



UNITED STATES MARINE CORPS
I MARINE EXPEDITIONARY FORCE HEADQUARTERS GROUP
I MARINE EXPEDITIONARY FORCE
BOX 555325
CAMP PENDLETON, CA 92055-5325

GruO 1050.1B
S-1
1 Apr 14

GROUP ORDER 1050.1B

From: Commanding Officer
To: Distribution List A

Subj: LEAVE AND LIBERTY REGULATIONS

Ref: (a) MCO P1020.34G W CH 1-5
(b) MCO 1050.3J
(c) MCO 1130.62B
(d) IMEFO 1050.1H
(e) MARFORPACO 1050.4N

Encl: (1) Marine Corps Command Recruiting Program Sheet
(2) Map of Liberty Limits
(3) Handout for Personnel Visiting the Republic of Mexico
(4) Leave Diagram

1. Situation. This order contains substantial changes and must be reviewed in its entirety.

2. Cancellation. 1050.1A

3. Mission. To promulgate information and instructions on leave and liberty.

4. Execution

a. Commander's Intent and Concept of Operations

(1) Commander's Intent. This order is to be utilized by all members of I Marine Expeditionary Force, Headquarters Group (I MHG) and I Marine Expeditionary Force, Command Element (I MEF CE) for the purpose of exercising leave and liberty procedures. This order will be published and all personnel will be informed of its contents.

(2) Concept of Operations

(a) Conduct while on Leave and Liberty. Military Police, shore patrols, security police, officers, petty officers, and noncommissioned officers of the Armed Forces are authorized to take preventative or corrective measures, including apprehension, if necessary, in the case of any member of the Armed Forces who is guilty of committing a breach of the peace, disorderly conduct, or any other offense which reflects discredit upon the Armed Forces. All service members assigned will conduct themselves as responsible military members and citizens while in a leave and liberty status. Their actions reflect the United States Marine Corps at all times. Personnel on leave or liberty are subject to this authority.

(b) Assistance to the Recruiting Service. Assistant Chiefs of

Staff and Company Commanders are directed to encourage personnel departing on leave or liberty to visit the representative of the recruiting service in their leave areas, per enclosure (1). In this regard, the following statement is automatically included on all leave papers printed via Marine on Line (MOL):

"EVERY MARINE RECRUIT A MARINE"

"MARINE CORPS ORDER P1050.3__ AUTHORIZES A 5 DAY LEAVE EXTENSION OR SPECIAL LIBERTY CHIT TO MARINES ON LEAVE WHO RECRUIT AN ACCEPTABLE APPLICANT FOR ENLISTEMENT IN THE MARINE CORPS OR MARINE CORPS RESERVE. CONTACT THE MARINE CORPS RECRUITER NEAREST YOU FOR DETAILS."

(c) Emergency Medical or Dental Treatment

1. An emergency is defined as a situation wherein the need or apparent need for medical or dental attention is such that time does not permit application to a Federal medical or dental facility, including those available through Veterans' Administration facilities, or obtaining the required authority in advance. Emergency dental care is limited to temporary measures appropriate to relieve pain or to abort infection and does not include the furnishing of prosthetic appliances including crowns or inlays, or the use of gold or other precious metals for fillings.

2. If emergency medical or dental care is required and there are Naval facilities available, initial application shall always be made to another Federal medical or dental facility, if available. (Federal facilities are those of the Navy, Army, Air Force, Public Health Service, and Veterans' Administration).

3. If the foregoing is not feasible, in a bona fide emergency situation, Marines may obtain emergency treatment from any course at Government expense.

4. If Marines on leave or liberty are hospitalized, they should immediately notify their commanding officer or the nearest Marine Corps activity or representative and request instructions and assistance. If on leave, the printed MOL copy of the Leave Authorization (NACMC 3), should be endorsed or annotated to show, over the doctor's signature, the place hospitalized, the time and date of admission, time and date of release, and the diagnosis. If traveling under orders issued by competent authority or on authorized liberty, a statement from the attending physician containing this information shall be obtained for delivery to the Marine's commanding officer. Convalescent leave can be recommended by a civilian or military doctor.

5. Whether or not civilian emergency health care involves hospitalization, the Marine is responsible for obtaining bills for such treatment. Itemized bills must show dates on or between which services were rendered or supplies furnished, and the nature of the charge for each item for presentation to the Marine's commanding officer in order that the bill may be processed per the provisions of NAVMEDCOM L320.1, Non-Naval Medical and Dental Care.

