



**C I C H A Z**

Centro de Investigaciones Científicas de las Huastecas “Aguazarca”, A. C.  
*Uniendo Ciencia Y Servicio/Bringing Science and Service Together*

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## Introduction

CICHAZ, A.C. is a member of the Organization of Biological Field Stations (OBFS) and a federally registered research station (RENIECyT # 20083) in Calnali, Hidalgo, México. We hope you have a fun, safe, and productive visit. The field station is set up to provide researchers with resources they need. Common sense applies. If you break something, use something, or get something dirty, please fix it, replace it, or clean it up.

### *Safety*

We operate the field station out of a residence in a remote area of rural Mexico. Please work with safety in mind as there is only a minimal first-aid clinic in Calnali, a basic trauma center in Tlanchinol about 45 minutes away, and only marginally better care in Zacualtipán and Huejutla, each over an hour away. The nearest good hospitals are in Pachuca and Tampico, 3 ½ and 4 hours away, respectively. Make sure you have appropriate medication/training for any conditions or allergies you have. **The facilities we operate do not conform to U.S. or any institutional safety standards. By working, visiting, or volunteering at CICHAZ, A.C. you assume any and all risks and responsibilities and release the owners and users of CICHAZ, as well as their employers and affiliated institutions, from any and all liability.**

**Before arriving at CICHAZ, A.C. you must sign the form found on the last page of this guide and email it to [rhonda@cichaz.org](mailto:rhonda@cichaz.org).**

## Brief overview of things to know when you come to visit:

1. Clemente Hernandez (**Don Clemente**) and Irma Perez (**Doña Irma**) are the primary caretakers of CICHAZ, A.C. They live across the street and to the right in the pink colored house. Their son Osvaldo is a scientist in training at UAEH. Ask them for help with anything you need but please be respectful and understand they do have lives so they can't always do something 'right now'.
2. Karla and Rey Zapata live right next door at the Taller de Vidrios. Their store, Abarrotes San Antonio, is directly across the street. They sell dry goods, snacks, milk, cold beverages of all types, and various other items including gasoline (not for long, the PEMEX station down the road will be open soon). Rey can do metal or glasswork you might require.
3. Ernestina is the older lady next door on the other side of the house and she and her family sometimes bake and sell fresh *pan dulce*.

## The House

4. Upon arrival at CICHAZ, if no one else is currently staying there, go up to the roof and open the valve to the boiler. If you want hot water, then light the pilot on the hot water heater. If you're keeping aquatic creatures, turn on the water to the dechlorinated water reservoir (the white tank) and treat with Amquel or Prime to dechlorinate. When you leave, be sure to turn off hot water heater, gas tank, and water to reservoir.
5. The fuse box is on the front of the house and the breaker may have to be turned on to get power. If a fuse must be replaced, please do so with identical fuses from hardware store in town. The power is "dirty" and fails occasionally, so bring voltage regulators if working with delicate equipment. A headlamp is a great accessory to have.
6. Tap water is chlorinated and fine for brushing teeth, but don't drink it from the tap. Karla sells 40-L jugs of drinking water. **You must return the bottle in order to buy a new one.** White PVC taps in fishroom and interior lab room produce dechlorinated fish water from the white rooftop reservoir. **Please conserve water as much as possible.** Supply can be intermittent, especially in the summer. The black plastic reservoir (*tinaco*) on top of the roof is filled intermittently, and we have gone up to two days without running water in the house at times.
7. Put toilet paper and other sanitaries in trashcans rather than down the toilet as much as possible. As of now, everything that gets flushed reaches the river, think of your downstream neighbors before you flush. Please urinate (discreetly) in the backyard as much as possible.

8. Wash clothes in washing machine on the roof, then hang them on the second floor terrace to dry. Next to the washer is a sink where you can hand wash clothes if you like.
9. Make sure Clemente and Irma know about any perishables you leave in the fridge on departure.
10. Leave all lab and fishroom areas as you found them on arrival and follow all posted rules.
11. Sheets, towels, and blankets are on second floor landing. When you leave, pile sheets and towels on top of the washing machine or on your bed.
12. Check shoes and drawers for tarantulas and scorpions.
13. For details on research equipment, see Facilities.

