



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

CICHAZ, A.C., Visitor’s Guide & Release Form

Introduction.....	2
CICHAZ personnel	2
Health & Healthcare.....	3
Travel and Health Insurance.....	3
Safety and Security.....	3
Getting There	4
By bus and taxi.....	4
By car.....	5
Arrival Information	7
The neighborhood community and stores.....	7
Water	9
Propane Gas	9
Electricity.....	10
General Cleaning.....	10
Kitchen	10
Refrigerator.....	10
Dishes	10
Counters & Floors.....	11
Blue Hand Towels.....	11
Compost.....	11
Trash	11
Bedrooms/Sleeping Options	11
Bathrooms.....	12
Sheets and Towels.....	12
Laundry.....	13
Communication.....	13
Internet.....	13
Phone	13
Entertainment.....	13
TV/ DVD Player	13
Food Basics.....	14
Groceries and foraging	14
Emergencies.....	15
Appendix A. What to Pack.....	17
Appendix B. COVID-19 CICHAZ Arrival Protocol	20
Appendix C. Departure Checklist.....	21
Appendix D. Spanish Glossary for non-Mexicans.....	22



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

Introduction

Centro de Investigaciones Científicas de las Huastecas “Aguazarca” (CICHAZ, A. C.) is a privately-owned federally registered research station (RENIECyT # 20083) located in Calnali, Hidalgo, México. Founded in 2005 by co-Directors Gil Rosenthal and Rhonda Struminger, CICHAZ has nonprofit status in both the USA and Mexico in order to help further its goal of “Bringing Science and Service Together,” and is a member of the Organization of Biological Field Stations (OBFS). The field station is set up to provide researchers with resources they need. We hope you have a fun, safe, and productive visit.

****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 and let us know about them ahead of time.**

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.

For safety during the COVID-19 pandemic, we ask all visitors to wear a mask when inside the CICHAZ buildings, only use assigned bedrooms and bathrooms, wipe all appliances and handles after EACH use, and follow social distancing and hygiene protocols agreed to in the COVID-19 Agreement found at the end of this guide and follow the entrance protocol presented in Appendix B.

Before arriving at CICHAZ, A.C. you must review this guide, sign the form found on the last page, and email it to admin@cichaz.org.

CICHAZ personnel

WhatsApp is the preferred mode of communication with CICHAZ personnel and is widely used in Mexico.

- Co-Directors
 - Dr. Gil Rosenthal, 979-299-6119 (U.S. cell)
 - Dr. Rhonda Struminger, 979-450-8484 (U.S. cell)
- Administrative Coordinator:
 - Ing. Gaby Vázquez, cell 771-112-0042 or landline 774-974-2026
- Station Caretakers:
 - Don Clemente Hernandez, 771-112-5302
 - Doña Irma Perez, 771-330-0287.



C I C H A Z

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

Health & Healthcare

- CICHAZ is located in the tropics. As in the subtropical U.S., the area is at risk for diseases like dengue, Zika virus, and Chagas disease. Avoid lowland areas near dusk and protect yourself from biting insects with non-DEET bug spray or lotion and long shirts and pants.
 - We recommend making sure you are up to date on all of your vaccines.
- 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.
 - 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.
- There are numerous pharmacies in the center of town with standard nonprescription medication such as Pepto-Bismol and Imodium, as well as emergency medicines like antibiotics, antihistamines, and pain relief.
- During COVID-19 we ask that upon arrival you follow the protocol outlined in Appendix B.

Travel and Health 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. Insurance will also help you find an attorney if you get into trouble. 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.**

Safety and Security

We stress that visitors use common sense when traveling to and from the field station, and around the area. Visitors are encouraged to register with their home-country embassy and obtain updated information from their national government on travel and security within Mexico.

The state of Hidalgo is considered safe and is not currently on a U.S. travel warning. Calnali itself is very safe but be mindful of pickpockets during the Sunday market. Items



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

left lying around at night outside the station may disappear. Consult with locals and use common sense when it comes to activities like hitchhiking, walking, or jogging – **always go with at least one other person for these activities.**

Once at the station you will have a check-in buddy who you will make sure you are accounted for throughout your visit. If your plans on any given day diverges with your buddy, we will assign you an alternate.

Please securely lock entrances to the field station when leaving, including upstairs door to the patio.