(d) Information Applicable to Leave

1. It is the responsibility of all Marines to know their own leave balance. Errors which result in the authorization of more leave than

entitled can result in check-age of pay and allowances.

2. Leave is granted under the condition that the individual will return to duty upon expiration of the leave at the place and time specified in the authorization. It is also the Marine's responsibility to have sufficient funds to defray all expenses, including transportation. Marines may obtain space required return transportation assistance from any uniformed services installation. The cost of such transportation is subject to lump sum check-age of pay. Additionally, they may be subject to disciplinary actions if the transportation does not ensure arrival prior to expiration of the leave.

3. Appropriate departure and return times for requests are listed below and enclosure (4).

MODE OF TRANSPORTATION	AREA OF LEAVE	DEPARTURE TIME	RETURN TIME
POV	LOCAL	1630 (Weekdays)	0730 (Weekdays)
		0800 (Weekends)	0800 (Weekends)
		0800 (Holidays)	0800 (Holidays)
POV	OUTSIDE OF LOCAL AREA	1201 (Weekdays)	1200 (Weekdays)
		1201 (Weekends)	1200 (Weekends)
		1201 (Holidays)	1200 (Holidays)
AIR/TRAIN/BUS/BOAT	LOCAL/OUTSIDE OF LOCAL AREA	1630 (Weekdays)	0730 (Weekdays)
		0800 (Weekends)	0800 (Weekends)
		0800 (Holidays)	0800 (Holidays)

4. MOL will be used for requesting as well as authorizing leave in all cases except:

- a. Leave granted as delay en route.
- b. Emergency leave involving funded travel.

5. Leave, including emergency leave, for Assistant Chiefs of Staff will be approved by the I MEF Chief of Staff (or his designated representatives). Leave, including emergency leave for Company Commanders and Staff will be approved by the Commanding Officer or Executive Officer within the limitations and under the circumstances set forth by reference (b).

6. Assistant Chiefs of Staff and Company Commanders may grant leave including emergency leave, to all personnel under their command within the limitations and under the circumstances set forth in reference (b). Designated Command Element Officers and Senior SNCOs who have been granted appropriate permissions in MOL may approve leave. First Sergeants are authorized to grant leave on behalf of their respective Company Commanders during their absence.

7. The Group Officer of the Day may grant emergency leave to enlisted personnel under the following conditions:

- a. It must be a Red Cross verified emergency.
- b. Verbal or telephonic authorization must be received from the appropriate Company Commander or First Sergeant.

c. Emergency leave will not be granted in excess of ten days.

8. Request for leave to count as delay en route will be requested to, and approved by, Officers indicated above and authorized by the order issuing activity concerned, provided all other requirements are satisfied.

9. Leave may be granted for individuals exceeding 30 days per fiscal year by special exception of the Group Commander only. All requests will be routed via MOL through the proper chain of command for consideration.

(e) Check in/out Procedures

1. Personnel granted leave will be permitted to check out and print their leave authorization in MOL no earlier than the time identified under paragraph d (3) of this order. Personnel who are authorized meal cards will check out on leave in person and turn in their meal cards to the I MHG S-1. If an E-1 to E-5 needs to check out on leave during off-duty hours, the Marine will bring a printed copy of their leave papers for the CDO to sign. The CDO will take the Marine's Meal Card (as applicable), make a logbook entry, and check the Marine out in MOL.

2. Checking in from leave will be accomplished no later than time identified under paragraph d (3) of this order on the designated day of return. If an E-1 to E-5 needs to check in from leave during off duty hours, he or she will report to the CDO with their leave papers. The CDO will sign the leave papers, make an appropriate logbook entry, and sign the Marine in on MOL. The S-1 will be informed via the CDO logbook entry of any Marines checking in from leave during the next normal working day.

(f) Information applicable to Liberty

1. Liberty. Regular liberty will commence at the end of one work day through the morning of the next work day during a normal work week. Weekend liberty will normally commence at the end of the work day on Friday and end at the beginning of the work day on Monday.