### The Backyard

14. There has been a nest of Africanized honeybees about halfway to the river on the left hand side. Don't bother them and they won't cause problems.
15. There are often paper wasp nests on the roof of the house. They are generally harmless but can and sometimes do sting. Just be aware of them and keep your distance during the hottest parts of the day. The rounder nests with small wasps are honey-wasp nests...they are stingless and produce honey. Leave them alone
16. Introduced fire ants are a pest here just like in the southern USA. They are merely annoying unless you are allergic.
17. There is an abrupt drop-off to the river, exercise caution with young children or impaired adults. The steps down to the river can often be covered with leaves that can be slippery so be cautious with them as well.
18. Help yourself to fruit on the trees. We have fruit trees including sweet and sour oranges, tangerines, bananas, lemons, limes, and *pomarosa* among a few others. Please do not remove vegetables from the cultivated garden areas without first asking.
19. **Do not remove any fish from the stretch of river behind the house**, as this is our long-term study population.

### Health & Healthcare

20. Chances are you will get sick with an intestinal bug at some point. Prepare to have a miserable day or two, but the good news is that once it's over, you typically won't get it as bad, if at all.
  - a. Pepto-Bismol, Imodium, and harder stuff are available at pharmacies in town.
  - b. If lots of locals are eating someplace, it's probably fine. But if it's your first time you will get sick no matter what you do.
21. A first aid kit is on top of the science fridge in the supply room on the first floor.
  - a. There are pharmacies in town – try Vite Ortega Joel (On Juarez)

22. Biting gnats and mosquitoes abound, apply insect repellent liberally. **Do not get insect repellent anywhere near fish, fish tanks, or fish supplies.** Do not use products with **DEET** if you are going to be anywhere near a natural body of water or our fish facilities. We recommend Natrapel or other picaridin repellent. These repellents are still **TOXIC TO FISH** so **WASH YOUR HANDS** before handling any fish).

### **Emergencies**

In the event of a medical emergency, contact Don Clemente's family immediately. If you are traveling as a representative of an institution, you should be aware of their emergency support systems and have relevant contact information easily accessible.

### **TAMU visitors**

Those visitors traveling with TAMU or affiliated with Texas A&M University, please call the Study Abroad Programs Office at Texas A&M University – they are available to assist you 24/7 in case of an emergency, whether it be medical or not.

Important phone numbers to keep on you while you are abroad include:

Study Abroad Programs Office Emergency Line: **+1 979.255.6103**

Study Abroad Emergency Email [studyabroademergency@tamu.edu](mailto:studyabroademergency@tamu.edu)

CISI Insurance (medical, travel, and legal assistance, meaning they will help you find a lawyer)<sup>1</sup> **+1 855.327.1411** or for outside US **+1 312.935.1703**

CISI Insurance Email: [medassist-usa@axa-assistance.us](mailto:medassist-usa@axa-assistance.us)

For Medical Emergencies, here are some suggestions:

### 23. CLINICS

- a. One is located in Barrio Tlala southeast of downtown.
- b. One 24-hour clinic is called **Hospital Ilusión/Hospital Regional Tlanchinol** located in Tlanchinol, Hidalgo (about 45 minutes away without fog).

### 24. PHARMACIES in Calnali

- a. Vite Ortega Joel (On Juarez, +52 77 171 30124)

25. PHYSICIANS – to contact them during off hours, knock (or bang) on the doors – they live above/behind the pharmacies. Go to Don Clemente for help as he is up to date on changes in the community.

### 26. HOSPITALS –

- a. Zacualtipán
  - i. Centro de Salud de Zacualtipán\*\*  
Galeana #2 , Col. Centro, C.P. 43200  
Zacualtipán de Ángeles, Hidalgo, México  
Teléfono: (774)-742-0599

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<sup>1</sup> They can assist you with medical referrals, emergency medical transportation services, medical and security evacuations, and general assistance during international travel.

