

Fast Facts about Honduras and Roatan

- The [British Empire relinquished the Bay Islands](#) (Roatan, Guanaja, Utila and lesser islands) over to Honduras in 1859.
- As a result, many on Roatan speak English, though some Spanish is helpful
- 2nd Poorest Country in the Americas
- Mayan civilization ruled until the conquest by Spain.
- 1502 - Christopher Columbus lands in Honduras. When he left, he said thank God we have left these "Depths". In Spanish Honduras is the word for "Depths"
- The term "Banana Republic" was first applied to Honduras by the American writer O. Henry, for the influence the U.S. banana companies had at some time.
- Honduras has the second largest barrier reef in the world
- The main export products are bananas, coffee and wood.
- Unemployment rate is 56%
- The population below the poverty line was 50% in 2018.
- Average income per family is \$4500
- Average pay per day is about \$10
- The population is around 7.8 million in Honduras and 100,000 in Roatan
- For more information you can go to the [U.S. Embassy in Honduras Webpage](#).

Is it safe to travel to Roatán?

Yes. It is very safe and easy. The Honduran people are warm, welcoming, and friendly. The airport is very secure and Roatán is a frequent USA Travel destination. Beaches are beautiful and clean. NOTE: Like the USA there are areas to be avoided but, in general, be aware of your surroundings and practice situational awareness.

How do I travel to Roatan?

The Airport, [Juan Manuel Galvez International](#), is small comfortable airport. Airport code is RTB

- United, American and Delta Airlines fly directly into Roatan, Honduras. United flies directly into Roatan from Houston, Texas most week days; Delta directly from Atlanta, Georgia. American Airlines flies directly from Miami and Dallas.
- Airlines also fly into San Pedro Sula, followed by a 1 hr flight to the island. You may also check with airlines in San Pedro Sula and fly into Roatan (no flights at night).
- We will arrange a pick for you from the airport in Roatan. You must first provide customs your passport, and then retain your luggage. Make sure you account for all of your luggage. Your Team Leader should organize one person in the airport to collect luggage to take to the bus.
- Once you collect your luggage, we will be right outside the door waiting to guide you to the bus. **MAKE SURE YOU HAVE OUR PHONE NUMBER!**

What do I need to consider to prepare to travel to Honduras?

• A Passports and VISAs

- Must have at least 6 months' time left on passport before its expiration
- No Visa necessary for US Citizens and stays up to 90 days are generally granted
- [US Passports](#)
- [US Embassy Travel Information](#)
- [STEPS Smart Traveler Enrollment Program](#)
- [TSA - Transportation Security Administration](#)

• Customs Form for Honduras

- You will be asked to complete customs forms during your flight.
- When filling in the customs form, indicate that the items you are carrying are "personal", and that you are going to Honduras on a mission trip.
- If the form or the immigration official ask where you will be staying in Roatan Honduras, give the address for the location where you have made your arrangements to stay.

● COVID Information

- If vaccinated, you will need to bring your original vax card. No covid test prior to entry is currently required with your card.
- If not vaccinated then you will need to obtain a Covid test (rapid or PCR is fine) 72 hours prior to ARRIVAL in Honduras.
- A [Precheck form needs to be filled out for each guest](#) . Note: Best for one person to fill out for the entire team 2 days prior to flight. They will need a picture of each person's passport and a picture of their Covid test or Vaccination card. You will have to set up an account and you will need a printed copy to take to the airport and present in Honduras.
- COVID Tests before leaving for the States and they are currently \$25 to \$50 each.
- For most current Information, it can be obtained from the [US Embassy Webpage for Honduras](#)

● Currency and Exchange Rate

- USD accepted everywhere, denominations of \$100 can be used, but best to carry \$50s, \$20s and \$10s.
- When making a purchase, expect your change in Lempiras.
- Food and Market prices are about like in the USA.
- The Lempira is the [currency and trades](#) for approximately L24 Lempiras to \$1 USD.
- There are ATM's readily available to withdraw up to \$500 at a time. Just be aware of your surroundings.
- DO NOT BRING IN OVER \$10,000 per family!

Are there [Medical Facilities in Roatán](#)?