2. Special Liberty. Liberty granted outside of the regular liberty periods, for unusual reasons, such as compensatory time off, emergencies, to exercise voting privileges, special recognition, or the observance of major religious events. Special liberty will normally not exceed 3 days; under certain circumstances, 4 days special liberty may be authorized. Special liberty requests will be submitted up the appropriate chain of command using either enclosure (3) or MOL. Department Heads may grant special liberty in compliance with the references and this Instruction (not to exceed one day).

a. Three-day (72 hour) Liberty. A special liberty period commencing at an hour designated by the Commanding Officer only, and ending 72 hours later. Three-day special liberty is a liberty period designed to give a service member 3 full days absence from work or duty, usually beginning at the end of normal working hours on a given day and expiring with the start of normal working hours on the 4th day, e.g., from Monday evening until Friday morning.

b. Four-day (96 hour) Liberty. A special liberty period commencing at an hour designated by the Commanding Officer only, and ending 96 hours later. Four-day special liberty is a liberty period designed to give a service member 4 full days absence from work or duty, usually beginning at the end of normal working hours on a given day and expiring with the start of normal working hours on the 5th day, and including at least 2 consecutive non-work days, e.g., from Wednesday evening until Monday morning.

c. A special liberty period may not be used in combination with holidays or other off-duty periods (except leave as stated in the next paragraph) if that combination extends the absence from duty beyond 4 days. Furthermore, special liberty may not, under any circumstances, exceed 4 days.

d. Special liberty may be taken in conjunction with leave without a duty day between the liberty and leave periods. The Marine/Sailor must be physically present at the home station when departing and returning from leave. If the Marine/Sailor wishes to leave the home station during the special liberty period and not return prior to the beginning of the leave period, then the entire leave and liberty period will be charged as leave.

3. Liberty limits can be viewed in enclosure (2).

4. Deviation from the above limits may be granted by approved authorization via MOL.

(g) Foreign Travel. Marines taking leave outside the United States, or outside the territory of the United States, must obtain approval from the Commanding Officer via MOL.

1. Marines traveling overseas will receive a terrorist threat brief concerning the precautions which will be taken to minimize their vulnerability by the Group's Security Manager. Marines are required to be AT level I certified. Online Anti-Terrorism Level I training may be obtained at the following website: <https://atlevel1.dtic.mil/at>.

2. Travel clearance requirements and general entry requirements for foreign countries are contained in the Department of Defense Foreign Clearance Guide (FCG). The electronic FCG is located at the following website: <https://www.fcg.pentagon.mil>. Personnel taking leave to the U. S. territories of Puerto Rico, Virgin Islands, Guam, American Samoa, and Northern Mariana Islands do not require a travel clearance or passport.

(h) Leave and Liberty in the Republic of Mexico. Due to the degree of prolonged violence and threat to military personnel, travel to Mexico is currently prohibited except for emergency situations. Enclosure (3) is available for reproduction and dissemination to those individuals that need to travel to Mexico. The following procedures will be adhered to by all personnel:

1. All personnel must have an approved Leave or Liberty chit prior to entering the Mexican border area. Effective as of 1 June 2009, all personnel travelling to Mexico will be required to carry a valid passport. The Leave or Liberty chit (with supporting documentation of Mexico travel requirements) will only be approved by the first Colonel (O-6) or higher in the Marine's Chain of Command. Personnel will print and carry the approved

request at all times.

2. All personnel in the Mexican border areas on leave or liberty shall use the "buddy system." The buddy system is any individual, military or civilian, that is over the age of 18. The name of the individual and the leave or liberty plan will be described in detail in the Mexico leave/liberty request. This requirement may be waived for personnel on leave visiting family or permanent residents at the discretion of the Commanding Officer.

3. All personnel will complete the Level 1 Anti-Terrorism training within 12 months prior to traveling to Mexico. The brief can be completed online at www.at-awareness.org or by a certified level II anti-terrorism officer. Certificate of completion or attendance roster must be submitted with the leave or liberty chit.

4. Each member on leave or liberty in Mexico must have in their possession the following phone numbers in case of an emergency:

a. American Consulate General: located at Ave. Tapachula #96, Colonia Hipodromo 22420 Tijuana, Baja California, Mexico. Telephone: 01152-664-622-7400, Duty Phone: (619) 692-2154.

b. Border Shore Patrol: (619) 428-2427/1318 (Collect Calls accepted).

c. Group Officer of the Day: (760) 763-2693.

d. All personnel will receive a security brief for the area(s) of travel.

e. All personnel will register online with the American Consulate prior to travel to Mexico at <http://travel.state.gov/travel/tips/registration/registration1186.html>. All permanent residents will register their residence with the embassy or consulate office.