- ii. Hospital IMSS Oportunidades HRS No 22 Zacualtipan  
Instituto Mexicano del Seguro Social  
Ocampo #S/N , Col. Centro, C.P. 43200  
Zacualtipán de Ángeles, Hidalgo, México  
(774)-742-0487

- b. Huejutla de Reyes

- i. Lopez Santos Jorge (~1 hour away)  
Carretera México-Tampico 215  
43000 **Huejutla de Reyes, Hidalgo**  
Phone number+52 78 989 64196

## **What to Pack**

CICHAZ has a washing machine but if there are water shortages due to pipe back-ups, low water reserves, or other unforeseen problems, water for the fish takes priority over the washing of bodies or clothes. Visitors should plan to wear clothes multiple times before washing and all clothes are line dried; once the summer rains start this often means drying clothes inside the house.

### The basic checklist

Toothbrush/toothpaste

Shampoo/conditioner

Face wash

Liquid hand/body soap

Deodorant

Extra underwear and socks

Bug spray (**REMINDER:** Do not bring any **DEET** products to the field station. We recommend Natrapel or other picaridin repellent. These repellents are still **TOXIC TO FISH** so **WASH YOUR HANDS** before handling any fish).

Hand sanitizer

Sunscreen (especially in spring and summer)

Camera

Mexican pesos (there are two ATMs in town that accept most international ATM cards and the main supermarket in town, Abarrotes El Coyote, accepts credit cards)

*No need to bring towels or sheets - the field station has a generous supply*

### Spring/Summer

Water shoes

Tennis shoes and/or hiking shoes

Socks

Shorts

Long hiking pants

Bathing suit

T-shirts (we recommend mostly short-sleeved but one or two long-sleeved t-shirts may help with bugs in the field)

Long pants/Jeans

A sweatshirt or sweater (it can get cool in the evenings)

One nice outfit (for visits to local schools, meeting with officials, or making public presentations). Local *huipiles* are always appreciated for both men and women, paired with dress slacks or skirt.

## Fall/Winter

Water shoes

Tennis shoes and/or hiking shoes

Socks

Long hiking pants (those that can become shorts are recommended)

T-shirts (we recommend mostly long-sleeved but one or two short-sleeved t-shirts may be good for unexpected warm weather)

Jeans

A sweatshirt or sweater

One nice outfit (for visits to local schools, meeting with officials, or making public presentations)

## **Safety and Security**

We stress that visitors use common sense when traveling to and from the field station. Visitors are also encouraged to register with the U.S. Embassy and obtain updated information from the U.S. State Department on travel and security within Mexico (please note that the data on their web site may be out-of-date so it is better to check with the field station personnel. Hidalgo, the state where the field station is located, is not under a travel warning).

### **U.S. Embassy in Mexico**

Paseo de la Reforma 305

Col. Cuauhtemoc

06500 Mexico, D.F.

#### **Telephone:**

From U.S.: (011-52-477) 788-7070.

From Mexico: (01-477) 788-7070.

## Travel Insurance

You should have travel insurance to cover any unexpected medical expenses, trip interruption, medical emergency assistance and treatment services and more. Often this insurance has a 24-hour assistance line. Your home institution will most likely have purchased this for you when you registered your trip – you must check and confirm. Credit cards also often provide this insurance if you are flying, but check your credit card agreement. American Express and other organizations also offer such insurance.

We request but do not require proof of travel insurance before you stay at CICHAZ, A.C. – **BUT we assume no liability for any costs you incur associated with your trip to CICHAZ, A.C. You are ultimately responsible for any expenses or emergency costs.**

### In Mexico

If you do find yourself in trouble due to an accident or other incident, we strongly encourage you to contact an attorney through your travel insurance.

### In Hidalgo

Within Mexico, Hidalgo is a very safe destination.

