



## ~ Adventure Paddling in Honduras ~ Packing Suggestions

**Paddling Clothes-** You won't need much. The air temperature is usually in the 80's and the water temperatures in the 70's. For rainy days or for sun protection bring a paddle jacket and a light polypro or capilene top. It's hard not to over pack when you look out your window and it is snowing, but just remember it is always summer in Honduras.

Due to the water temperature being high, people are prone to getting ear or sinus infections more so than paddlers in colder waters. A nine parts Alcohol and 1 part Vinegar solution will help keep ear infections down. Wearing nose plugs when rolling can help keep sinus infections down. If you are already prone to such infections check with your physician as to what precautions you should take or medications to bring.

If you are doing one of our trips in which we are camping out, you do not have to bring anything extra. We will provide you with dry bags, a Kelty tent, thick sleeping pad, a light-weight sleeping bag and an ammo can to store things in such as a camera and film. You need to bring personal paddling equipment (suitable for Honduras) as well as items when not on the river. Ideally you should be able to pack your items all into two paper grocery bags.

Your main stay in clothes will be a bathing suit, shorts and T-shirts. Again, do not over pack.

T-shirts  
Shorts  
Sneakers (for walking around camp)  
One light-weight long sleeve shirt  
Rain coat (poncho)  
Light-weight jacket or sweater or polypro shirt  
Hat w/ brim (sun protection)  
Towel for beach and camp  
Extra batteries for both your light and camera  
Sunscreen  
Personal toilet articles  
Hand towel (for drying wet gear, optional)

Bathing suit  
Teva's or sandals  
Light-weight pants  
Socks  
Rain pants (optional)  
Camera  
Film (lots)  
Small headlamp or flashlight  
Insect repellent  
Sunglasses w/ retention strap  
Personal medication  
Small umbrella (optional, but useful)

### **Paddling Equipment**

Helmet  
PFD  
Throw bag  
Carabiners (securing equipment in boats)  
Hip-snaps or any special outfitting (we have glue)

Paddle  
Spraydeck (kayaks/C-1)  
Spray jacket  
Small personal dry bag (optional)

**Misc.**

For contact users bring extra solutions and possibly back up glasses.

**Things to do prior to departure:**

*We highly recommend travelers insurance.*

Confirm you flight no later than 24hrs. prior.

Make two copies of your passport, drivers license, medical card and tickets. One copy for you and one for a friend in the U.S..

In your carry on luggage it is wise to carry a change of cloths, toiletries, your personal PFD (though we do have some that we can lend you) and medication. This is in case your luggage is misplaced or late.

Paddle bags are generally regarded as a checked item so it would be helpful to bundle paddles with other trip members before departing.

Airlines usually allow passengers to two-70lbs. checked bags and one maybe two carry-on bags.

When you arrive you'll fill out a 30-day tourist visa, however if you decide to stay longer it is reasonably easy to extend it for another 30 days.