Getting There

By bus and taxi

From the **Mexico City airport**, the easiest thing to do is to take a first-class airport bus to the **Pachuca** bus terminal and then take a taxi to **Calnali**. Contact Ing. Gaby at least 72 hours in advance if you want to have a taxi meet you at the Mexico City airport or the Pachuca bus station. Bus information can be found here: <https://estrellablanca.com.mx/>

From **Mexico City's Terminal Norte**, there are several daily Estrella Blanca second-class (slow) buses to Calnali, about 5 hours. 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 (another 45 min). **Taxis stop running in the late evening.**

The bus passes right by CICHAZ before entering downtown Calnali; ask the bus driver to look out for the building with the big watery murals on the left-hand side after crossing the bridge before Calnali. There is also an official blue CICHAZ sign on the right.

From **Tampico**, there are several first-class ADO buses from the downtown ADO terminal to Huejutla several times a day. From **Huejutla**, there are 1 or 2 combis (minibuses) to Calnali. You can also take a taxi from Huejutla to Calnali.

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



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

By car

Car Permit and Insurance

Any vehicle driven in Mexico needs to be insured with a Mexican company. 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 minimally help if you do not have insurance.

For those bringing cars from the United States, you **MUST HAVE** a **permit** to travel this far into Mexico in addition to **car insurance**. To begin, get pre-authorized by the Mexican government to import a car temporarily. Get the authorization here:

<https://www.inm.gob.mx/sae/publico/en/pre-autorizacion.html>

To get your permit and insurance, go to **Banjercito**

< <https://www.banjercito.com.mx/registroVehiculos/>>. Note that trailers require their own separate permit and insurance.

To just get insurance (you can get your permit at the border at the Visa office), you can go to Sanborns: https://www.sanborns.com/?gclid=EA1aIQobChMIjpydo-GM4gIVWv7jBx22Iw9LEAAYASAAEgLUUnFD_BwE

General tips when driving in Mexico – READ THIS CAREFULLY

Drive with caution and follow all traffic laws! 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 or imprisoned 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 to turn left, and a **right turn signal** means "do not pass". When turning left, we recommend not using 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.

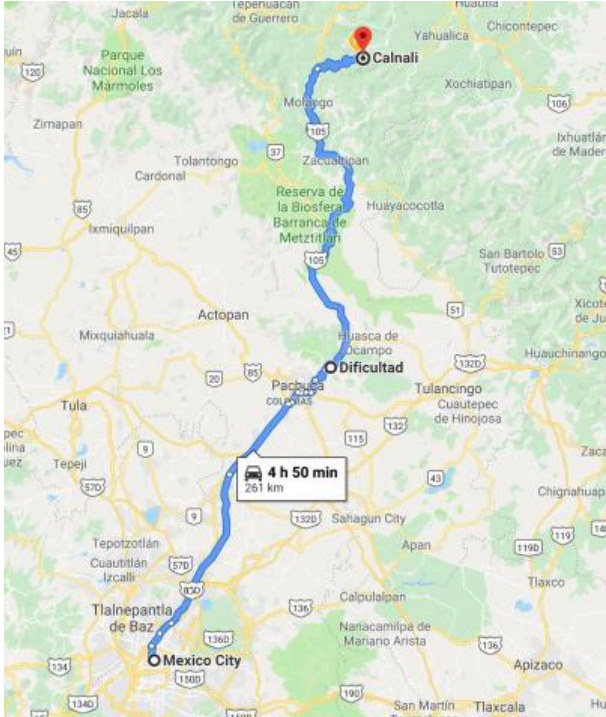
There is a gas station in Calnali on the road towards Atlapexco, the other nearby gas stations are in Molango, Tlanchinol, Atlapexco, and Huejutla.



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

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



To go from Mexico City to Pachuca, take the 85D/85.

In Pachuca, get on Hwy. 105 north through Zacualtipán (for a great treat, stop for pastes at Dificultad just outside of Pachuca – buy extras and bring them to CICHAZ and you’ll have an instant fan club). There can be dense fog around Zacualtipán and through the mountains.

Gas up in Molango. Keep going. Before Ixtlahuaco, turn east (it’s a right turn) towards Calnali on the Lolotla-Atlapexco/Calnali-Atlapexco road. After about 20-30 min, you’ll cross a bridge over the Río Calnali (Calnali-mid). CICHAZ will be on your left, look for the big watery mural.

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 Tlalchiyahualica 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.



