



## Honduras Terrestrial and Marine Expedition Kit List

This document is a guide to the kit you will need for your expedition. This is based on your activities in Honduras and our experience of previous expeditions.

When packing, please consider the minimum amount you can take whilst remaining comfortable and safe - anything above this is unnecessary weight. You should be aiming for light, compact, durable, quick-drying and versatile equipment. Check your airlines baggage allowance (including hand luggage) and make sure you weigh your bags before you go.

Unless stated otherwise, the kit listed below is essential for your expedition. We have also provided a **Honduras Kit List Video** to give a bit more detail on the items mentioned here. If you have any questions about the information below, please contact the Opwall office on +441790 763194 or email [declan.crace@opwall.com](mailto:declan.crace@opwall.com) or [max.bodmer@opwall.com](mailto:max.bodmer@opwall.com).

Summary Checklist	Tick off once you have gone through each section of your kit list	Tick Box
Kit list video	Ensure you watch the kit list video that accompanies this pack.	
Documentation	What documentation you are required to bring on site.	
Hand luggage	What to include in your hand luggage.	
Clothing essentials	Clothing that you will require on site.	
Essential expedition items	Items which are vital for your expedition and may be useful at both terrestrial and marine sites.	
Marine Specific Kit	What to bring specifically for the marine part of your expedition.	
Optional Kit	Items you may want to consider bringing.	
Toiletries	Guide to the toiletries you will require.	
Medical Kit	Essential medical kit for the expedition.	
Resources	Suggested resources to learn more about the region before your expedition.	
Purchasing advice	Advice on where you can buy expedition equipment.	
Money	What money you need and the easiest way to bring it to site.	
Food	What food to expect on site.	

Documentation		Tick Box
Insurance documents	It is useful to have this information close to hand.	
Passport photo	Incase you lose your passport.	
Photocopy of passport	2 copies kept separately from your passport incase you lose it.	



Hand luggage	Unfortunately, with working in such remote locations, often involving numerous flights and forms of transport, luggage can go missing. It is best to be prepared, so this is what we recommend you pack in your hand luggage - just in case.	Tick box
Valuables	Including passport and money.	
Personal medicine	In original packaging/labelled.	
Change of clothes	Including spare underwear.	
Head torch	Essential for your expedition, so this is not something you want to lose.	
Toiletries	Tooth brush etc.	
Sleeping bag/liner	If you have to borrow a sleeping bag it's a comfort to at least have your own liner to use.	
Walking boots	Wear these on the plane - this reduces space and will make sure you can't lose them.	
<b>Clothing Essentials</b>		<b>Tick box</b>
Loose fitting, lightweight, long hiking trousers/pants.	3 pairs. No tight trousers or leggings please. Loose trousers provide protection against biting and stinging insects and other animals as well as spiky and irritating vegetation.	
Long-sleeved shirts	2. Something loose and lightweight to cover arms in the evening and avoid mosquito bites. Linen/cheesecloth/light cotton are good.	
Fleece/Hoodie	1. Non-bulky if possible, useful for flights and evenings in your first week. It can get cold at night (below 10°C/50°F) in Cusuco National Park (remember, this is a cloud forest).	
T-Shirts	5. Loose fitting is best and fast drying is useful. <b>Avoid</b> bright colours as it may scare the wildlife when surveying.	
Knee length shorts	1-2 pairs. Most useful during your marine week - one could be board shorts.	
Nightwear	Something comfortable to sleep in. Bear in mind you will be sharing accommodation with others throughout your expedition.	
Walking boots	Comfortable, quick drying and with ankle support. Make sure they are comfortable and are well worn in. Light-weight Gore-Tex (or cheaper equivalent) are waterproof, dry quickly and more comfortable.	
Walking Socks	Enough for 1 week. Hiking socks worn over cotton socks can be better for long treks.	
Underwear	Two weeks worth.	
Swimwear	1 swim suit/bikini or board shorts - you will need swimwear to dive or snorkel.	
Smart clothes	At some point during your marine week it is possible you will have the opportunity to go into town for dinner so you might want to bring a slightly smarter shirt/dress.	
<p>Light colours are recommended, but not white.</p> <p>A combination of natural and synthetic fibres are advised.</p> <p>During your week at the marine site you may be more comfortable wearing vests, shorts, skirts or dresses. These are not essential items, so will be left to your own judgement. However, please consider your baggage allowance and what you will have to carry.</p> <p>Try to keep one set of clothing clean for your flights to and from country, this will make travel more comfortable for you and the people around you.</p>		



