



HACKETT HEMWALL PATTERSON
FOUNDATION

Improving Health, Transforming Lives

HHPF Guadalajara Veins & Prolotherapy Service-Learning trip January 4-11, 2025!

Optional excursion to Sierra de Tapalpa Saturday, Jan 11- Monday, Jan 13 (see below)

Welcome to the HHPF 2025 Mexico Service-Learning Trip! We look forward to seeing all of you this upcoming January.

The following are key next steps:

1. Please make sure your fees are paid by December 15, 2024 using this link: [HHPF Service-Learning Payment Form](#)
2. Book Flights for your dates.
3. Go to HHPFoundation.org/2025tripdocuments to review the following:
 - a. Clinic schedule, contact information, protocols and more
 - b. Equipment authorization letters if you are bringing an ultrasound or medical supplies to download and print
 - c. Review the CDC website about the need for vaccinations and immunizations in Mexico: [Mexico | CDC Yellow Book 2024](#)
 - d. Visit [Mexico International Travel Information](#) for up-to-date information on travel conditions and recommendations.

Flights: Fly into the Guadalajara airport - airport code is GDL. We'd like everyone to arrive on Saturday, January 4, 2024. Unlike Honduras arrivals, there is no set time you need to arrive. See the GDL 2025 Service Learning Trip Schedule for the activities and events planned. If you will not be arriving Saturday, please let the coordinator know.

Wherever you first enter Mexico, you will need to go through Immigration and Customs. On the plane, you will get an Immigration Form to fill out. At Immigration they will take your form and typically ask you why you have traveled to Mexico. They then will keep the main part of the form and give you a small part of the form. **SAVE** that small part because you will need it when you leave Mexico!! Also, Guadalajara is in the state of Jalisco - if you need that for a Customs form.

Next, claim your luggage and go to Customs. You will be asked to push a button - it is a random way of deciding which arriving passengers have to have their luggage searched, or which passengers get to walk on by! RED light - have your luggage inspected; GREEN light -leave Customs and go to the airport lobby! If you arrive in a different city in Mexico, then you will have cleared Customs and Immigration there and will arrive at the Domestic Terminal in GDL. Same building as International arrivals, just a different area of airport.

Authorization letter: If you are carrying any medical supplies or equipment (ultrasounds), please email Misty Pilger to get an authorization letter so that those supplies are not confiscated or taxed. Mistypilger@hhpfoundation.org.

Travel to hotel: Travel by taxi or Uber on your own or with other arriving participants. Go to the taxi stand (either inside in each terminal or just outside the door), tell the person in the taxi booth where you want to go, and pay them for the ride at that time. They will give you a ticket for the taxi line/stand. The cost of the taxi is for the car, not per person.

Uber works very well in Mexico for those of you who have it on your mobile.

Hotel: Presidente Intercontinental Guadalajara

Address: Ave. Lopez Mateos Y Moctezuma, Cd del Sol, 45050 Guadalajara

Hotel reservations: Over the years, most participants ask for a Club Room. These rooms are in a separate area and breakfast is included in the price. It is a small buffet but you can also order specific items - like omelets, or pancakes, etc. There are 2 other restaurants, but breakfast is NOT included in the cost of your hotel room if you reserve a different room type. Also, Club Rooms provide evening hot and cold appetizers, wine and beer at no charge (from approximately 6:00 to 8:00 pm).

A block of rooms has been reserved with the following rates:

Single or Double occupancy Club Room: \$145 US. \$190 CA

You must reserve by December 20 to get this rate.

Rooms include all taxes, breakfast, evening appetizers and beverages. This is the same price for one or two people (add \$30 US for third person).

Use this code: Hemwall Patterson Foundation Ene 2024 or HP3 - The reservations staff will confirm the quoted rate once the participant is identified as attending the event Hackett Hemwall Patterson Foundation.

To make your hotel room reservations via email:

guadalajara@grupopresidente.com

Or call +52 33 3678 1234 via WhatsApp.

You will receive a list of participants and contact information prior to the trip.

Arrival: Those that are at the hotel by about 6:00 pm on Saturday can plan dinner together at one of the hotel or nearby restaurants. This meal is not covered by HHPF.

Meals: Breakfast at the hotel; Lunch will be catered and served at the church/clinic; snacks and coffee and water available throughout the day; dinner will be either at the hotel or out with the group at a nearby restaurant. All meals included in your fees are "with the group".

Water: do NOT drink tap water in Mexico!! The hotel provides bottled water in your room, you can also get extra water in the Club Lounge or you can ask your housekeeping person for extra water.

Money - The exchange rate for the Canadian dollar is 14.5 pesos.
US dollars to Mexican pesos is approximately \$1 US dollar = 20 Pesos.

You won't need much cash, and debit and charge cards are used frequently. The hotel cannot exchange dollars for pesos but will change large peso bills for smaller bills to use for tips. There is an ATM machine in the hotel lobby, and a large shopping mall across the main street with a place where you can change money. We request you do not cross the busy and dangerous intersection on the street – instead use the overhead walk-way pedestrian bridge.

Items to bring:

- any medication you will need
- charcoal tablets as needed for gastrointestinal upset
- extra pair of glasses/ contacts
- sun screen
- hat
- swimsuit
- mosquito repellent
- sandals to wear when not working
- water bottle
- day pack (to carry to clinic)
- scrubs - all participants will wear scrubs in the clinic.
- Jacket - It can get cold in the church
- 2 dress casual evening attire for when we go eat at a restaurant not in the hotel
- masks - Please bring along the masks if you prefer to wear them. They are not mandatory. We do have some procedure masks available.
- gloves - we will provide gloves in all of the treatment rooms. If you have your own favorites, please bring those.
- laptop computer
- ultrasound and individual sterile gel packets if you have either. Printed authorization letter downloaded from the website. HHPF will provide non sterile ultrasound gel.
- **Prolotherapy team:** Pens/paper/computer - Doctors, please bring a pad of paper and several pens, or your computer for note taking.

- marking Pens - for drawing anatomy. We will have some.
- workbooks you may want to reference.

Optional Tapalpa Excursion -Saturday 1/11 to Monday 1/13/25

This is a 2 days, 2 nights excursion. Those who want to participate will leave Guadalajara Saturday morning and return Monday afternoon for afternoon flights. Participants will pay for the group travel, food and their own accommodations (David will book this for you).

Here is a link to this magical village: [The Magical Mountain Town of Tapalpa, Mexico](#)

Thank you for signing up to go on this all-volunteer trip! We look forward to working with you as we *Improve Health and Transform Lives*.