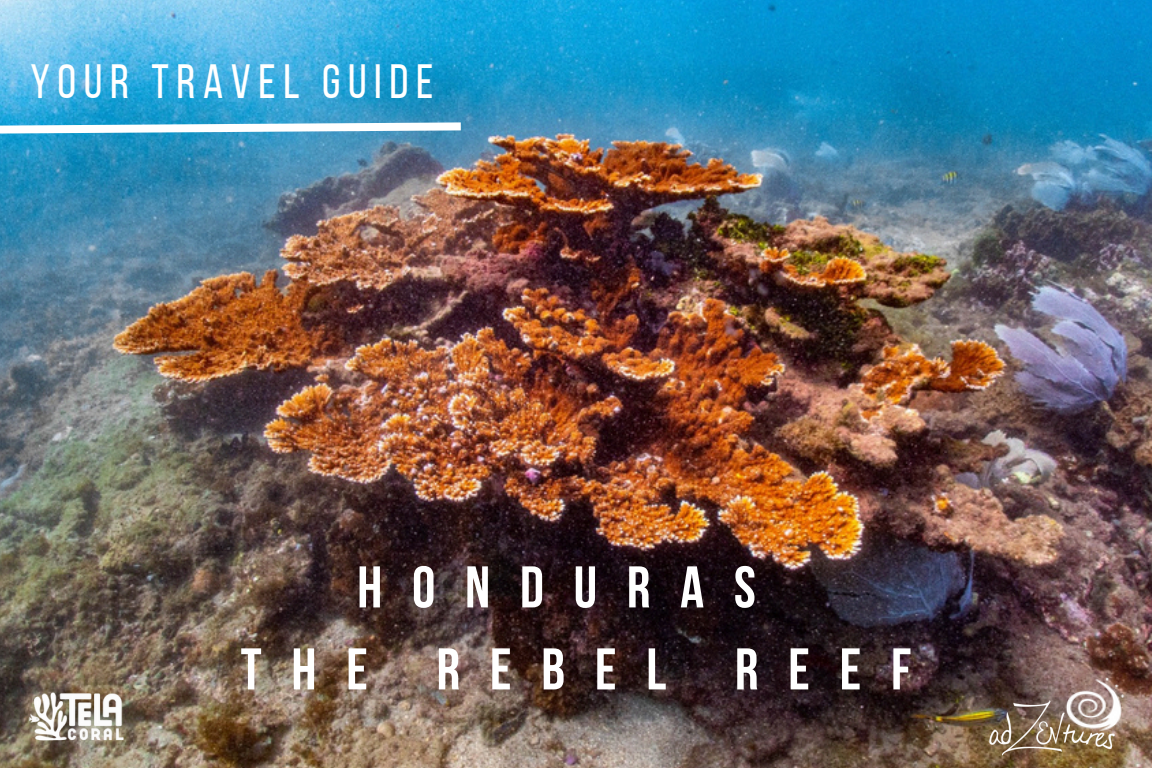
YOUR TRAVEL GUIDE



HONDURAS
THE REBEL REEF

TELA CORAL

adZENtures

Pre-Departure Information

GETTING READY FOR YOUR UPCOMING ADZENTURE WITH TELA CORAL...

Join our private, Photo Circle Group

ALL THE MEMORIES, IN ONE PLACE!

Please join the PhotoCircle group where you can share images and videos of your trip with each other. Your lead AdZENturer will be part of this group and will upload/share all of the photos taken of the group. You decide what to share and what you want to keep private.

JOIN HERE

Entry Requirements

To visit Honduras, you will need a valid passport. For U.S. citizens, your passport must be valid upon the date of entry and up to 3 months AFTER your return date to the U.S.

For all guests traveling to Honduras, you will need to fill out the Immigration Pre-Check and present a copy of the confirmation BEFORE getting on the plane. Each **PERSON** must fill this out.

PRE-CHECK LINK

Guests must also fill out the Traveler's Declaration. Each traveling **PARTY** must fill this out - if you are traveling as a pair or in a group, one per family is enough.

DECLARATION LINK

Entry Requirements

It is your own responsibility to find out additional visa information and entry requirements if you plan to visit other countries or stay longer than our retreat duration. Below are some links you can refer to ***for travelers from the U.S.***

U.S. Embassy & Consulate information
Ministry of Tourism

*****If you are not a u.s. citizen, please reach out to your consulate for travel questions and/or requirements to ensure a smooth travel experience.***

Practical Information

POWER OUTLETS

In Honduras, the supply voltage is 120V and 60 Hz. They use power sockets (outlets) of type A and B, like in the United States. Plug type A is the plug which has two flat parallel pins and plug type B is the plug which has two flat parallel pins and a grounding pin.

TIPPING

Tips are essential for many service industry workers. Your all-inclusive AdZENture includes a standard tip for all meals and planned excursions. However, if you LOVED an experience and feel like you'd like to offer an additional gratuity for experience providers, the accommodation staff or an excursion, please feel free to do so! Based on previous experience, we advise guests to bring $100-200USD for optional tips.

CASH & CARDS

Cash is preferred to credit cards in the area where we will be. Small artisans, food vendors, and shops all prefer cash. We suggest guests bring $100-200USD worth of local currency (Lempira) for personal purchases, additional excursions and/or added gratuity. You can order Lempira from most U.S. banks 2-3 weeks before your trip for the best rates.

Cell Phone/Data Plan

CHECK WITH YOUR CARRIER REGARDING INTERNATIONAL RATES

Check with your carrier to understand the international rules/offer for your data/phone plan. If needed, you can usually add an international data plan for the duration of your trip. If that's not an option or expensive, we recommend using an e-SIM.