(i) Leave and Liberty Uniform. Uniform regulations are contained in reference (a). Instructions pertaining to wearing of the uniform or appropriate civilian clothing on leave and liberty are amplified below:

1. The following uniforms are approved for leave and liberty:

a. Service "A", "B", or "C" with service cap or garrison cover.

b. Blue dress "B", "C", or "D" with dress cover.

c. The Marine Pattern (MARPAT) uniform is not authorized for leave or liberty.

(j) Appropriate Civilian Attire

1. As a general policy guideline, the civilian clothing worn by any Marine in a public place, on or off base, should be conservative. The primary consideration in determining the fitness of civilian attire for wear

shall be its cleanliness, fit, and general appearance. Shirts with obscene words, phrases or impressions will not be worn.

2. Items of clothing designed as undergarments, such as the military green T-shirt, are not authorized for wear on leave or liberty.

3. Individuals proceeding to and from an athletic activity are permitted to wear the clothing appropriate to such activity, provided that such clothing is in keeping with the standards cited in subparagraph (1) above. Appropriate footwear will be worn to and from base swimming pools or beach areas.

4. In addition to those circumstances covered elsewhere in Base Regulations, civilian clothing is authorized for off-duty wear at Chapels, Marine Corps Exchanges, theaters, commissaries, hospitals, clubs, Commissioned Officers' Mess (Open/Closed), Staff Non-Commissioned Officers' Mess, enlisted mess halls, for all evening meals during the week and all meals on Saturdays, Sundays, and holidays, or to any other public place within the confines of Marine Corps Base, Camp Pendleton.

5. Appropriate footwear will be worn at all times. The wearing of shower sandals (flip flops) is prohibited, except when in bathing attire.

6. Civilian clothing must be worn on all unofficial visits to the Republic of Mexico by permanent personnel when visit is authorized.

7. Earrings will not be worn by male Marines while in uniform or civilian attire.

b. Subordinate Element Missions

(1) S-1/G-1

(a) Assign the appropriate permissions in MOL to all Company Commanders and First Sergeants and designated Command Element Personnel.

(b) Review and audit all leave and liberty requests daily to ensure Marines are checked in and out via MOL at the specified times. All untouched requests will automatically be reported in a timely manner.

(c) Conduct a bi-monthly inspection of all Company meal cards for Marines who are on leave and liberty.

(2) Company Commanders/First Sergeants

(a) Familiarize yourselves with the reference material as well as this order and ensure compliance.

(b) Ensure that all newly joined personnel are informed of these regulations.

(c) Conduct weekly audits of leave and liberty requests for your respective companies.

5. Administration and Logistics. Recommendations concerning the contents of this order may be forward to S-1 via the chain of command.

6. Command and Signal

a. Command. This Order is applicable to all uniformed members of this command.

b. Signal. This Order is effective the date signed.



J. H. HERRERA

Distribution: A

MARINE CORPS COMMAND RECRUITING PROGRAM SHEET

Our recruiting service needs your help while on leave to make contact with the young men and women from your home town who you feel measure up to the same standards required of you when you enlisted.

WHO WE ARE LOOKING FOR

Young men and women 18 to 24 years old preferably, high school graduates and seniors (these are exceptions), in no trouble with police or juvenile authorities. In other words, young men and women just like you.

WHAT YOU DO

While on leave, contact your local recruiter and volunteer your assistance in the ways that have been discussed with you by this command.

WHAT YOU GET

Privates responsible for the enlistment or broken/continuous reenlistment of one or more applicants into the Marine Corps or Marine Corps Reserve will be eligible for meritorious promotion to private first class.

Privates First Class responsible for the enlistment or broken/continuous reenlistment of two or more applicants into the Marine Corps or Marine Corps Reserve will be eligible for meritorious promotion to Lance Corporal.

Lance Corporals and Corporals will receive 20 bonus points towards their promotion composite score for each applicant who enlists or reenlists into the Marine Corps or Marine Corps Reserve.

Sergeants and above will be recognized, at a minimum, by an appropriate entry on their fitness report.

All enlisted Marines who are responsible for the enlistment or broken/continuous reenlistment of at least one applicant into the Marine Corps or Marine Corps Reserve are eligible for a five-day leave extension or special liberty.

All enlisted Marines who are responsible for the enlistment of two or more applicants into the Marine Corps or Marine Corps Reserve will receive a distinctive Marine Corps warm-up jacket.

Any assistance you provide your local recruiter will be made known to your command and will have a bearing on any consideration for meritorious promotion on your behalf.