- “The state of Hidalgo remains of the least developed (8th lowest in HDI) in Mexico, but also has one of the highest growths in life-quality and safety in the country. It has not suffered the "narco war" problem that most parts of the country face now, and remains a rather safe destination for tourists. Since recently, tourism in the state was only well advertised for nationals, especially those from neighbouring states, but barely known by foreigners. Now, Hidalgo is opening its advertising to a broader world public, as well as its tourism facilities are growing and services have been improving to fit the requirements of the growth of tourism.” < <http://wikitravel.org/en/Hidalgo>>.

### In Calnali

- Calnali has a very low crime rate but as a rule, leave your finer items at home.
- If you are walking around on market day, be mindful of pickpockets.
- The field station is very safe and is always securely locked when no one is in the building. Please do your part when you are visiting to make sure doors are locked whenever you leave and that the garage doors remain closed.

## Getting There

### By bus and taxi

From **Mexico City's** Terminal Norte, there are occasional Estrella Blanca second-class (unairconditioned, slow) buses to Calnali, about 5 hours, for about \$120 pesos. There are also frequent Estrella Blanca buses to Huejutla and Molango, both of which stop in Molango (about 4 hours) where you can take a taxi into Calnali (\$300 pesos, another 40 min). **Taxis stop running in the late evening.** From the **Mexico City airport**, the easiest thing to do is to take a first-class airport bus to the **Pachuca** bus terminal (\$170 pesos) and then catch one of the aforementioned buses north, although they often fill up in Mexico City and you may have to stand for a while. The bus passes right by CICHAZ

before entering downtown Calnali; ask the bus driver to look out for the bougainvilleas on the left hand side after crossing the bridge before Calnali.

You can also make arrangements for a Calnali taxi to pick you up at the Pachuca bus station (\$900 pesos for up to 3 people).

From Tampico, there are several first-class ADO buses from the downtown ADO terminal to Huejutla several times a day (4 hours, about \$200 pesos). From Huejutla, there are 1 or 2 combis (minibuses) to Huejutla. You can also take a taxi from Huejutla to Calnali (about \$500).

From Cd. Valles, take a bus to Tamazunchale and then ask for directions to the Huejutla bus stop; there are buses for about \$50 pesos that take about an hour and run every half hour. Follow directions from Huejutla as above.

By car

### ***Car Permit and Insurance***

For those bringing cars from the United States, you **MUST HAVE** a permit to travel this far into Mexico and you **MUST** get car insurance. To do this, go to Banjercito < <http://www.banjercito.com.mx/>>. The permit is ~ US\$50 for cars and the insurance is ~US\$100 - \$200. **Without insurance you will end up in jail if you cause or are involved in an accident and all expenses will be yours. A lawyer can only help you so much if you do not have insurance.**

If you have a trailer on your car/truck, you will need a separate permit for the trailer and make sure it's also on the insurance policy. Another insurance option is through Sanborns and that may be easier if you have a trailer because you can communicate with a person: <http://www.sanbornsinsurance.com/> (the price is comparable with the one through banjercito).

### ***General tips when driving in Mexico – READ THIS CAREFULLY***

Drive with caution!!! DO NOT SPEED or do illegal U-Turns. Your insurance will pay for any injuries you may cause to others or yourself as well as damage to the vehicles **but** you will still be fined if you are found to be at fault in an accident. As is the case anywhere you may travel you should respect the law and customs of the area – you are a visitor. The law in Mexico is that the at-fault driver of an incident must take care of the costs of the accident through insurance or out of pocket, and the Mexican authorities must have a guarantee that you will cover the expenses or you will be going to jail.

On rural roads, a left turn signal usually means "pass me", unless the car is slowing down, and a right turn signal means "do not pass". When turning left, do not use your turn signal; slow down and stick your arm out the window to indicate a left turn.

Slow down for topes (speed bumps) through towns and small settled areas.

Be on the lookout for washouts and rockslides. Branches on the ground and red cloths on vegetation mean there's danger ahead, as do hazard lights on the vehicle in front of you.

Gas is available in several places in and around Calnali, including Miguel's across the street, sold out of 20-L jerrycans at a slight markup. The gas is fine, but it's cheaper and more convenient to try and fill up in Molango, Atlapexco, or Huejutla.

