

One ATTA Time

Trip Preparation & Packing Guide

Required Travel Documents

- **Passport** — must be valid for at least 6 months beyond your travel date
- Photocopies of your passport and key travel documents (keep separate from originals)
- Travel insurance documentation (recommended)

Medical Preparation

Vaccinations

The following is based on current CDC recommendations for Central America and Southeast Asia. Please consult your doctor or a travel health clinic at least 4–6 weeks before departure for a personalized plan.

Routine vaccines — make sure these are up to date:

- **Tdap** (Tetanus, Diphtheria & Pertussis) — updated standard; replaces tetanus-only
- **MMR** (Measles, Mumps & Rubella) — CDC now recommends for all international travelers due to rising global cases
- **Polio booster** — a one-time adult booster is now recommended for most international travelers

Destination-specific vaccines — discuss with your doctor:

- **Hepatitis A** — recommended for all travelers (food & water-borne)
- **Hepatitis B** — recommended, especially if any medical care or exposure is possible
- **Typhoid** — recommended for most travelers (food & water-borne)

Malaria & Mosquito-Borne Illness

Malaria, dengue, and Zika are all present in the regions where we work. These cannot be prevented by vaccine alone — mosquito bite prevention is essential.

- **Malaria prophylaxis** — required for La Mosquitia (Honduras). Ask your doctor about antimalarials such as atovaquone/proguanil (Malarone), doxycycline, or mefloquine. Start before departure.
- **Dengue & Zika** — no vaccine available for most travelers; prevent through consistent mosquito bite protection
- Use EPA-approved insect repellent (DEET 30%+ or picaridin) on all exposed skin
- Wear long sleeves and pants, especially at dawn and dusk
- Sleep under a mosquito net when in village settings

Antibiotics & GI Health

Cipro (Ciprofloxacin) 500mg — a common antibiotic often prescribed by doctors on an “as needed” basis for traveler’s diarrhea. Standard treatment is 3 days when started promptly. Ask your doctor if this is right for you.

Imodium (loperamide) — can reduce symptoms while antibiotics take effect. Bring a supply of both.

Oral rehydration salts — Pedialyte packets or similar are highly recommended for rehydration if you get sick.

 **Water safety:** Do NOT drink tap water. Use bottled or purified water for drinking, brushing teeth, and rinsing. ATTA will provide guidance on water access during the trip.

Health Insurance

ATTA does not provide health or medical insurance for trip participants. Please ensure you have your own coverage, and consider purchasing travel health or emergency evacuation insurance before departure.

Baggage

Check your airline's website for bag restrictions and fees before packing. Our transportation in-country has very limited storage — pack as lightly as possible. A carry-on-sized bag or soft duffel is ideal.

What to Wear

Throughout our trips, please dress modestly and avoid clothing that may draw unwanted attention or be considered inappropriate in the communities we visit. When in doubt, ask!

During Workdays (In Villages)

- Long pants or capris
- T-shirts or lightweight shirts
- Closed-toe shoes with socks
- No shorts or sandals in village settings

Evenings / Casual

- Shorts, t-shirts, and sandals are fine when leaving the hotel for dinner

Church / Worship Services

- Men: long pants and a nice shirt
- Women: pants with a blouse, or a dress

Our goal is to honor our hosts and not distract from worship.

Nylon or moisture-wicking fabrics are highly recommended — they're cooler, lighter, and quick to wash and dry.

Packing Checklist

Use this checklist as your packing guide. Pack light — you'll thank yourself later!

☐ Valid passport (6+ months past travel date)	☐ Nicer shirt or blouse (for church/dinners)
☐ Copies of passport & travel docs	☐ Closed-toe walking/hiking shoes
☐ Prescription medications	☐ Sandals or flip flops
☐ Cipro (Ciprofloxacin) 500mg — as needed	☐ Socks and underwear
☐ Imodium (loperamide)	☐ Bathing suit
☐ Hand sanitizer	☐ Pajamas
☐ Oral rehydration salts (e.g. Pedialyte packets)	☐ Hat (sun protection)
☐ Pain reliever / fever reducer	☐ Rain jacket or packable layer
☐ Adhesive bandages & basic first aid	☐ Fanny pack or small daypack
☐ Insect repellent (DEET or picaridin-based)	☐ Journal and pen
☐ Sunscreen (SPF 30+)	☐ Cash (small bills in local currency + USD)
☐ Toiletries (travel size)	☐ Unlocked phone or local SIM card
☐ Refillable water bottle	☐ Portable phone charger / power bank
☐ Lightweight long pants or capris (2–3)	☐ Universal power adapter (if needed)
☐ T-shirts / lightweight shirts (3–4)	☐ Camera (optional)