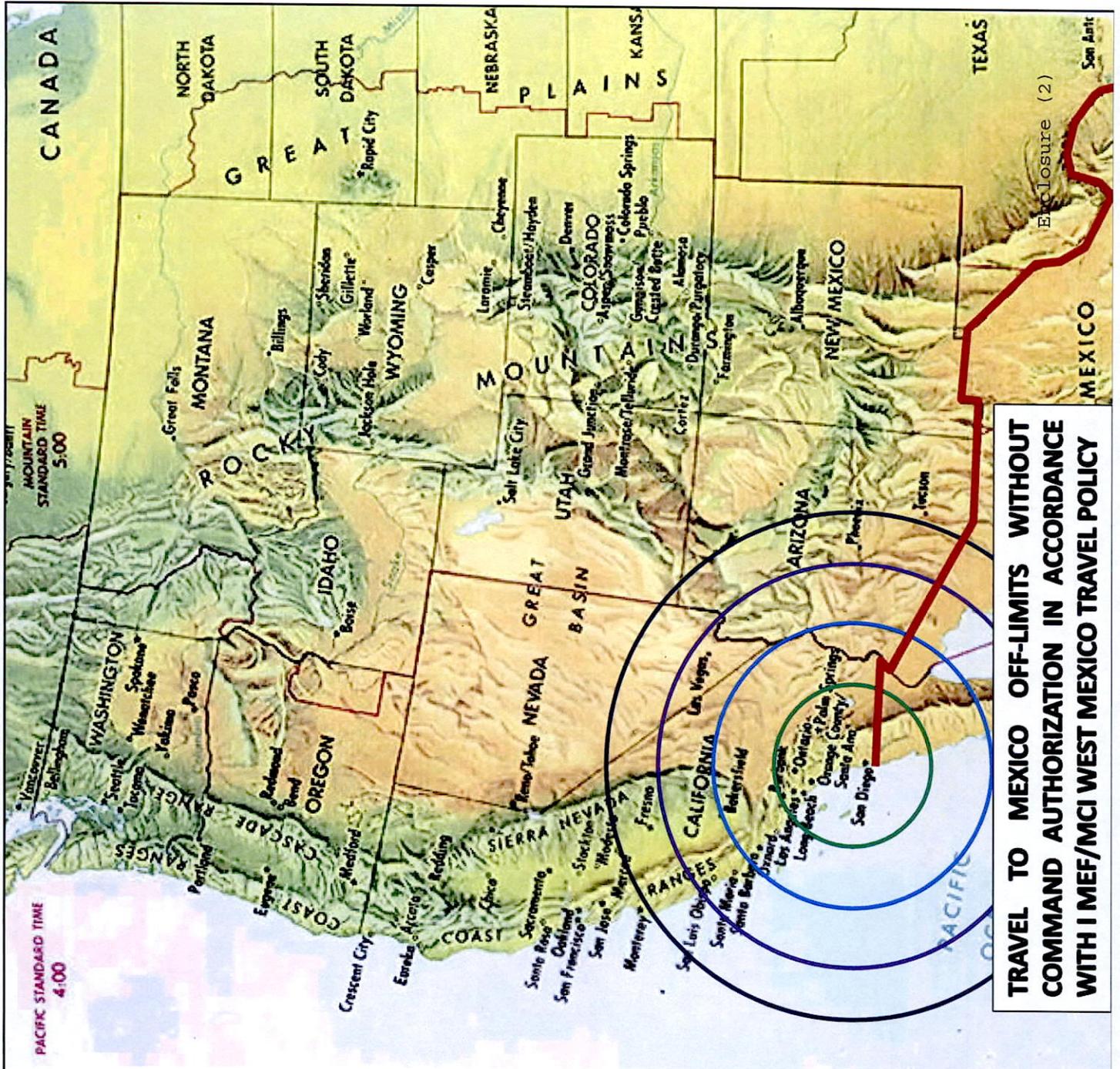
I MHG Leave and Liberty Limits Map
Ref: I MEFO 1050.1H

Personnel on liberty must remain within the general vicinity of Camp Pendleton, CA. General Vicinity is defined as follows:

-  Overnight liberty - 100 miles
-  48 hour liberty - 200 miles
-  72 hour liberty - 300 miles
-  96 hour liberty - 400 miles

Personnel desiring to execute leave or liberty outside the vicinity of Camp Pendleton, California must obtain prior authorization from their unit commanding officer prior to departing on leave or liberty.

Personnel executing leave or liberty must maintain a copy of their leave authorization and their Armed Forces Identification Card on their person at all times.