***Directions from Mexico City , Pachuca , and points south and southwest***

Take Hwy. 105 north through Zacualtipán. There can be dense fog from this point on. Gas up in Molango. Right before Ixtlahuaco, turn east (downhill) towards Calnali. After about 20-30 min, you'll cross a bridge over the Río Calnali (Calnali-mid). CICHAZ will be on your left next to the Vidrios y Aluminio sign.

***Directions from Tampico, College Station, Brownsville, McAllen, and points northeast***

Follow signs to Pánuco, Veracruz. At Pánuco, head south towards Tempoal (recommended: El Palenque restaurant on east side of highway), then bear southwest towards Huejutla. Gas up in Huejutla, as it's the last real gas station before Calnali. It's slightly over an hour to Calnali. Follow signs out of Huejutla towards Mexico City and Pachuca . Right after leaving the built-up area of Huejutla, turn left towards Atlapexco. Immediately before Atlapexco, turn right onto bypass road towards Yahualica. Keep going straight through Tlalchihualica and Mecatlán (do not turn uphill towards Yahualica). You'll go over a bridge after Mecatlán, and the kilometer markers now count down to the Calnali turnoff. There are frequent rockslides on this road, so be careful. Pass the town of Calnali , on your right, and both turnoffs for Calnali/centro. CICHAZ is on your right about 100 m after the second turnoff.

***Directions from Cd. Valles, S. L. P., Monterrey , Laredo , and points northwest***

Drive south on federal Highway 85 to Tamazunchale; right after the bridge, turn left towards S. Felipe Orizatlán. Bypass S. Felipe Orizatlán, then turn right towards Mexico City/Pachuca before you enter Huejutla. The bypass road will cross Hwy. 105; keep going straight towards Atlapexco and follow directions above.

***Directions from Tuxpan, Veracruz port, and points southeast***

From Álamo , Veracruz , follow signs to Chicontepec. At Benito Juárez, keep going straight on towards Atlapexco and Huautla (do not turn towards Chicontepec). The last gas station is right before Atlapexco. Keep going straight towards Atlapexco, and stay on the bypass road to the right of the town of Atlapexco . Immediately after passing the town, turn left towards Yahualica and follow directions as above.

## Arrival Checklist

### Water

- **Please conserve water** as much as possible. Supply can be intermittent. The black plastic reservoir on top of the roof is filled intermittently with chlorinated water for bath and kitchen use, and we have gone up to 48 hours without running water. This water is chlorinated and fine for brushing teeth and showering, but don't drink it.
- If you're keeping aquatic creatures, turn on the water to the dechlorinated water reservoir on the roof and treat with 35 ml Amquel once it's full.
  - White PVC taps in fishroom and interior lab room produce dechlorinated fish water from the rooftop reservoir. **Please conserve water** as much as possible. Supply can be intermittent.

### Propane Gas

- Upon arrival at CICHAZ, go up to the roof and open the valve to the propane tank, then light the pilot on the hot water heater.
- Make sure there is propane – if the level is low, you need to flag down the propane truck next time it drives by (the driver hollers “GAS!”)
- To light the boiler if necessary, bring a flashlight, a lighter (avoid crappy little local matches, get the big wooden ones if you can find them). There should be a pair of pliers permanently there. Follow instructions printed on the boiler for lighting pilot and boiler; use the pliers to turn the metal knob.

### Electricity

- The fuse box is on front of the house and breaker may have to be turned on to get power.
  - Extra fuses are in the storage room and on the windowsill closest to the fuse box.
  - Please replace with identical fuses from hardware store in town.
  - Power is "dirty" and fails occasionally, so bring voltage regulators if working with delicate equipment. A headlamp is a great accessory to have.

### General

- Check shoes and drawers for tarantulas and scorpions.
- First aid stuff is on top of the science fridge.
- Rechargeable batteries are in the utility room along with tools, etc. (probably disorganized).
- Headlamps and bug spray are in the main dining room.

