

## TIPS FOR TRAVEL IN EL SALVADOR

### PREPARE FOR THE UNEXPECTED AND POSSIBLE INCONVENIENCES:

- Scarcity of clean water, hot water and electricity; delegation will have bottled water available and it is available at Guest House.
- Use of latrines rather than toilets in the countryside
- Transportation delays, flight changes, lost baggage
- Same food over and over
- Simple accommodations
- Noise and light streaming in windows early in the morning
- A lot of insects – windows and doors have no screens
- Danger of street thievery

### PRO-ACTIVE MEASURES:

- Come rested – it is difficult to catch up on sleep while traveling
- Wash hands frequently – bring Wash-n-Dries
- Protect yourself from mosquitoes by applying repellent sparingly at four hour intervals
- Drink plenty of bottled water to avoid dehydration – it can creep up on you
- Bring a lock for your bag if you want to secure it at the guest house
- Carry currency and a photocopy of first two pages of your passport in a wallet belt
- Don't put purses/bags down. Carry them down your front, especially in buses and markets
- Pack all essentials in carry-on for the plane– especially medicines
- Don't over pack – bring only the essentials
- Bring clothes that don't need ironing

### EMERGENCY PHONE NUMBERS IN EL SALVADOR:

Guest House and Emergency Numbers will be sent to all participants.

