica mucho?	Does it itch a lot?
Le duelen las ronchas?	Does the rash hurt?
Le duele su _____?	Does your _____ hurt?
cabeza	head
brazo	arm
Hay dolor cuando _____?	Does it hurt when you _____?
camina	walk
siente	sit down
orina	urinate
dobla	bend over
Cuando vio la última menstruación?	When was your last period?
Cual diente / muela le duele?	Which tooth / molar hurts?
Toma esta pastilla tres veces al dia	Take this pill three times a day
Mas Despacio, por favor	Slower, please
Por favor pase a la Farmacia.	Please go to the Pharmacy.
Que Dios le bendiga. Cristo le ama	God Bless you. Christ loves you.
Esperemos que mejore su salud.	We hope you get better.
Que le vaya bien	May it go well for you.

### Contact Information

When calling from the USA to Guatemala (GUA) you need to dial the international access code 011, country area code 502 and the number.

Example: 011-502-5136-9667 to call Julie in Guatemala from the USA

When calling on a cell phone in Guatemala the country access code 001 for the USA must be dialed before the area code and number.

Example: 001-615-397-5447 to call Julie in the USA from Guatemala

Rick Harper  
USA (501)278-9415  
GUA (502)4011-8889  
[HTIRick@aol.com](mailto:HTIRick@aol.com)

Julie Wheatley  
USA (615)397-5447  
GUA (502)5136-9667  
JulieCarmen@gmail.com

Dave Mellor  
USA (423)4135415  
GUA (502)4688-8236  
[BrotherDave@outlook.com](mailto:BrotherDave@outlook.com)

Susan Mellor  
USA (423)580-7140  
GUA (502)4688-8236  
[Mellors@bellsouth.net](mailto:Mellors@bellsouth.net)

Carlos Baltodano  
GUA (502) 5201-7196  
[Baltodano.Carlos@gmail.com](mailto:Baltodano.Carlos@gmail.com)

Kemmel Dunham  
GUA (502)57842044  
[kemmelandlisa@aol.com](mailto:kemmelandlisa@aol.com)

Alex Gonzalez  
GUA (502)52055378  
[Luisgonzalex14@gmail.com](mailto:Luisgonzalex14@gmail.com)

While at Clinica Ezell you will have access to e-mail through several internet modems which can be connected to lap tops.

Team leaders will have Guatemalan cell phones you can use to make brief 1-3 minute calls to the USA should you need to do so.

## **Suggestions From Trip Participants**

**Provided at Clinica Ezell:**

- Electricity in the rooms
- Hot water in the showers (but the water in the shower is not filtered)
- Filtered water in the bathroom sinks only
- Purified water to drink and fill water bottles
- A clean pair of scrubs each day
- Towel, Pillow, sheets
- Washing machine (in the unlikely event you need one)

**Suggested Items to Pack:**

- High quality photocopies of your passport stored separate from your passport
- NOTHING in cardboard boxes (customs officials are suspicious of cardboard boxes)  
Pack everything in luggage.
- Chargers for electronics
- Bible app on your phone with downloaded Spanish versions
- Evaporative Cooling towel for hot days in the clinic
- Your own pillow if you are picky about pillows  
Searchable Spanish app or Spanish phrasebook
- Transderm Scop patch if you get car sick. There is a 3 hour bus ride from the airport to Clinica Ezell, 2 hour bus ride from Ezell to Antigua, and another hour ride from Antigua to the Airport.
- Ear plugs if in the event your roommate snores
- Sunglasses while traveling
- Cash. Many small bills (\$1/\$5/\$10) instead of large bills – vendors prefer crisp/new bills with no tears or markings (many accept US Dollars).