

The Please Don't Forget Me List
Oaxaca: Day of the Dead – A Celebration of Life!
October 28th-November 3rd, 2009
Led by: don Miguel Ruiz Jr.
www.journeysofthespirit.com

We are so delighted that you are joining us for the upcoming excursion! We ask you to carefully read the following information to ensure that your experience is as physically comfortable and spiritually rewarding as possible.

Each Journey invariably includes two itineraries. On the physical part of the journey, we each travel as a member of a group to places of extraordinary beauty, power and enchantment. On the inner journey, we travel solo down a long winding road often rife with potholes, detours and rivers to cross with no bridge in sight. The inner journey requires that we bring along all our love and courage to honestly deal with ourselves to separate truth from illusion.

The inner journey is potentially the hardest one we ever make. For the physical journey we just need a sense of humor, flexibility and a properly packed bag containing all the things a physical body could need!

Mandatory items

- **A passport is absolutely needed that does not expire for at least 6 months!**
- Money for food and personal items and expenses
- Water bottle suitable for daily use. You should buy purified water only and brush your teeth with it. It is not recommended that women soak in a bathtub.
- Sturdy, well broken in walking shoes and or sandals
- Enough of your medication for the entire trip in your carry-on bag, not in your luggage
- Your prescription glasses
- Earplugs...if you have a roommate
- Pictures of family members, and mementoes for your personal altar

Strongly Recommended items

- A hat or visor is very important for protection from the Mexican sun!
- Suntan lotion
- Bug repellent, if critters are attracted to you!
- Sunglasses
- Shorts or travel pants that have zippers so they can become shorts are very useful. Often in the morning it is cool and by afternoon it becomes quite warm. Make sure you have layers to accommodate any situation. If your physical body is comfortable at the pyramids you will find you are better able to deal with your internal processes.
- A light jacket

- Journal for writing
- Back pack or fanny pack for camera, water, snacks, tissues and poncho
- Alarm clock to be on time!
- A lightly packed bag! I strongly suggest you pack light. You can always send things to the laundry which is very reasonable in cost. You will need to keep your luggage weight under 65 pounds or you may be charged by your airline.

Recommended Vaccines and Medications

While each person's body has different needs, we recommend the following vaccines and medications as a precaution when traveling to foreign countries. These recommendations are meant to prepare you so you can make intelligent choices regarding your body, not to scare you as they are just suggestions based on the Center for Disease Control and my own personal experience. Please consult with your own doctor regarding these suggested medications.

- Six pills of Ciprofloxin 500mg (or the equivalent if you are allergic to Cipro) to be taken twice a day for three days for severe diarrhea that lasts more than a couple of days or for food poisoning
- Pepto Bismol for mild stomach problems or diarrhea
- Imodium for moderate diarrhea problems
- Aspirin, Tylenol or Motrin for aches, pains, headaches, etc.
- Rolaids, Tums or any antacid of choice
- Benadryl for allergic reactions, bug bites or lack of sleep
- One set of ten days of Amoxicillin (or the equivalent if you are allergic to penicillin) for sinus infections, bronchitis or pneumonia
- A tube of Bacitracin or Triple Antibiotic Ointment for cuts and a tube of Hydracortisone crème for itchy critter bites and rashes
- Have you had your Measles, Mumps and Rubella vaccine?
- Tetanus shot
- Polio Vaccine
- Hepatitis B: This consists of three injections given over 6 months. All people regardless of whether they travel or not should consider this set of injections. Hepatitis B is passed through sexual relations and/or blood exchange. A person can be a carrier of this disease without you ever knowing it.
- Hepatitis A: It is recommended by the Center for Disease Control that all travelers have this vaccine. It consists of two injections given 6 months apart. You can catch Hepatitis A just from drinking a glass of water and pass it to an entire group of people from sharing water bottles, etc.
- Measles Vaccine: ask your doctor if you need a second dose
- An Epi-pen is you are susceptible to severe allergic attacks.
- Please consult your travel physician regarding the current Center for Disease Control recommendations.