



PACKING FOR YOUR TRIP

Mexico Trips



Planning:

- Submit your Trip Planning Form and check as soon as possible. Talk with your pilot. He/she needs to know, as far in advance as possible, your weight and that of your luggage and any equipment you are bringing.
- Find your passport and put it where you can easily reach it during the trip, **NOT** in your luggage. Make sure your passport is current. There are some countries that will not honor a passport if it is within 6 months of expiring. Check the US State Department's travel web site for details: <http://travel.state.gov/>
- Make a list of what you are taking.

Luggage:

LMV flies into Mexico in small planes. Besides passengers, we are carrying medical supplies and equipment. Any luggage, therefore, must be squeezed into available space. Make sure your luggage is of the squeezable variety; sturdy but soft sided. Your pilot will advise you of your allowable luggage weight which may range from 15-20 pounds (depending on the weight and balance calculation for his particular aircraft). Start with the concept that a gallon of gas weighs 6 pounds. Think about how many gallons of fuel you would be willing to sacrifice for the sake of your luggage, and you will find it easy to pack light, well within the 15- to 20-pound maximum. Remember, you will be gone only 4 days and 2 days of those days will be mostly in flight. You won't need, for example, a whole bottle of shampoo. You can use the small travel-sized bottles of products or the small plastic bottles available at most drug stores that can be filled with shampoo, cream rinse, lotions, etc. Be sure you place your liquid supplies in a zip-lock bag to prevent leakage due to either tight packing or altitude changes.

What to Bring:

Clothing: Don't bring too much! Remember those 6 pound gallons of fuel. Bring two sets of work clothes, e.g. jeans and a T-Shirt or scrubs, extra underclothing and socks, something a little dressy for the Saturday night party, sturdy comfortable shoes, beach sandals for Saturday and

Sunday beach wear, bathing suit, and sweater or jacket. Mexico will be hot in the late spring and early fall, with possible cool evenings. Winter can be very cold, so clothes should be appropriate to weather conditions. Check with your pilot for projected weather conditions in Mexico.

NOTE: Mexico is a very conservative country. Women may wear jeans, slacks, and shorts to the top of the kneecap (anything above the knee may cause some concern with some villagers). Skirts are preferred by the locals but must also be a knee level or below. They appreciate well-dressed women. Just remember, revealing hot-weather garments popular in the USA are **NOT** appropriate in the small Mexican villages that LMV visits.

Toiletries & Medicine (4-days supply in small containers): soap, shampoo, cream rinse, lotion, shaving cream, razor, toothbrush, toothpaste, floss, brush, comb, nail file, scissors, Advil/Acetaminophen/Tylenol, Pepto Bismol tablets, Band Aids, Antihistamine, mosquito repellent, and sunscreen. Prescription medications you ordinarily use need to remain in their original prescription bottle, since drugs of any sort may be checked upon re-entry into the U.S.A. If you are subject to motion sickness, prepare yourself with whatever remedy has worked for you in the past. Notify your pilot. They sometimes have something that will help. Air sickness bags are standard equipment well within your reach if needed. Remember that air sickness remedies need time to work, so make sure you read the directions on the package before the flight.

Stuff: Money. Take cash of at least \$100.00 in small bills. American dollars, in small denominations (ones, fives and tens) are acceptable in most places in Mexico. Very few of the hotels or motels that LMV visits will accept credit cards. If the credit cards are accepted, then a passport or other appropriate ID will be required when using it. For emergencies, Visa and MasterCard is best when needed and accepted. Bring plastic water bottles with water for brushing your teeth and drinking. Some villages have purified bottled water for sale. Bring something to read on the plane (flights can be 3-5 hours or more). Bring snacks for the plane ride, such as granola bars, chips, nuts, fruit, sandwiches, and chocolate chip cookies for the pilot. Ask you pilot about cold drinks. He/she may be carrying an ice chest and your contribution could be welcome with adding to your weight allowance. Bring a small blanket (some pilots provide blankets on board - check with your pilot). It can be cold in the air (even in the summer) and you may need the extra warmth in the hotel. Earplugs are a must (small planes can be very noisy, especially when you're trying to read or sleep). Bring a hat, sunglasses, and as mentioned above, sunscreen and insect repellent highly recommended. A pocket calculator for changing pesos to dollars is handy, as is an English/Spanish dictionary. Also nice to have are Handi-wipes, a small wash cloth, small towel, toilet tissue (needed in many places), a camera and film and a small notebook and writing implement. Cameras, lenses and other equipment of any value can be registered with U.S. Customs prior to leaving the United States. It is possible that you will be charged duty when you try to bring them back into the United States. For those who want to follow the flight path, a map of Mexico is a nice item to have (for your enjoyment only as we fly down the coast and you guess where we are).

Have fun!

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