C I C H A Z

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

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 Information

We expect visitors to respect the CICHAZ property and the items within. As stated above, if you break something, use something, or get something dirty, please fix it, replace it, or clean it up. **For your own safety, productive research endeavors, and successful community living, we ask that you follow the instructional signs posted throughout the station and the instructions within this visitor’s guide.**

The neighborhood community and stores

1. Clemente Hernández (**Don Clemente**) and Irma Pérez (**Doña Irma**) are the primary caretakers of CICHAZ, A.C. They live across the street and to the right in the house with a mural featuring corn and the god Tlaloc. 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. The store next door, Abarrotes San Antonio, is run by Karla and Rey Zapata. Theirs and similar stores in the neighborhood sell water, milk, and cold beverages of all types as well as some snacks and groceries.
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* once or twice a week. You’ll know that *pan de dulce* is ready when the delicious smell reaches the CICHAZ.
4. Walk downhill down the street (towards Calnali Centro) and see the murals painted in 2018 by the Siqueiros Sinfronteras Foundation.
5. Continuing along the street towards downtown Calnali, are the following residences and resources:
 - a. **CICHAZ’s Administrative Coordinator Ing. Gaby Vázquez** lives down the alley to the right with a mural of the coffee harvest.
 - b. On the left is the **mechanic Don Gil.**
 - c. On the right and then the left (across from the last mural) are **tacos** (Bayos).
 - d. Further down at the intersection into town is a **tire repair shop**
 - e. If you turn right, about 500 m further towards Atlapexco is the only **gas station** (on the left).
 - f. If you turn left towards Calnali Centro, you will pass a terrific hardware store, **Abarrotes el Tigre** (run by Miriam and Chucho).



C I C H A Z

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

The House: General Rules, FYIs, and Recommendations

1. If you're keeping aquatic creatures, refer to the aquatics protocol on the CICHAZ web site for details < <http://www.cichaz.org/investigación-research/plantel-acuático-aquatics-protocols/> >
 - a. Please note that blue dish towels are to ONLY BE USED IN THE KITCHEN. **White rags with blue lines and other non-blue towels can be used for research/any fish-related work.** When these need to be cleaned, put them in the clothes hamper located in the labs.
 - b. Dirty rags that have been used outside should be placed in the labeled container located outside in the bodega under the patio. If the rags are still wet, hang them on the side of the container to dry.
2. Leave all common spaces, lab, and fish room areas as you found them on arrival.
3. Follow all posted rules.
4. CICHAZ has two wall-mounted first aid kits – one downstairs next to the dish cabinet and one upstairs next to the bathroom.
5. Sunscreen and fish friendly bug spray are available on the back patio.
 - a. 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).
6. There are a lot of community spaces and CICHAZ expects a communal attitude
 - a. Respect public spaces by keeping them clean
 - b. Keep your belongings in your room or in a bathroom
 - c. Make sure anything that you do not want to share is labeled
 - d. Do not leave things on the patio! It quickly gets cluttered and items are lost.
7. If you are planning multiple trips to CICHAZ, you can leave your items in a box labeled with your name that will be stored in the upstairs storage room. If you have wet shoes at the time of your departure, make sure you have them labeled with your name on them and tell Don Clemente, Doña Irma, or Ing. Gaby so they can put them in storage once they are dry.
8. Items that go unclaimed after one month will be put in the donations box in the second-floor storage room.
9. Check shoes and drawers for tarantulas and scorpions.
10. Wash muddy and heavily spoiled shoes before entering the house.
11. Make sure Don Clemente and Doña Irma know about any perishables you leave in the fridge on departure.



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

The Backyard

1. Be mindful that live animal habitats are all around you. The half of the backyard closest to the house is full of freshwater fish. Please be mindful of the tanks when passing through there, especially if you are carrying cleaning supplies or chemicals.
2. There are nests of Africanized honeybees around the backyard. Don't bother them and they won't cause problems.
3. 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
4. Introduced fire ants are a pest here just like in the southern USA. They are merely annoying unless you are allergic.
5. 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.
6. 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.
7. **Do not remove any fish from the stretch of river behind the house**, as this is our long-term study population.