Essential Expedition Items	Remember, you only have 20-25KG for international flights!	Tick box
Rucksack	Minimum 50 litre, comfortable for trekking, with good straps and waistband.	
Rucksack waterproof cover	A strong black bin liner can suffice. Transit bag (optional extra) - if you have items attached to the outside.	
Small day rucksack	20-30 litre, for fieldwork and hand luggage during travel.	
Waterproof Jacket	A lightweight waterproof is essential. It should be small enough to keep in your day bag at all times. A poncho is ideal as it will also cover your backpack.	
Waterproof bags	Supermarket zip lock bags are perfect (varying sizes). Dry bags are also great expedition kit if you want to invest in something which you can use again in the future.	
Large plastic sack/bin liner	Used for storing any belongings at Base Camp that you don't need at your satellite camp. A bin liner or empty trash bag is perfect for this and will make your walk to and from satellite camps a lot easier.	
Water bottle/platypus	At least 2 litre capacity (this can be in the form of 2 1L bottles). Many prices and styles available.	
Sleeping bag	A warm, 2-3 season sleeping bag. It can get cold (below 10°C/50°F) at night in in the forest.	
Roll mat or thermarest	Add comfort and warmth throughout the trip. Roll mats are slightly cheaper and suitably sufficient for the expedition. If you choose to bring a thermarest then don't forget a repair kit just in case!	
Travel towel/sarong	Travel towel, small/thin towel or a sarong (doubles as a bed sheet/skirt). Do not bring a standard towel as it is heavy and won't dry quickly.	
Strong head torch/head amp	Night-time surveys will be best with a stronger headlamp. Petzl and LED Lenser provide good options for this and are ideal for night surveys to see wildlife (can be expensive but worth the extra cost). There is also no electricity at night in most of the camps/ accommodation.	
Spare batteries	Good idea to have spares for electrical equipment such as your head torch. Re-charging is not always possible.	
Wrist watch with alarm	Nothing technical, just a cheap waterproof watch. A Casio W800 watch is a good option and is approximately £15 from Amazon. These are waterproof to 100m, so ideal for use when diving or snorkeling during your second week.	
Notepad and pencils	These are a necessity for all field work.	
Sun Hat or bandana	Prevent dehydration/sunstroke which is a potential risk.	
Sunglasses	Bear in mind they might get lost or broken on expedition.	
Warm Hat	It can cold overnight during your forest week, occasionally below 10 degrees Celsius!	



## Marine site equipment

Below is a list of essential equipment specifically required for the marine part of your expedition.

All of the standard equipment you need to dive or snorkel can be hired on site and is included in the cost of a packaged expedition (if unsure, please check with your Opwall representative). If you do wish to buy any of these items (mask, fins, snorkel) prior to your expedition, we strongly suggest that you use the agents recommended by us (see purchasing advice).

If you have any questions relating to marine-specific equipment, please contact [max.bodmer@opwall.com](mailto:max.bodmer@opwall.com).

Marine Specific Kit		Tick box
PADI crew pack	<p>To complete your PADI Open Water course you <b>must</b> arrive on site with this pack. Your pack must include a PADI Open Water manual, RDP (Recreational Dive Planner), PIC (Positive Identification Card) and logbook.</p> <p>You can purchase this in physical form or as an electronic pack from our partners via the following link: <a href="https://divematerials.com/">https://divematerials.com/</a>. <b>If you opt for an electronic pack, it must be purchased from this source</b> - these are not transferrable therefore a PIC bought from a different dive centre can not be used for your Opwall expedition. An electronic device (smartphone or tablet) will be required to access the materials on site.</p> <p>Qualified divers must bring proof of current qualifications in the form of a certification card and log book. Non-PADI qualifications are accepted if equivalent to, or more advanced than PADI Open Water.</p>	
PADI forms	You must complete these online via the Opwall portal ( <a href="http://portal.opwall.com">http://portal.opwall.com</a> ) at least 3 months prior to travel. If you need to have your a form signed by a doctor in order to dive then you must bring this with you.	
Rash vest <b>or</b> wetsuit	Honduran waters are generally very warm and the majority of students do not wear wetsuits during in water activities. However, for those of you that feel the cold, we do recommend bringing a 3mm short-sleeved wetsuit. If you choose not to use a wetsuit, please bring a rash vest (or old t-shirt) with you in order to protect yourself against the sun and equipment rub.	
Sandals/Crocs/Booties	Please bring a pair of shoes that will stay on your feet when in the water. We recommend waterproof sandals with straps or dive booties. Please be advised that flip-flops are not adequate but can be worn casually around site.	
Flip-flops or Sandals	Useful for casual wear around site.	
Seasickness tablets	Being seasick is miserable - make sure your supply is large enough to cover at least 12 boat trips over the duration of your stay!	
Swim-Ear ear drops	These should be used every time you leave the water to dry out ears. This will help to prevent ear infections!	