TRAVEL TO MEXICO OFF-LIMITS WITHOUT COMMAND AUTHORIZATION IN ACCORDANCE WITH I MEF/MCI WEST MEXICO TRAVEL POLICY

HANDOUT FOR PERSONNEL VISITING THE REPUBLIC OF MEXICO

1. Introduction. Update: Not authorized to visit without O-6 or Commanding General level authorization. Personnel frequently visit Tijuana, Mexico, and other Mexican towns within the immediate area of the United States Mexican border. While visiting Mexico, personnel are required to conduct themselves in an exemplary manner at all times. The following information is presented to assist personnel in their visits to Mexico and to make such visits safe and enjoyable. All personnel must be in civilian clothes when they are visiting Mexico.

2. Mexico Criminal Law and Procedures

a. While visiting Mexico, personnel are subject to the laws of Mexico and upon a violation of Mexican law are subject to arrest, confinement, and trial under the laws of Mexico. The United States does not have a status of Forces Agreement with Mexico; consequently, personnel have no special status while in Mexico.

b. The law of Mexico is similar in many respects to the law of the United States in determining what type of conduct is a criminal offense. Mexican law makes it a crime to (1) possess, sell or import marijuana or other dangerous drugs; (2) be drunk or disorderly in public; (3) steal or appropriate property belonging to others; and (4) assault an individual or carry out other violations against the person of another. Mexican criminal law is tough on the possession, sale or importation of marijuana or other dangerous drugs and conviction on such a charge may result in a prison sentence.

c. Some acts occurring in Mexico resulting in the damage or destruction of private property (such as automobile accidents) that are civil matters in the United States are criminal offenses in Mexico and could result in arrest, confinement and trial in Mexico. Consequently, personnel must at all times demonstrate proper conduct while in Mexico.

d. The actual trial of a criminal case in Mexico is different from that normally encountered in the United States. There is no formal open trial as we are accustomed to in the United States. For serious offenses (drug charges, assault, rape, etc.), trials usually take one year to complete. Bail is generally not available for an individual charged with a serious offense, and the individual is confined at a prison while the trial is being processed. Mexican prisons are overcrowded, and their sanitary conditions are significantly below the standards maintained in the United States. The U.S. Military (through Shore Patrol Mexican Liaison Representatives) can provide some assistance to personnel confined in Mexico (for example, food items and other health and comfort items). Also, the U.S. Navy and Marine Corps can assist in appropriate cases for personnel charged with serious offenses in hiring and paying for the services of a Mexican attorney.

e. Minor offenses (drunk in public, for example) usually result in the imposition of a small fine. Payment of the fine is the responsibility of the individual and until the fine is paid the individual is usually held in a local Mexican jail.

f. Personnel who are arrested and confined in the Tijuana area should request to see the shore Patrol Mexican Liaison Representative. A U.S. citizen may request to see a representative of the U.S. Consulate. If

arrested or confined in the Mexicali area, or San Luis, request to see the representative of the commanding Officers, National Parachute Test Center, (Naval Air Facility, when established) El Centro, California, or Commanding Officer, Marine Corps Air Station, Yuma, Arizona. A shore patrol representative visits the local Tijuana city' jails daily and is available to assist personnel in contacting their commands and in arranging for the payment of bail or a fine (if appropriate). However, the shore patrol representative cannot represent personnel in Mexican courts and cannot advise as to what legal action personnel should take concerning their arrest and confinement.

3. Emergency Medical Treatment. Personnel who need emergency medical treatment in Mexico should contact the shore patrol representative at San Ysidro [commercial telephone number (619) 428-2427] for assistance in contacting qualified Mexican physicians.

4. Operation of Motor Vehicles

a. Extraordinary care should be exercised in operating motor vehicles in Mexico. Speed laws and traffic ordinances are rigidly enforced. Road conditions are poor, with fewer traffic (safety) warnings the farther away from the border one travels.

b. Although some insurance policies apply in areas immediately adjacent to the border, the majority of policies are not valid for travel in Mexico and do not cover private automobile accidents in Mexico. When an American owned car is involved in an accident causing damages or injuries, insurance adjustments may be delayed since local Mexican adjusters have to be contacted by the American insurance company. Therefore, when traveling in Mexico, special trip insurance issued by a Mexican company for the car and passengers (available on a daily rate) is a normal precaution for servicemen contemplating travel by private vehicle.

c. Accidents resulting in personal injuries or property damage, or both, normally lead to the detention of personnel, irrespective of insurance coverage. If subsequent to such an accident personnel are taken to a hospital or clinic, Mexican law requires that a document of release be signed by a doctor of medicine and the district attorney. Automobile accident cases frequently result in combined criminal and civil actions requiring large bail deposits. Drivers are usually held by Mexican authorities until funds are posted to cover payment of damage regardless of separate insurance coverage. The automobile is usually detained also. In cases where a financial institution is the owner of a car, personnel must have a 'notarized statement granting permission to bring the car into the Republic of Mexico. For these and other reasons, it is recommended that if possible you leave your vehicle on the U.S. side of the border and use commercial transportation in Mexico. If you use a taxicab, agree on a price with the driver before you get in.