## Bathrooms

### Toilets

- Try to urinate in the garden rather than in toilets. Anything that goes down the drains ends up in the river downstream of town, untreated.
- Put toilet paper and other sanitariums in trashcans rather than down the toilet. The plumbing can handle a tiny bit of paper (one wipe).
- If the water is off, fill a bucket with water from the fish tanks outside and pour the water into the toilet when you are done.

### Showers

- Try to keep them brief.

### Sinks

- Tap water is chlorinated and fine for brushing teeth, but don't drink it.

## Garbage

Once a week, usually on Fridays, the garbage truck drives by. They make their presence known by ringing a bell. Bring the trash to the curb in front of the field station; we like to tip the collectors 5-10 pesos if we see them.

## Food Basics

### Groceries and foraging

#### ***CICHAZ***

- CICHAZ produces coffee, lots of citrus, papayas, beans, peaches, bananas, and herbs. Help yourself to firewood, fruits, and vegetables. Be sure to try the pomarosa (rose-flavored fruits in season in May/June) near the path to the river.
- There should be a supply of raw coffee beans. Feel free to ask Irma for more. The unprocessed dried beans are kept in sacks in the computer room upstairs. To roast them, put about 2 cups in the popcorn popper and run it for 2 hours (medium roast).
- There is a coffee grinder, a coffee maker, and a French press.

#### ***Abarrotes San Antonio (Karla's store) is directly across the street***

- You can get general staples here (milk, basic veggies, eggs, beer, water, snacks, packaged flour tortillas, etc)
- 20-L water bottles can be exchanged for ~12 pesos. Bring your empty in exchange for a full one.

- Santa Clara and Lala milk are all milk, most other brands are cut with vegetable products.
- Cases of big and small Victoria beer bottles are available. They usually don't charge a deposit on the bottles, but these need to be **returned** before you leave.
- For wheat flour and other basic staples not available at Karla and Miguel's, try **Miscelanea Nelly** located across the street a few houses to the left of Karla and Miguel's.

### ***Abarrotes El Coyote***

- This is the main supermarket in town. You can get American-style white bread and all the basics here except fresh meat and veggies. They sell alcohol as well and they accept major credit cards.

### ***Market***

- Fruit and vegetable stands are set up most days of the week. A butcher shop by the *presidencia* (town hall) has fresh meat. The chicken stands sell both fresh chicken and tasty rotisserie chicken.
- If you want fresh corn tortillas, you'll have to go to tortillerias in town. Everyone in the neighborhood has their own family cornfield (*milpa*) and makes them by hand at home.
- The fresh *pan dulce*, available next door and in town, is very good. Market day is **Sunday**. Show up by 11 am to ensure you'll find everything you need. See glossary for specific items available in the market. The most unusual items are sold by elderly indigenous ladies sitting on the ground, mostly in the central plaza.

### ***Eating out***

- Some of the best food is sold at taco and other small family stands – see glossary for specifics. **Hotel Oviedo/Restaurant La Jarochita** has substantial and delicious meals for about \$120. It's best to give them a heads-up in the morning or earlier if you plan on a meal there.
- If lots of locals are eating someplace, it's likely to be perfectly safe. But if it's your first time visiting Mexico you will get sick no matter what you do.

## Kitchen

### Refrigerator

- Please put anything smelly in the “science fridge” located in the utility room.

### Dishes

- Please minimize the soap and water used to clean dishes
- Dishes should be done after each meal to minimize ants, roaches, etc.
- Please use the **blue sponge** for washing dishes.
- Please do not use any metal utensils when cooking with the non-stick pots/pans.

### Counters

- After cooking, please wipe down the counters with the **yellow sponge**.

### Hand Towels

- These are used to dry dishes **only** and are located under the microwave. Please add them to the pile of sheets and towels to be washed when needed.

## Sheets and Towels

- Sheets and blankets can be found in the black chest on the second floor landing (in the corner).
- Towels can be found in the bookshelf on the second floor. These towels are **only** for personal use.
- When you leave, pile sheets and towels on washing machine.

## Laundry

- Wash clothes in washing machine located on the roof, then hang on second floor terrace to dry. If it is raining, hang clothes on the back patio and/or staircase.