Optional Kit	Remember you only have 20-25KG for international flights!	Tick box
Sleeping bag liner	Single duvet cover is ideal and cheaper.	
Wellington/Rain boots	Recommended but not essential. They can be useful for some amphibian surveys in Cusuco National Park but not a requirement if you don't want to bring them or don't have space.	
US plug adaptor	2 flat pin. You will get chance to charge electrical equipment if needed.	
Mask, snorkel and fins	These are available to hire on site along with all the other dive equipment, but you may want to bring your own if you already have them.	
iPod/playing cards/book/phrase book	There will be some down time during the expedition where you may want some form of entertainment. However, you will be expected to leave kit in your tent/backpack during the day and we can't guarantee the safety of your electronic devices.	
Camera	If you have one, bring it – you will come back with some amazing pictures. If your camera is not waterproof, make sure you keep it in a ziplock bag to protect it from water and humidity.	
Binoculars	Can be useful on certain surveys, Opwall staff will have their own on site but you should consider bringing your own if you have a pair. 8 X 40 are the best to bring.	

Toiletries	Good tip to travelling light is to get into small groups to combine things like toilet-ries, foot powder and sun block as you don't all need to bring a bottle each!	Tick box
Toiletries	Tooth brush, tooth paste, hair and body wash. At the remote locations we work in, our washing water often runs directly in to the river or sea. To minimise the impact of this <b>it is very important that you bring biodegradable toiletries</b> . Sanex 0% is an affordable option for body wash and you can find it and other 'green' products in many supermarkets now.	
Sanitary towels/tampons	Travel can disrupt your cycle so don't assume you won't need them.	
Insect repellent	Mosquito-borne diseases do occur in Honduras. While DEET is often suggested as an effective repellent, it can impact the environment and you may be asked not to wear products containing DEET during surveys where it poses a risk to the wildlife involved. 'Mosi-Guard' and 'Skin So Soft' by Avon are both effective, environmentally friendly alternatives that do not contain DEET.	
Talcum powder/anti-fungal powder	Essential to keep your feet dry in the tropics-fungal infections are common.	
Sunblock	A minimum of SPF 30 and coral friendly. Many sunblocks use chemicals which can cause corals to bleach, so we recommend ones containing natural sun blockers such as Zinc Oxide or Titanium Dioxide. An example of this is Badger Balm Sunscreen which can be found on Amazon. The sun is extremely strong at the marine sites and in the more open areas of the forest. Please take sun protection very seriously!	



Medical Kit	Staff will be carrying medical kits and the medical provision on site is excellent. However, there are some items listed below you should carry yourself (as appropriate).	Tick box
Prescribed medication	You MUST bring sufficient supplies to cover your stay. For example if you are asthmatic you must bring your own inhalers, or if you have a recognised risk of going into anaphylactic shock due to allergies, you must supply your own EpiPen. Always waterproof and clearly label drugs (with generic, rather than trade names). Occasionally there are restrictions on travelling with certain medicines; if you think this may be relevant to you, please contact your Home Office Drugs Branch (in the UK: 0207 273 3806).	
Antihistamine tablets	Both drowsy & non-drowsy tablets.	
Antihistamine/ hydrocortisone cream	To relieve the itch and swelling of bug bites.	
Paracetamol/aspirin	Bring a plentiful supply, 2-3 packs.	
Ibuprofen	Bring a plentiful supply, 2-3 packs.	
Rehydration salts	Dehydration is very common in the Tropics - bring 8-10 sachets of dioralyte/electrolade.	
Alcohol wipes	For minor cuts and scrapes.	
Plasters/Band aids	Include blister plasters and a variety of sizes.	
Sea /travel sickness tablets or aquastraps/seabands	Boat journeys at the marine sites can be rough, particularly the ferry crossings to reach Utila and Roatan.	
Anti-malarials	Consult your GP or travel nurse for advise on if these are required. Please note that you cannot take Larium if diving.	

Resources	If you want to learn more about the region you will be visiting these resources are a fantastic place to look.	Tick box
Honduras ID guides	You can find these with the rest of the training materials we have provided. These are very useful on site to help you with getting to know the wildlife at both the marine and terrestrial sites.	
Latin American / Spanish phrase book or dictionary	This is a recommendation stressed by previous volunteers. Those who brought them found them invaluable and those who did not, sorely wished that they had.	



