Honduras Tips

1. Review common Spanish medical terms/phrases before arriving.
2. Be prepared for times with no electricity during rainy weather.
3. Plans in Honduras change at a moment’s notice, so prepare to be flexible.
4. Physical exam is key in a country with limited labs, so review specific techniques.
5. Bring warm clothes because the dorm only has screens and it can get chilly at night.

6. Know the side effects of meds you’ll be taking—Don’t take Doxy on an empty stomach!
7. Be prepared for all types of weather.
8. Bring extras of the essentials—shoes, scrubs, etc.
9. Know what to do if you encounter a spider bigger than your fist.
10. Bring a portable fan to keep cool when power is out.