## General Cleaning

- The kitchen floor should be swept regularly to avoid bugs.
- Irma will come to clean the house twice a week, but guests are expected to clean up after themselves.

## Communication

### Internet

- Internet service may or may not work inside the house. The wireless password is on the white board upstairs. There are several internet cafés in town, including one on the main street (La Web@) across from the Hotel Oviedo.

## Phone

- Cell service can be spotty; at the field station, often you need to be on the roof to get the best reception.
- We don't have a landline, all communication is by cell phone. If you choose to bring your cell phone look into international text, data, and voice plans.
- If calling from outside Mexico, country code is +52-1 for a cell phone and +52 for a landline.
- To call from Mexico to a foreign country, dial 00 and then the number.
- *Tarjetas Telcel* (phone cards) are available at Don Magdaleno's store down the street and elsewhere in town. Substantial discounts (more minutes) apply if you buy higher-value cards (\$200 or \$500).

## **Equipment**

- Dissecting scope, scale, drying oven, RNase Away, RNALater, and 1.5 ml tubes are available in the dry lab, along with at least one Flip HD camera you're welcome to use.
- There are also blank DVDs, rite-in-the-rain paper, etc. Please let us know if you significantly deplete any supplies so we can replace them.

## **Entertainment**

### TV/ DVD Player

To enjoy our movie collection, use the region-free DVD player in the living room. Return DVDs to their proper cases when you are done and file them alphabetically.

## Departure Checklist

<b>Roof</b>	
	Blow out the pilot light on the hot water heater
	If you've kept aquatic creatures, turn off the water to the dechlorinated water reservoir.
	Close the valve to the natural gas tank
<b>Kitchen</b>	
	Make sure Clemente and Irma know about any perishables you leave in the fridge on departure.
	Put spices/pastas/rice/beans in refrigerator
	Throw away sponges
<b>Bathrooms</b>	
	Empty trashcans into can in the back
	Gather sheets and towels for the laundry and leave them on the washing machine for Irma
<b>Bedrooms</b>	
	Strip beds
	Lock windows
<b>Office</b>	
	Lock windows
	Lock balcony door
<b>General</b>	
	Leave all lab and fishroom areas as you found them on arrival.
	Lock up the house
	Turn off all lights
	First time visitors need to sign the wall

## Phone Numbers

- NAME, Calnali cab driver: 771 729 3606
  - Can pick up visitors at the Pachuca bus station (*terminal*) an hour and a half after the bus is scheduled to leave Mexico City.
- Field station caretaker: Clemente Hernandez: 771-112-5302
- Plumber & Electrician, Clemente LAST NAME: 771-772-1424

## Spanish Glossary for non-Mexicans

### Transportation

*Camión*: bus

*Central or Terminal*: bus station

### Food and drink

*Vino*: wine and also hard liquor, e.g. tequila, rum

*Quelites*: catch-all term for any leafy vegetable

*Empanada*: called a gordita in Texas, thick cooked corn masa stuffed with something yummy. Try the *empanadas de alberjón* in the market.

*Tamal*: corn masa with something yummy in the middle, wrapped in corn, plantain, or (best) *papatla* leaves.

*Zacahuil*: A megatamal stuffed with pork and spicy sauce. Not to be missed.

*Tacos al pastor*: seasoned pork on a shish kabob spit and a little piece of heaven on earth, available down the street and downtown next to the town hall, particularly on weekends.

*Quesadilla*: a grilled cheese taco.

*Gringa*: a grilled cheese taco with *pastor* meat. People will be amused if you order this.

*Elote*: whole ear of corn

*Esquite*: whole corn mixed with cream, salt, chile and lime. A lot yummiier than it sounds or looks. *Elotes y Esquites* carts are common.

*Camote*: sweet potato, sold by guys pushing carts that sound a forlorn steam whistle.

*Atole*: A thin corn porridge, usually flavored with *elote* or chocolate. Lots of artificial flavors too.