Water

- **Please conserve water** as much as possible. Supply can be intermittent. FISH ARE THE PRIORITY over humans so be prepared to go without running water for up to 72 hours.
- The black plastic reservoir (*tinaco*) on top of the roof is filled intermittently with chlorinated water for bath and kitchen use. This water is chlorinated and fine for brushing teeth and showering, **but don't drink it**.
- Tap water is chlorinated and fine for brushing teeth, but don't drink it from the tap. Karla (at the tienda across the street) and others sell 40-L jugs of drinking water. **You must return the bottle in order to buy a new one.**

Propane Gas

- Don Clemente and Ing. Gaby will make sure the propane tank is open and filled once you arrive. If there is no hot water or gas going to the stove/oven please let them know immediately or, with an experienced CICHAZ visitor, you can go up to the roof and open the valve to the propane tank.
- Check back/outside wall of house to 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!”)



C I C H A Z

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

- If there is gas to the stove but no hot water to the bathrooms, please put two new rechargeable AA batteries in the hot water heaters outside each bathroom. Rechargeable batteries are in the storage room along with tools, etc.

Electricity

- **Conserve energy as much as possible** – turn off fans, heaters, and/or lights when you leave a room.
- If power goes out check the **breakers**– it is located just inside the driveway door.
- Power from most outlets are "dirty" and fails occasionally, but there are a limited number of clean outlets and a handful of continuous-power outlets.

General Cleaning

- The kitchen floor should be swept regularly to avoid bugs (there should be a broom and dust pan on the patio or in the kitchen).
- Irma will come to clean the house twice a week, but guests are expected to clean up after themselves
- The garbage truck drives by on Mondays and Thursdays in the early morning (6:00 – 7:00 a.m.). 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 10-20 pesos if we see them.

Kitchen

Do not use the kitchen or anything in it for biological research or fish care. There are sinks in the labs and fish rooms for research use – and the patio utility sink is also available. To be clear, **all plates, cutlery, and other kitchen items are to be used IN THE KITCHEN ONLY.** None are to be used for research.

*****Please clean up any food once you are done eating or preparing it. We are in the tropics and roaches love a dirty kitchen. ******

Refrigerator

- Put anything not for human consumption in the "science fridge" located in the labs
- Label anything you do not want to share (but we encourage sharing!)

Dishes

- Please minimize the soap and water used to clean dishes



C I C H A Z

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

- 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.
- REMINDER: Do not use any these

Counters & Floors

- After cooking, please wipe down the counters with the **yellow sponge**.
- Please sweep after every meal (the broom and dustpan are on the patio or in the kitchen).

Blue 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.
- These should never leave the kitchen except to be washed.

Compost

- We have a compost bucket in the kitchen – please put kitchen waste in there.
- Dairy or meat waste can be given to local animals – please put those in the trashcan.
- When the compost bucket is full, please empty it in the garden – we have a distributed system and an experienced CICHAZ visitor can show you where to dump it

Trash

- Reuse containers and recycle when you can! Put the paper, plastic, and aluminum trash in the appropriate container in the kitchen and garbage areas.

Bedrooms/Sleeping Options

There are five bedrooms at CICHAZ; some guests prefer camping in the back yard/garden spaces and all visitors are welcome to do so. Room assignments are made by field trip leaders and any requests will try to be accommodated.

- First Floor – Master bedroom/Swordtail Room
 - Reserved for the co-Directors
- Second Floor – Four bedrooms
 - The Bird (El Pájaro) Room (2 bunk bed, 1 double)



C I C H A Z

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

- The Donkey (El Burro) Room (1 bunk bed, 1 single bed, 1 single bed)
- The Needle (La Aguja) Room (1 bunk bed, 1 double bed)
- The Flower (La Flor) Room (2 double beds)

Bathrooms

There are three bathrooms at CICHAZ; one downstairs and two upstairs. If there is no toilet paper in them, please go to the upstairs storage room and grab two rolls (one for now and one for later) and put a roll on the dispenser.

If you want to keep your bathroom products in the bathroom, please label them and keep them together in a caddy so there is counter space for others.

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. Think of your downstream neighbors before you flush. When possible, please urinate discreetly in the backyard at least 15 m away from any in-ground fish habitats.
- Put toilet paper and other sanitarities 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.

Sheets and Towels

- Sheets and blankets can be found on the second-floor landing (in the corner storage room).
- Towels can be found in the shelves in the hallway on the second floor. These towels are **only** for personal use and we ask that you use only one during your stay; wash it as needed.
- When you leave, pile sheets and towels in the hallway in the clothes hamper.