Purchasing advice	You may find that you have suitable gear already, or can borrow from friends and family, so don't feel you have to buy everything new. Below is a list of retailers that we recommend for anything you do need.	Tick box
Nomad Travel (UK)	20% off online and in store using code OPW1000: <a href="http://www.nomadtravel.co.uk">www.nomadtravel.co.uk</a>	
Watersports Warehouse (UK)	10% off dive equipment, rash vests and wetsuits at <a href="http://www.watersportswarehouse.co.uk">www.watersportswarehouse.co.uk</a> . Use voucher ID: 42665 and password: OpWa10.	
Sports Direct	A great place to pick up inexpensive wetsuits and rash vests: <a href="http://www.sportsdirect.com">www.sportsdirect.com</a>	
Healthy Travel (UK)	10% off with code 100PW: <a href="http://www.healthy-travel.co.uk">www.healthy-travel.co.uk</a>	
Cotswold Outdoor (UK)	15% off online and in store using code AF-OPWAL-9P: <a href="http://www.cotswoldoutdoor.com">www.cotswoldoutdoor.com</a>	
Mountain Warehouse (UK)	20% discount for Opwall volunteers if you show your Opwall support letter	
Naturally Better You (UK)	A good source of environmentally friendly sunscreen, shampoo, body wash and insect repellent: <a href="http://www.naturallybetteryou.com">www.naturallybetteryou.com</a>	
Back Country Gear (US)	<a href="http://www.backcountrygear.com">www.backcountrygear.com</a>	
US Outdoor Stores (US)	<a href="http://www.usoutdoor.com">www.usoutdoor.com</a>	
Mountain Equipment Co-operative (Canada)	<a href="http://www.mec.ca">www.mec.ca</a>	
Dive For Fun (Brazil)	7-11% off online for Opwall students: <a href="http://www.diveforfun.com.br">www.diveforfun.com.br</a>	
Sport Zone (Portugal)	Outdoor clothing and equipment: <a href="http://www.sportzone.pt/">www.sportzone.pt/</a>	
Bivouac (New Zealand)	Outdoor clothing and equipment: <a href="http://www.bivouac.co.nz">www.bivouac.co.nz</a>	
Naturally Organic (New Zealand)	Organic shampoos, body washes and sunscreen: <a href="http://www.naturallyorganic.co.nz">www.naturallyorganic.co.nz</a>	
Ecostore (New Zealand)	Eco-friendly shampoos and body washes: <a href="http://www.ecostoredirect.co.nz">www.ecostoredirect.co.nz</a>	
XXL Vildmark (Sweden)	Outdoor clothing and equipment: <a href="http://www.xxl.se">www.xxl.se</a>	
Stadium (Sweden)	Outdoor clothing and equipment: <a href="http://www.stadium.se">www.stadium.se</a>	
Sport Extreme (Sweden)	<a href="http://www.sportextreme.com">www.sportextreme.com</a>	
Dykmagasinet Dive Shop (Sweden)	<a href="http://www.dykmagasinet.se">www.dykmagasinet.se</a>	



<b>Money</b>	<p>Spending money is an optional extra to cover personal expenditure only. This may include any snacks and souvenirs you wish to purchase from local shops in the surrounding villages.</p> <p>The local currency in Honduras is Lempira, but almost all payments in country can be made in US Dollars - \$1 is approximately 20 lempira. It is always best to have the smallest denominations you can as quite often the smaller villages don't have change. For your reference, a bottle of Coca-Cola or a chocolate bar is typically priced around \$1/20 lempira in Cusuco and \$2/40 lempira at the marine sites - but prices do vary from place to place.</p> <p>Changing money to Lempiras is not possible outside of Honduras, so we recommend that you change a small amount of dollars on arrival. Alternatively, you can use an ATM to withdraw Lempiras directly. Please bear in mind that you will not be able to change any leftover Lempiras back into your own local currency, so only change what you think you will need.</p> <p><b>NB:</b> Any meals, snacks and drinks outside of the start and end point of your expedition are not included.</p>
<b>Food</b>	<p>During your expedition, three meals are provided every day. Please be aware that due to the remote location of the sites and their basic facilities this food can be basic, although it is always plentiful. Special dietary requirements are catered for as much as possible, however we would suggest that if you are a vegetarian, vegan or particular about certain foods that you bring suitable cereal bars, snacks or vitamins. You are also welcome to bring any herbs, spices or condiments that you wish.</p> <p>If you have any food allergies or requirements, please let us know as soon as possible by completing the personal details section on your Opwall Portal: <a href="https://portal.opwall.com">https://portal.opwall.com</a></p>