5. Mexican Passport/Visa. Personnel on leave, in transit or present for educational purposes are required to have a passport/visa in their possession at all times. Non-U.S. or Canadian citizens may be required to have a valid visa to re- enter the United States. Leave papers for personnel going to Mexico City for a stay of 18 hours or more shall include instructions to register at the office of the American Legation and United States Naval Attach. See the current edition of BUPERSINST 1050.11.

6. Recommended Action

a. DECLARE ALL YOUR MERCHANDISE AT THE ACTUAL PRICE PAID. Failure to declare will result in seizure of merchandise and the assessment of a personal penalty. If you intend to import merchandise, check with Customs on the way into Mexico for possible restrictions.

b. DO NOT pick up strangers or associate with strangers while in Mexico.

c. Refrain from sexual contact. The venereal disease rate is extremely high traveling in Mexico, special trip insurance issued by a Mexican company for the car and passengers (available on a daily rate) is a normal precaution for servicemen contemplating travel by private vehicle.

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a. DECLARE ALL YOUR MERCHANDISE AT THE ACTUAL PRICE PAID. Failure to declare will result in seizure of merchandise and the assessment of a personal penalty. If you intend to import merchandise, check with Customs on the way into Mexico for possible restrictions.

b. DO NOT pick up strangers or associate with strangers while in Mexico.

c. Refrain from sexual contact. The venereal disease rate is extremely high.

d. UNDER NO CIRCUMSTANCES INTERFERE WITH MEXICAN POLICE IN THE PERFORMANCE OF THEIR DUTIES.

e. DO NOT enter an argument with shopkeepers, bartenders, or other

businessman which could result in your arrest.

f. DO NOT wander from the main streets of the city.

g. Minors (under 18 years old) are prohibited from entering bars or buying intoxicants. This is a violation of Mexican law, and may result in arrest and confinement by Mexican authorities.

h. DO NOT BUY, USE, OR POSSESS MARIJUANA OR OTHER NARCOTICS!

i. DO NOT GET DRUNK. You place yourself at the mercy of unscrupulous people. Public drunkenness may result in arrest.

j. DO NOT CARRY WEAPONS, including switch blades, across the border, going to or from Mexico.

k. A person can spend a great deal of time in Mexico and remain as healthy and free of disease as in the United States if he follows a few very simple basic health rules as set forth below.

(1) Never drink water from a public water supply. In a restaurant, insist on bottle water. Remember ice is made of water.

(2) Be sure that you are current on all immunizations.

(3) Practice good personal hygiene.

(4) Do not purchase food from street vendors; they have few sanitary facilities for handling food.

(5) Indiscriminate eating of raw food such as vegetables should be avoided.

(6) Use good judgment in selecting a place to eat or drink. In judging a place to eat, check the following points:

(a) Is the place free of flies and other insects?