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

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.
- Next to the washer is a sink where you can hand wash clothes if you like.

Communication

Internet

- CICHAZ has modest internet access. The wireless password is on the white board upstairs. Please avoid transferring large files.
- Please read a book from our library, watch a DVD from our collection, or talk to somebody rather than streaming anything entertaining. Essential communication and science take priority.
- **Please make sure wi-fi is turned off for all but one of your devices at a time.** You may have to take turns with other people when it comes to having your wi-fi on. There are several internet cafés in town.

Phone

- Cell service/cellular internet 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.

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.



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

Food Basics

Groceries and foraging

CICHAZ

- When visitors come to CICHAZ Sra. Magda prepares dinners but this varies depending on when and where field work is planned. If neither of the CICHAZ co-Directors are traveling with you, be sure to discuss meal needs with them or directly with Ing. Gaby.
- CICHAZ produces lots of citrus, papayas, beans, jackfruit, bananas, and herbs – try the caca de rata (rat poop) chiles – they are tiny and grow around the in-ground stock tanks. Help yourself to firewood, fruits, and vegetables. Be sure to try the pomarosa/rose apple (rose-flavored fruits in season in May/June) near the path to the river.
- You can buy coffee beans and ground coffee through Ing. Gaby's ASPAC coffee non-profit.
- There is a coffee grinder and several French presses.

Abarrotes/Miscelanea/Mini-Super (convenience stores) in Aguazarca

- 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 ~15 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.
- Most things in glass bottles, like beer, carry a deposit. Neighborhood vendors usually won't charge you, but **you need to return them** before you leave.

Abarrotes El Coyote is the main supermarket in town. You can get all the basics here, including alcoholic beverages - except pharmaceuticals, fresh meat, and veggies. They *intermittently* accept major credit cards so plan to have cash on hand.

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 tortillerías in town or beg for them in the neighborhood. 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.



C I C H A Z

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

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. Be sure and try *zacahuil*, the meter- long tamale, as well as chickpea empanadas and *guisos* by **Doña Gelasia**, near the center of the market.

Eating out

- Some of the best food is sold at taco and other small family stands – see glossary for specifics. **Taquería Bayos** is right down the street **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 tasty and pretty safe. But if it’s your first time visiting Mexico you will get sick no matter what you do.

Emergencies

In the event of a medical emergency, contact Ing. Gaby Vazquéz and/or Don Clemente’s family immediately as they are up to date on local changes. 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.

1. CLINICS AND HOSPITALS

- a. A very basic clinic is located in Barrio Tlala southeast of downtown. For minor emergencies, you can also look for a physician’s office, often connected to a pharmacy. There are two private doctors:
 - i. Dr. Enrique Montaña
 - ii. Dra. Corina Melo
- b. There are also dentists in Barrio Tlala, near the Zócalo.
- c. The next closest 24-hour clinic is called **Hospital Ilusión/Hospital Regional Tlanchinol** located in Tlanchinol, Hidalgo (about 45 minutes away without fog).
- d. The next closest hospitals with somewhat better facilities are as follows:
 - i. Huejutla de Reyes (1 hour away towards Tampico)
 1. Lopez Santos Jorge (~1 hour away)
Carretera México-Tampico 215
43000 **Huejutla de Reyes, Hidalgo**
Phone number +52 78 989 64196
 - ii. Zacualtipán (90 min away towards Pachuca)
 1. Centro de Salud de Zacualtipán**
Galeana #2 , Col. Centro, C.P. 43200
Zacualtipán de Ángeles, Hidalgo, México
Teléfono: (774)-742-0599



C I C H A Z

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

2. 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

For international-class hospitals in Pachuca, Mexico City, or Tampico, call CISI or your travel insurance provider.



C I C H A Z

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

Appendix A. 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.

Some visitors bring the same personal supplies and some of us tend to leave our things in public spaces – **if you want something to stay in your possession, label it.**

Essentials

- Passport
- Color photocopy of passport, stored in a place separate from passport.
- Mexican pesos – we recommend having some when you arrive!
 - Market vendors do not take credit cards, some tiendas in Calnali (e.g., the main supermarket in town, Abarrotes El Coyote, does take credit cards but that is the exception).
 - NOTE: U.S. credit cards do not work at most gas stations.
- ATM card (make sure you know your pin!)
 - Calnali does have two ATM machines that accept most international ATM cards but they do run out of cash on market days (Sundays) and often are not replenished for a few days.
- Credit card (know the PIN for ATM use)
 - Contact credit card company before travel to authorize international use
 - Most common international cards are Mastercard, Visa, Amex
- Phone and phone charger
- Camera and camera charger

Basic Checklist

- Toothbrush/toothpaste.
- Shampoo/conditioner.
- Tampons / Pads / Menstrual cup.
- 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).
- Headlamp.