*Carnitas, suadero*: Meats sold in taco stands at market, which you should try although better ones are available in Mexico City. We have a magazine issue of "Chilango" that lists the 100 best taco stands in the capital.

*Guanábana*: soursop. Sporadically available fresh; often available as a popsicle; exquisite.

Beer (*chela*): *Indio* = *Negra Modelo* > *Bohemia* > *Victoria* > *Modelo* > *Tecate*

*Michelada*: any of the above plus lime juice, chile, salt, and often Worcestershire sauce, over ice. The best thing ever for outdoor work.

*Tequila*: *Herradura Reposado* > *Cazadores* > *Jimador* > *Centenario* >>>> *Ranchito Viejo* et al.

You can buy *aguardiente* at 5 pesos a liter from Karla. It will cause you to do very stupid things.

The *pulque*, sold across the river from the town square in Tlala on market days, is worth trying, along with the flavored *pulque curado*, if you can stand the crowd of drunks surrounding the place.

*Mole, adobo*: a rich sauce based on chiles, tomatoes, tomatillos, chocolate, etc. Every one is a bit different. Always worth trying.

*Jicama*: (also common in Texas): crunchy root vegetable peeled and eaten raw by itself or in salads. A perennial favorite.

*Epazote*: An aromatic herb used in cooking. Fills the curry-leaf niche for Asian food.

*Tomate (verde)*: tomatillo

*Jitomate*: tomato

Milk: *Santa Clara* (real milk) >> *Mileche*, *Nutrileche*, et al. (milk plus veggie)

Chiles

Fresh, from mildest to hottest:

*morrón* (green pepper), *poblano*, *serrano*, *jalapeño*, *piquín*, *habanero*

Dried

Smoky, not too spicy, fills the sun dried tomato niche:

*Ancho*

Not smoky, spicy

*Guajillo*, *cascabel*, *piquin*

Smoky and spicy from mildest to hottest

*Pasilla*, *guero*, *habanero*

*Birria* or *barbacoa de borrego*: Stewed lamb and consomé, not to be missed

*Barbacoa de res*: steamed cow face, sublime

*Barbacoa de pollo*: Chicken steamed in maguey leaves – interesting but not spectacular

*Limón* – lime

*Lima o lima-limón* – lemon

*Nuez* – pecan

*Nuez de Castilla* – walnut (good luck finding it)

*Paste*: Mexican descendant of Cornish pasty, brought to Pachuca by miners along with soccer.

*Menudo o mondongo*: tripe soup, usually found on weekends only

### **Fauna and flora**

*Tlacuache*: possum (Virginia opossum and other didelphids). Sometimes can be found in *adobo*.

*Mapache*: raccoon

*Mahuaquite*: fer-de-lance (never actually seen).

*Mala mujer*: broad leaved stinging plant.

*Escuintle*: literally, little dog, also applied to obnoxious child.

*Vampiro*: bat.

### **Miscellaneous:**

*La Llorona*: demented lady who wanders the river bottom at night, crying for her drowned children.

*Tianguis* – market

*Papalote* - kite

*No me chingues, cabrón* – useful phrase if you suspect you're being ripped off or if someone is just being obnoxious.



**C I C H A Z**

Centro de Investigaciones Científicas de las Huastecas "Aguazarca", A. C.  
*Uniendo Ciencia Y Servicio/Bringing Science and Service Together*

**Yo certifico que he leído la CICHAZ Guía de Supervivencia y estoy totalmente de comprender su contenido** y utilizará las instalaciones de la estación de campo a lo solicitado, así como cumplir con la lista de comprobación de las responsabilidades a la llegada y salida de CICHAZ, A.C. Entiendo y Reconozco que soy responsable de mi propio viaje hacia y desde CICHAZ, AC

Al trabajar, visitar , o ser voluntario en CICHAZ , A.C. usted asume todos los riesgos y responsabilidades y suelte los propietarios y usuarios de CICHAZ , A. C. , así como sus empleadores e instituciones afiliadas , de cualquier y toda responsabilidad .

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Firma y nombre completo del visitante/Visitor's full signature and printed name

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Fecha/Date