What's an e-SIM? An eSIM is an industry-standard digital SIM that allows you to activate a cellular plan from your carrier without having to use a physical SIM. You can install eight or more eSIMs on an iPhone and use two phone numbers at the same time.

E-SIM OPTION

Travel Insurance

MEDICAL COVERAGE REQUIRED ON OUR ADZENTURE

We strongly recommend that you purchase travel insurance, some people may be covered through their standard health care but travel insurance can be helpful for other areas of the trip such as Trip Protection. Travel insurance helps protect against unforeseen emergencies which can occur at any time. It also helps protect you against other circumstances like travel delay, lost or stolen baggage and personal items, missed connections and so much more.

One of the recommended travel insurance providers is IMGlobal because it is designed for adventurous travelers with cover for overseas medical, evacuation, baggage and a range of adventure sports and activities. If you'd like to purchase Dive Insurance, we recommend D.A.N.

IMGLOBAL

D.A.N.

Code of Conduct

THE ADZENTURES AGREEMENT

This AdZENture is carefully designed and planned specifically for your group. Our hosts are experts in the destination and have personally curated this retreat to include the very best experiences we could find and create. We ask that you be respectful to our local partners and follow their instructions, especially during our adventures.

Please be mindful of the other guests in our small groups. Be respectful of every person, their opinions and their choices on the retreat.

Unruly, disrespectful, or inappropriate behavior will not be tolerated on this AdZENture, our hosts reserve the right to stop your participation in this retreat and no refund will be provided if this occurs. Additional costs may be incurred for transportation and/or alternative accommodation and AdZENtures will not be responsible for any additional expenses.

Alcohol & Smoking

THE ADZENTURES AGREEMENT

Please note that limited alcohol is provided on this AdZENture. If guests choose to buy additional alcohol to have at the accommodations, feel free to do so. If you have any concerns regarding this aspect of your retreat, please don't hesitate to reach out to your hosts and we will respond with the utmost discretion.

If you choose to consume alcohol on this trip, please do responsibly and note that others might not want to partake. Please be respectful of the others in the group and their personal choices.

Please note that this is a **no smoking** retreat. If you wish to smoke, you will not be permitted to do so on our retreat premises.

Dietary Restrictions

THE ADZENTURES MEALS

Throughout this AdZENture, we're excited to immerse you in the vibrant flavors of our local cuisine, thoughtfully curated based on seasonal and traditional foods.

Please note that we do strive to accommodate various dietary needs and restrictions by offering a variety of options for each meal. If you have specific dietary requirements, we'll do our best to make adjustments within the framework of our offerings. Our goal is to introduce you to the rich tapestry of local flavors, and we believe that includes a diverse range of culinary experiences.

If guests require custom meals beyond our standard offerings or last minute changes during the retreat, there may be an additional fee, similar to an upcharge at a restaurant. We appreciate your understanding and look forward to providing you with a delicious and culturally enriching experience.

Packing List

SUGGESTED ITEMS

- Passport (and visa, if applicable) & Copy of passport
- Devices
- Respective chargers (phone, comp, e-reader, etc.)
- International plug adapter (if applicable, Type A & B)
- Honduran Lempira
- Luggage locks
- Any necessary medications or supplements
- Glasses / contacts
- Headlamp
- Neck pillow / plane comforts / Eye Mask
- Earplugs
- Camera / GoPro / Waterproof phone pouch
- Water bottle
- Day backpack

Packing List

SUGGESTED DIVE ITEMS

- Swimsuit
- Dive attire - if you have your own gear (wetsuit or dive skin)
- Snorkel
- Mask
- Fins
- Booties
- Sun shirt
- Gloves
- Rash guard
- Neoprene headband or buff
- Dive watch/computer
- Dive journal/logbook
- Dive light/torch
- BCD/Regulator
- Weight belt
- Sun hat
- Underwater camera/GoPro
- Waterproof phone case
- Gear bag (mesh for wet gear)
- Reusable water bottle

NOTE: The water in Tela is VERY warm this time of year, you most likely won't need a wetsuit, gloves or dive hood. All of this gear is available at the dive shop if you do not have or choose not to bring your own gear.

Packing List

TOILETRIES / MISCELLANEOUS

- Reef Safe Sunscreen (recommended SPF 50+)
- Lip balm with SPF
- Toothbrush / toothpaste
- Shampoo / conditioner / soap
- Hair brush / hair tools
- Razor
- Skincare routine products
- Deodorant / perfume
- Makeup
- Bug spray (highly recommended)
- After Sun lotion
- Ear plugs
- Anti-nausea medication (for boat trips)
- Motion sickness patches
- Electrolyte packets
- Day pack for outings
- Book or Kindle

Packing List

CLOTHING

- 3-4 sets of lightweight, quick-dry clothing
- Long Sleeves for sun protection
- Comfortable walking shoes or hiking sandals
- Water Shoes (optional)
- Hat / Sunglasses
- 1-2 outfits for a night out
- Raincoat / Rain pants
- 1-2 Swimsuits
- Swimsuit cover
- Day Pack or dry bag for the boat and other outings

Packing List

ITEMS PROVIDED

PROVIDED

- Soap
- Towels
- All dive gear that you choose not to bring

Welcome to your AdZENture!

ARRIVAL INFORMATION

Our amazing AdZENture begins on **July 28, 2026 at 3pm!**

Pick-up information:
We will pick up guests at the Ramón Villeda Morales International Airport in San Pedro Sula at 3pm.

WE CANNOT WAIT TO ADZENTURE WITH YOU AT THE REBEL REEF!!

Contact Us

REACH OUT BEFORE, DURING OR AFTER YOUR ADZENTURE WITH ANY QUESTIONS, CONCERNS OR EXCITED MESSAGES

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Feel free to share this information with your loved ones back home, so they know how to reach you in case of an emergency.