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

- Kleenex travel pack (for TP emergencies – many bathrooms around Mexico require payment for use and some may be without TP).
- While the field station supplies towels, we ask each guest to use one. If you need more than one you may want to bring a fast-drying towel with you.

No need to bring sheets - the field station has a generous supply.

Clothes

Temperatures can range between near-freezing at elevation in winter to 45 C in the lowlands in summer. Plan accordingly.

- Water shoes (Chacos or Keens work well for water activities and short hikes).
- Walking/ hiking shoes (water resistant recommended for bad weather).
- Socks.
- Shorts.
- Undergarments.
- Long hiking pants (convertible pants recommended).
- Bathing suit.
- T-shirts.
- Light short and long-sleeve shirts (long sleeve shirts recommended in evening when the gnats start biting or for walkings on very hot days to avoid skin burns).
- Long pants/Jeans (quick-dry recommended).
- Light rain jacket.
- A sweatshirt, sweater, and/or a warm-weather quick drying jacket (it can get cool in the evenings, especially in winter and at high elevations).
- For longer visits you may want to bring 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.

Field Gear

- Hat! Broad-brimmed recommended but minimally a baseball cap.
- Sunglasses.
- Small day bag/backpack.
- Water bottle (or Camelback).
- Ziploc bags or small dry bags to store gear if it rains.
- Large ziplocs to store wet/dirty clothes and shoes.
- Sunscreen.
- Bug spray (non-DEET).
- Pocket knife or tool.

Suggested

- 'Just in case' medicines such as Pepto Bismol, aloe vera, aspirin PM...



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

- Talcum powder/baby powder.
- If there are any clothes that are still in good shape that you no longer need at the end of your stay, please consider donating them. There is a donation box in the storage closet on the second floor. Anything left at the station that goes unclaimed after a month will be added to the donations box.
- You are encouraged to bring other items for donation such as old phones or clothes you don't plan to use while at the station.