Yes. There are available hospitals opened 24 hours. The main land is also available by plane for larger hospitals (40-minute flight). We work with the local medical clinic for most illness/emergencies and pharmacies everywhere. Always check with your insurance company for coverage details and check with your on-site trip coordinators for more questions. Here are a few hospitals;

- [Clinica Esperanza](#), Sandy Bay
- [Woods Medical Center](#), Coxen Hole
- [CEMESA](#), French Harbor

What should I expect and do you have any travel tips?

MISSION TRIP PREPARATION

- Roatan Honduras is very HOT and you may want to check with your Physician to see if you are suited to be in a very hot country. It is very important while in Roatan that you drink plenty of purified water. STAY HYDRATED!

RECOMMENDED PERSONAL CHECKLIST BEFORE PACKING

- PASSPORT, keep it secured!
- Bug Repellent (25%Deet Recommended) (You will wear every day)
- Flashlight
- Bible
- Journal
- Toiletries (soap, shampoo, toothbrush, toothpaste, etc.)
- Hand sanitizer
- Sunglasses
- Hat
- Sunblock
- Tennis shoes
- Water shoes or sandals
- Water Bottle
- Umbrella or poncho (October through December is the raining season in Roatan Honduras)
- Ladies: conservative dress for some churches and schools (skirts, no spaghetti strap blouses)
- Men: 1 pair of slacks and closed toe shoes for above. Jeans not advised.
- Book-pack or something to carry your water and other items in during the day
- Waist Pouch (women - not advisable to carry a purse)
- Snacks (be mindful of the heat and to not choose snacks that will easily melt)
- Prescribed medicine
- Tylenol
- Allergy medicine/Cortisone creams for itch

PACKING

- Pack one set of clothing and personal items into a carry-on suitcase. There are situations where luggage sometimes does not make the same flight and will arrive the following day. Often there are size and weight restrictions. You should check with the airlines before leaving to see if there are any current embargos.
- Check your airline for baggage fees as they change frequently. Be sure to follow 3-1-1 guidelines for flights to expedite the check-in process.
- You may carry on the plane one personal item such as a back-pack **OR** purse and one rolling bag. Visit your airline's baggage requirements for Central America to familiarize yourself with restrictions.
- Pack light and plan to mix and match skirts/slacks/shirts to save space.

GUIDELINES

- Do not give money or gifts to individuals, gifts should be coordinated through your Team Leader.
- Please be careful giving out candy, gum, and other favors, which could create small crises. This will spread quickly throughout the village and you will have more people than candy, etc....

Is there a Grocery Store to shop for American Food in Roatán?

Yes. Coxen Hole, nearby has a very clean modern shopping stores and well stocked with American products. There are also a variety of local small markets where you can purchase essentials.

Do I need to speak Spanish for this trip?

No. English is spoken and most folks in Roatán speak some broken English. This is a tourist town and thrives on tourism.

- Learn some Spanish phrases, if possible. There are many free sites available online. Complete a simple internet search or check out www.studyspanish.com/travel
- Be careful what you say in English as many of the Islanders understand English.

What kind of food is available in restaurants in Roatán?

You will find delicious food options to meet every taste. Much like the USA. Only one chain franchise is on island, Bojangles, and most establishments are run by foreigners (Expats) with excellent menus and options. Dining everywhere is Very Casual. No dress codes.

Is there cell service in Roatán?

While there are no US Carriers, generally your mobile phone service in the US allows you to use data here. Always check for the data use requirements of your US carrier. Most everyone uses "WHATSAPP" as the primary communication and Wi-Fi is available around town and phone calls to the USA are usually made using WhatsApp as well. Wi-Fi is available throughout the lodging and dining locations around the island.

How should I pack for this Missions Trip to Roatán?

Roatán is always warm most days and nights, but it tends to get a bit rainy from mid-September to mid-January shorts, tee-shirt type shirt and flip flops with some swim suits fit the pack list. Bring all US meds you use. Sunglasses and Sunscreen are a must as is mosquito repellent. One nicer outfit for church but a Tee-shirts is just fine too! Restaurants are very casual and there is no need to bring dress clothing. The island beaches are modest in swim attire fashion.

What is there to do in Roatán on my time off?

Roatán, Bay Islands host the Mesoamerican reef which is the second (2nd) Largest Reef in the world but the most readily accessible! Scuba and Snorkeling are the #1 attractions to the island, besides Zip Lines, Sloth & Animal Zoos, White sand beaches, Fishing, Boat Tours, Island Drive West to East, Fun places to eat.