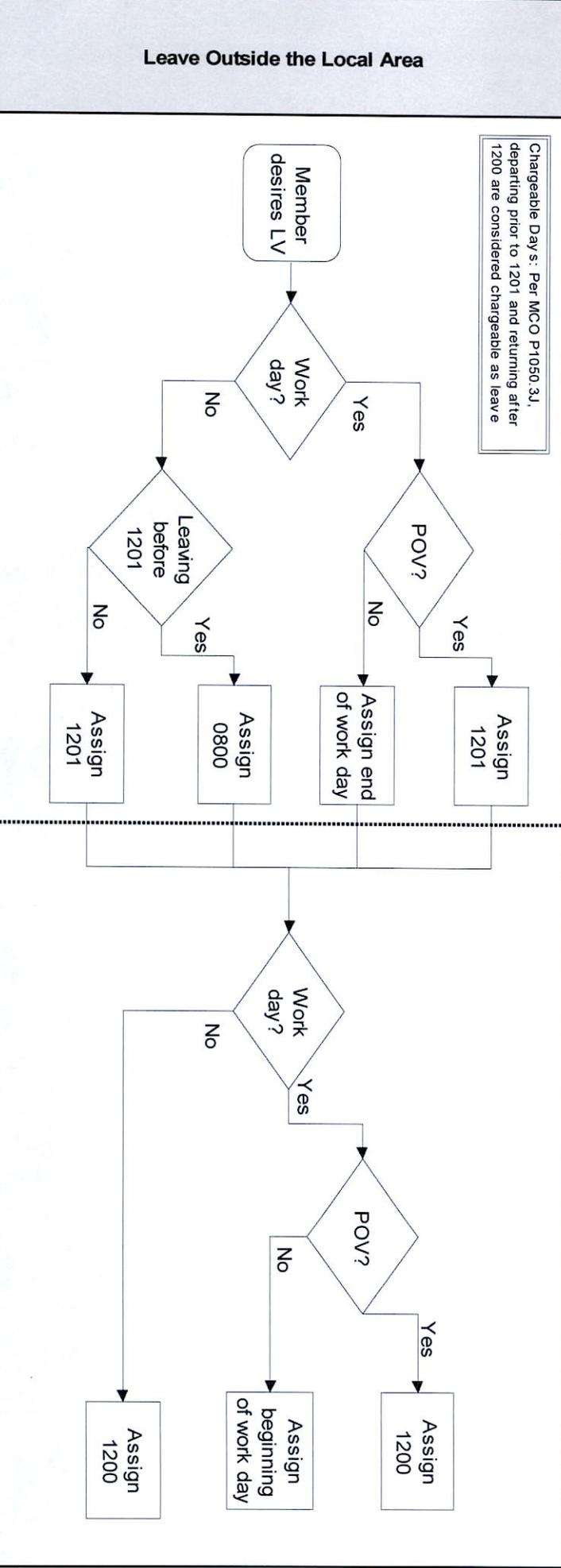
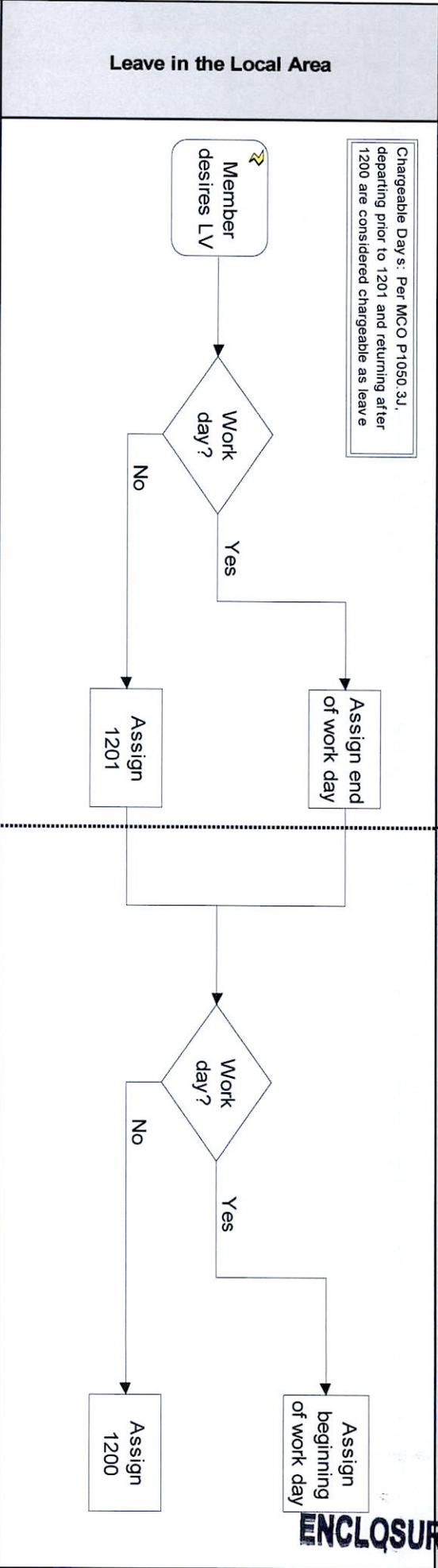
(b) Are the utensils, glasses and tables clean?

(c) Are food service people neat and clean?

LEAVE DEPARTURE AND RETURN TIME ASSIGNMENT DIAGRAM

Departure Time

Return Time



ENCLOSURE (4)