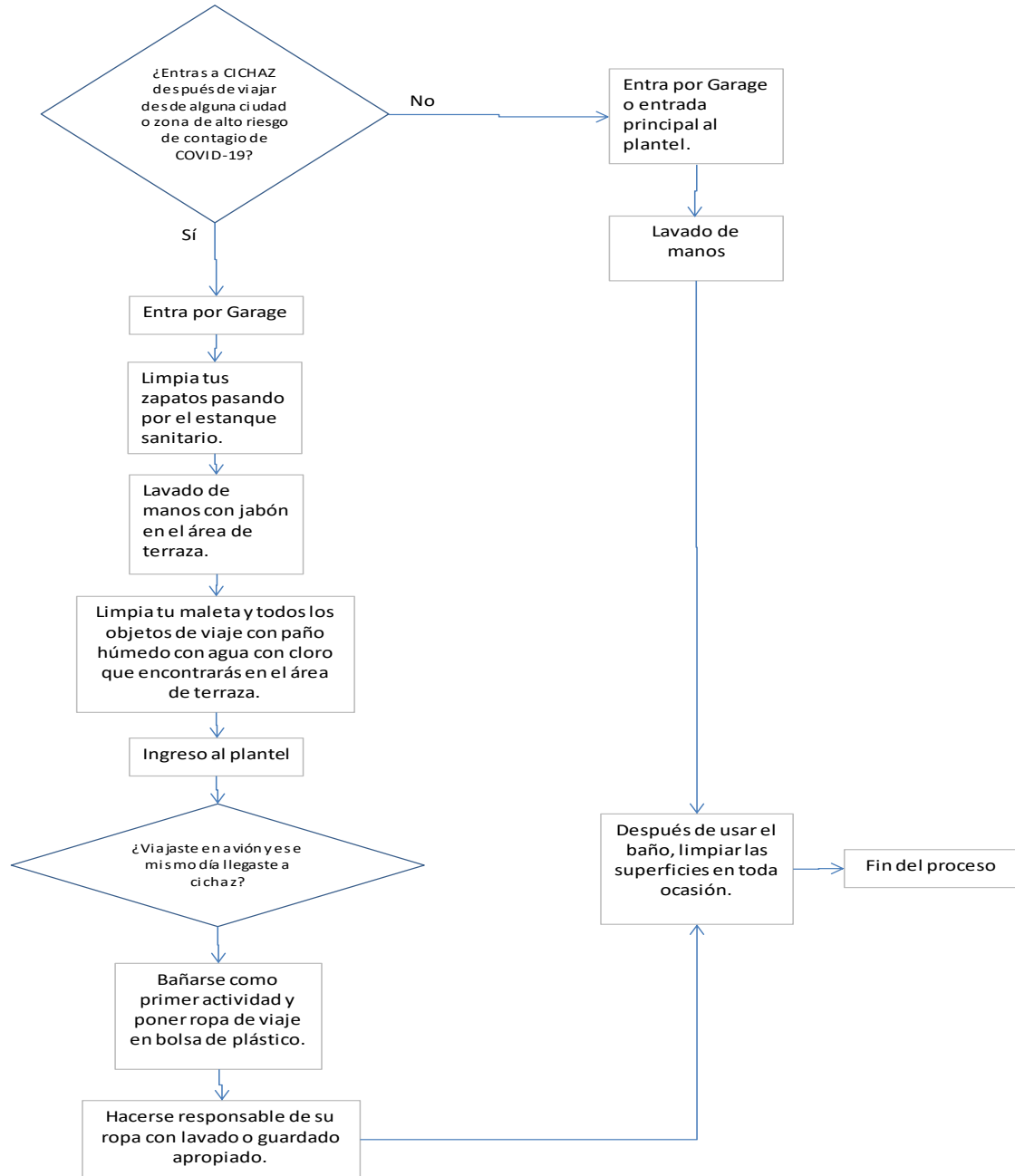


C I C H A Z

Centro de Investigaciones Científicas de las Huastecas "Aguazarca", A. C.

Uniendo Ciencia Y Servicio/Bringing Science and Service Together

Appendix B. COVID-19 CICHAZ Arrival Protocol





C I C H A Z

Centro de Investigaciones Científicas de las Huastecas “Aguazarca”, A. C.

Uniando Ciencia Y Servicio/Bringing Science and Service Together

Appendix C. Departure Checklist

Kitchen	
	Leave any perishables you purchased on the kitchen table when you leave.
	Put spices/pastas/rice/beans in refrigerator.
Bathrooms	
	Empty trashcans into can in the back.
	Gather sheets and towels for the laundry and leave them in the hallway in the clothes hampers – DO NOT PUT WET TOWELS IN THE CLOTHES HAMPER. If towels are wet leave them hanging on the railing in the hallway and let CICHAZ personnel know.
Bedrooms	
	Strip beds.
	Lock windows.
Office	
	Lock windows.
	Lock balcony door.
General	
	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.



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

Appendix D. 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: deliciousness of Mexican-Lebanese origin: seasoned pork (sometimes chicken) on a shish kabob spit and a little piece of heaven on earth, available at Taquería Bayos 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 are a gring@ and order this.

Elote: whole ear of corn. The elote guy's route goes in front of CICHAZ in the summertime.

Esquite: whole corn mixed with mayonnaise, cheese, 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.



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

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

Beer (*chela*): personal ranking: *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.

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. You can buy also buy *aguardiente* (artisanally distilled sugarcane liquor) for cheaper than gasoline at some venues if you bring your own container. A questionable choice that can lead to more questionable choices.

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, with lime, salt and chile 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*, *piquín*.



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

Smoky and spicy from mildest to hottest

Pasilla, güero, morita.

Birria or *barbacoa de borrego*: stewed lamb and consomé, not to be missed; hard to find in Calnali itself.

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, mondongo, or pancita: 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. Don't touch it!

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

Vampiro: bat.

Miscellaneous

La Llorona: legendary ghost-mother who wanders the river bottom at night, crying for her drowned children.

Tianguis – market.



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

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.
Uniando Ciencia Y Servicio/Bringing Science and Service Together

Yo certifico que he leído la Guía del Visitante del CICHAZ y que comprendo plenamente su contenido. Hago constar que utilizaré las instalaciones de la estación de campo de acuerdo con lo solicitado, así como que cumpliré con las checklist (listas de verificación) de responsabilidades de llegada y salida del CICHAZ, A.C. Entiendo y reconozco que soy responsable de mi propio viaje hacia y desde el CICHAZ, AC.

