

MEXICO

PLANNING GUIDE

A flight attendant's guide to cuisine, hotels, airports, health, security, and country requirements in Mexico.

Your creativity and knowledge make the trip.

Mexico is the fifth-largest market for business aircraft and growing. It is also a frequented destination for both business and leisure travel. Because of all this, if you haven't been to Mexico already, there is a good chance you will in the future.

We recognize the critical role you play as a vital member of the crew. To help you avoid the unexpected and manage expectations when traveling to Mexico, while delighting your passengers along the way, we have developed this planning guide.

Enclosed you'll find tips to help you plan for visas, airports, hotels, health, and security from Universal Weather and Aviation, Inc., as well as a guide to Mexican cuisine from Air Culinaire Worldwide, a Universal® company.

We hope this information is useful in helping you navigate Mexico's local culture and unique operational requirements.

And, as always, know that you're not alone, and we are here for you whenever you need us.

"Mexico: Live It to Believe It"

– official slogan of the Mexico Tourism Board.



A Universal Weather and Aviation, Inc. company

You navigate a complex world. Avoid the unexpected. Manage expectations.

Below is a list of important operational considerations when planning a trip into, within, or out of Mexico.

COUNTRY

Be aware of the following recommendations and requirements before operating to Mexico:

- U.S. citizens do not require visas for travel to Mexico; tourist cards are sufficient. Other nationalities should consult a third party provider for requirements.
- A country health briefing should be obtained in advance.
- Response times on service requests can be slow at some of the smaller airports in Mexico; therefore, plan ahead for services you need such as in-flight catering.
- The cabin must be sprayed with insecticide aerosol spray on descent into/upon arrival, unless arriving from the U.S.
- Mexico e-APIS is required for all flights operating to and from Mexico. Ensure that all crew and passenger information is provided in advance.
- Dengue fever is prevalent across Mexico. Always use bottled water (even while brushing teeth), and it is not recommended for you to eat raw food.

SECURITY

Research the following information prior to your trip:

- Security considerations for city, including tourist destinations, restaurants, and markets
- Areas in city that should be avoided
- Public transportation (not recommended)
- Things to avoid doing while at destination (e.g., walking alone, cultural differences, etc.)
- Security intelligence reports you should acquire to understand potential risks (e.g., city, hotel, country)

Important: Due to the unpredictability of criminal activity across the country, it is recommended that you select a hotel with greater amenities as this will decrease your need to travel outside the hotel property. This might put your hotel cost above your allotted rate, but your security risks are greater when traveling off the hotel property.

HOTELS

Confirm the following with your hotel prior to booking:

- Meets western standard for 4- and 5-star accommodations
- Location
- Grocery stores or markets nearby
- Restaurant options at or near hotel
- Advance booking requirements (critical if stay coincides with major local events)
- Minimum number of stays needed for booking
- Down payment or pre-payment requirements
- Lead time to arrange direct bill for rooms through a 3rd party
- Cancellation policy
- Availability of courtesy transportation
- Rate cap limitations on rooms
- Lead time required by hotel restaurant to order catering
- Room refrigerator requirements
- Rewards program information on file with hotel for elite status qualification and points

AIRPORT

Confirm the following information prior to your trip:

- Airport operating hours
- Ground handler operating hours, meeting point, and phone numbers
- Customs, Immigration, and Quarantine (CIQ) clearance procedures
- Regulations for crew bringing aboard catering for departure
- Fluid limitations if bringing own catering (e.g., from a restaurant) for departure
- Restricted food items (e.g., agricultural restrictions)
- Ability to store food items on aircraft, with ground handler, or with caterer
- In-flight catering delivery time (particularly, how far in advance catering is recommended to be delivered)
- Ramp access availability (when needed during your stay and on day of departure)

This information was provided by Universal Weather and Aviation, Inc. If you have questions or need trip support assistance with any of the above, contact us at: **N. America** +1 (800) 231-5600, ext. 3300 or **Worldwide** +1 (713) 944-1622, ext. 3300.

Mexican Cuisine

Mexican cuisine is one of the richest and most varied in the world. It is predominantly a fusion of local Mesoamerican cooking with European, especially Spanish, elements. It is also closely tied to the culture, social structure, and popular traditions of the country. Because of this and its uniqueness, in 2010 UNESCO added Mexican cuisine to its “List of Intangible Cultural Heritage,” which is intended to create awareness of and protection for the world’s important intangible cultural heritages. Here, our executive chefs have identified some of the most popular traditional dishes in Mexico. We recommend that you consult with your caterer about local specialties as well as what’s available and in-season.

Traditional Dishes

- **Pollo Pibil:** This Yucatecan dish is made of chicken that is marinated in spices and orange. The chicken is then wrapped in banana leaves and cooked over coals.
- **Mole de Olla:** Consists of ground hot peppers and spices cooked with pork meat and mixed vegetables.
- **Huarache:** A popular Mexican dish consisting of an oblong, fried masa base, with a variety of toppings, including green or red salsa, onions, potatoes, cilantro, and any manner of protein, such as ground beef or tongue, and then finished with queso fresco cheese.
- **Chiles en Nogada:** Prepared with poblano peppers filled with a stew of minced meat and fruit, covered with a nut cream sauce, parsley and pomegranate, symbolizing the three colors of the Mexican flag.
- **Guacamole, Tortilla Chips, and Pico de Gallo Salsa:** Consists basically of a sauce prepared with mashed avocado or palta, lime juice, tomato, hot peppers, onions, cilantro, garlic, and salt – accompanied with fried triangular tortilla chips.
- **Tamales:** Generally prepared with masa dough filled with meats, vegetables, hot peppers, fruit, sauces, and other ingredients, wrapped in corn husks or banana leaves and boiled or steamed. They can be sweet or salty.
- **Oaxacan Tlayudas:** A typical Mexican appetizer. It is generally corn-based, fried, and accompanied by a hot pepper salsa.
- **Red, White, or Green Pozole:** Soup made with grains of corn and chicken or pork as a secondary ingredient; typically eaten with tostadas.
- **Green, Red, or Mole Enchiladas:** Prepared with corn tortillas soaked in a hot sauce made with peppers; can be accompanied by or filled with meats – chicken, turkey, beef – and/or cheese
- **Beef or Chicken Tinga:** Prepared with shredded meat, a tomato-based sauce, onions, garlic, and a variety of hot peppers.



MEAL SCHEDULE

Business breakfasts are from 7:00 a.m. to 9:00 a.m. They include fast and light food, such as coffee, pastries, fruit, yogurt, and juices.

Brunch is traditionally eaten between 10:00 a.m. and 1:00 p.m. and includes meals such as egg platters, pork rinds in green salsa, tortillas, beans, various stews, etc.

Lunch time, depending on day-to-day agendas, varies between 2:00 p.m. and 3:00 p.m., and is generally the most complete meal of the day.

Dinner usually starts as of 8:30 p.m. and generally includes lighter and easier to prepare dishes such as quesadillas, tamales, tacos, etc.

LOCAL INGREDIENTS

Annatto, Avocado and Avocado Leaves, Banana Leaves, Cactus, Chayote, Chiles - Fresh and Dried, Chicharron, Chocolate, Chorizo, Cilantro, Maize, Epazote, Huitlacoche, Pepitas, Tomatillo

This information was provided by Air Culinaire Worldwide. If you have questions or need catering assistance, contact us at: **N. America** +1 (800) 247-2433 or **Worldwide** +1 (813) 449-6000.