



## Preparation for Your Visit to Guatemala

### April

1.  **PASSPORT** - make sure you have one that is not expiring soon:).  
<https://travel.state.gov/content/travel/en/passports.html>
2.  **VACCINATIONS** - <https://wwwnc.cdc.gov/travel/destinations/traveler/none/guatemala>
  - a. FAQ - Do we need vaccinated for malaria. "Areas of Guatemala with risk of malaria: Rural areas only at altitudes <1,500 m (4,921 ft). None in Antigua, Guatemala City, or Lake Atitlán. See more detailed information about [malaria in Guatemala.](#)" **We will not be in altitudes <1,500 m.**
3.  **BOOK YOUR FLIGHT** - Once booked please send a copy of your itinerary to Lindsey Thomason at [Lindsey@realimprints.org](mailto:Lindsey@realimprints.org).
4.  **PURCHASE TRAVEL INSURANCE** - Medical evacuation is minimum coverage required. Send copy to Lindsey. Please carry a copy of this policy with you in Guatemala. Some options include, <https://www.travelguard.com/>, <https://www.worldnomads.com/>, <https://www.travelsafe.com>.
5.  **SIGN AND TURN IN** - Liability Waiver, Risk Statement, and Medical Form.
6.  **SIGN AND TURN IN** - Parental Permission Form if under 18.
7.  **SIGN AND TURN IN** - Code of Conduct Form.

### May

8.  **Register** with STEP. <https://step.state.gov/>
  - b. 1st location - TBD Antigua, Guatemala
  - c. 2nd location - Hogares Seguros Para Niños in Los Robles, Guatemala
  - d. 3rd location - Villas Jabel Tinamit in Panajachel, Guatemala
  - e. Emergency contact is Kristyn Moss (801) 874-4610
9.  **Exchange Money** - US dollars to Guatemalan Quetzales
  - f. Once in Guatemala all transportation, 3 meals a day, lodging, projects and activities are covered. Consider money for souvenirs, snacks, drinks, laundry, or optional activities.
  - g. Consider ahead of time the ATM fees associated with your bank.
10.  **Communication** - Contact your cell phone carrier regarding your international calling fees. WhatsApp or FaceTime are great free alternatives with WIFI.

### 1 Week Prior

11.  **Make Copies** of your travel itinerary and passport and leave with family.
12.  **Review packing list** and double check you have all items needed.
13.  **GET EXCITED!!**