Al trabajar, visitar o ser voluntario en el CICHAZ, A.C. usted asume todos los riesgos y responsabilidades y exime completamente a los propietarios y usuarios de CICHAZ, A. C., así como a sus empleados e instituciones afiliadas, de todo tipo de responsabilidad.

I certify that I have read and fully understand the contents of the CICHAZ, A.C. Visitor’s Guide and will use the facilities of the field station as requested, as well as comply with the checklist of responsibilities upon arrival and departure of CICHAZ, A.C. I understand and acknowledge that I am responsible for my own travel to and from CICHAZ, A.C.

CICHAZ A.C. does 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, A.C., as well as their employers and affiliated institutions, from any and all liability.

Firma y nombre completo del visitante/ Visitor’s full signature and printed name	Fecha/ Date
---	----------------

Contacto de emergencia 1 (Nombre y número)/Emergency Contact 1 (Name and number)

Contacto de emergencia 2 (Nombre y número)/Emergency Contact 2 (Name and number)

Enumere cualquier condición médica (e.g., alergias, mareo) o describa las adaptaciones o requisitos especiales que tenga (esta información se mantendrá estrictamente confidencial)/ Please list any medical conditions (e.g., allergies, motion sickness) or describe any special accommodations or requirements you have (this information will be kept confidential).



C I C H A Z

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

DECLARATORIA SOBRE RESPONSABILIDAD COVID-19 a CICHAZ, A.C.
GIL ROSENTHAL Y RHONDA STRUMINGER, CO-DIRECTORES CICHAZ, A.C.

DECLARO:

- Que estoy en conocimiento de la existencia de una pandemia global causada por la expansión de un virus, que causa una enfermedad llamada COVID 19 (Coronavirus) que es contagioso.
- Que soy el único responsable de tomar medidas preventivas para cuidar mi salud, la de mi familia y la de las personas a mí alrededor.
- Que al momento de decidir viajar a Calnali y hacer uso de las instalaciones del CICHAZ, A.C., asumo con responsabilidad que me encuentro saludable.
- Que si antes de viajar presentara síntomas optaría por cancelar mi viaje y en la medida de lo posible, si durante mi trayecto a Calnali presentara síntomas de Covid-19, daría aviso inmediato para ser auxiliado y tomar la mejor decisión de acuerdo a las circunstancias.
- Que conozco las medidas preventivas del país y en caso de presentar síntomas durante mi estancia, deberé informar inmediatamente a cualquier persona dentro del plantel, y en caso de estar solo avisar a Gabriela Vázquez y/o Clemente Hernández vía electrónica, para aislamiento y observación durante 15 días dentro del plantel. Que seré auxiliado para cumplir con el aislamiento.
- Que conozco que en caso de sospecha, únicamente podré recibir atención médica básica (consulta médica telefónica) y de acuerdo a los recursos existentes en el municipio de Calnali.
- Que en caso adquirir la infección y estar en situación de riesgo me pondré en disposición del centro de atención de salud que indiquen las autoridades locales.
- Que se me ha solicitado guardar las siguientes medidas sanitarias, las cuales deben cumplirse diariamente como requisito para poder continuar actividades, dentro de los estándares de seguridad sanitaria.
 1. Cumplir con el protocolo de entrada a las Instalaciones de Cichaz.
 2. Guardar una sana distancia mayor a 1.50 m.
 3. Lavarse las manos CON JABON al entrar y /o salir de las instalaciones de CICHAZ A.C.
 4. Estornudar o toser en la parte interna del codo y no escupir al aire o en el suelo.
 5. Solicitamos usar cubrebocas dentro del plantel y en tiendas.
 6. Usar solo la habitación y baño asignado.
 7. Limpiar todas las superficies, electrodomésticos y manijas después de usar.
 8. Que seguiré las indicaciones de las autoridades locales, estatales y federales de México.
- Que de acuerdo a la naturaleza epidemiológica de esta pandemia, libero de toda responsabilidad de atención y soluciones médicas mayores a CICHAZ, A.C., co-directores y/o representantes legales.

ASUMO LA RESPONSABILIDAD

Nombre

Firma

Fecha