

# Baja Checklist

Motorcycle travel in Baja is unexpectedly easy. But as with any foreign travel you still have to travel carefully. Below are some things you must to have to travel in Baja, as well as a few suggested items.

## Required Items:

Valid Passport

Valid Driver's license

Mexican motorcycle Insurance

FMM "Tourist Visa" <https://www.bajabound.com/before/permits/visa.php>

TIVP "temporary vehicle permit" is not required for Baja travel.

## Suggested Items:

Supplemental medical/airlift insurance

Personal medications – prescriptions must be in the labeled packaging with your name on it.

Ciprofloxacin (cipro), or other oral antibiotic.

Spare gas canister and syphon hose – there can be long runs between gas stations, or unexpected station closures.

Tire patch kit/spare tube and air pump.

## A few things to consider:

Avoid border towns.

Avoid riding at night. Partially to avoid crime, but mainly free-range animals move onto the warm asphalt at dusk.

Make a copy of your bike registration, insurance, FMM, Driver's License, and passport and email them to yourself. If you lose these while travelling you can pull up a copy.

Make a second copy and stash them in your luggage.

Outside of border crossings if asked to show ID to Mexican authorities, give them your Driver's License, not your passport. You can leave your DL behind.

## More Information:

Info	link	notes
The Smart Traveler Enrollment Program (STEP)	<a href="https://step.state.gov/step/">https://step.state.gov/step/</a>	is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate.
Weather conditions	<a href="http://www.bajainsider.com/weather/weather-baja-california-sur">http://www.bajainsider.com/weather/weather-baja-california-sur</a>	
Road conditions	<a href="http://www.discoverbaja.com/baja-california-information/road-conditions/">http://www.discoverbaja.com/baja-california-information/road-conditions/</a>	
Safety tips	<a href="http://www.discoverbaja.com/go/personal-safety/">http://www.discoverbaja.com/go/personal-safety/</a>	
Traffic Violations	<a href="http://www.discoverbaja.com/wp-content/uploads/TRAFFIC-VIOLATIONS.pdf">http://www.discoverbaja.com/wp-content/uploads/TRAFFIC-VIOLATIONS.pdf</a>	
Emergency Assistance dial 911		dial 911
Tourist Assistance Hotline dial 078		dial 078
<b>Green Angels roadside assistance</b>	1-800-888-0911	01-800-990-3900 Tijuana, Ensenada, & El Hongo toll roads
<b>U.S. CONSULATES IN BAJA:</b>	<b>Tijuana 664-977-2000</b>	After-hours emergency hotline: 001-619-692-2154 Paseo del Aeropuerto y camino as Culturas, Mesa de Otay Delegación Centenario C.P. 22425 Tijuana, Baja California
<b>U.S. CONSULATES IN BAJA:</b>	<b>Los Cabos: (624) 143-3566</b>	Tiendas de Palmilla, Tiendas de Palmilla, Carretera Transpeninsular Km 27.5 Local B221, San José del Cabo,
<b>Hospitals and Clinics in Baja:</b>	<a href="http://www.discoverbaja.com/baja-california-information/emergency-and-medical-services/">http://www.discoverbaja.com/baja-california-information/emergency-and-medical-services/</a>	
Tijuana		<b>Excel Hospital</b> <a href="#">Avenida Paseo de Los Héroes # 2507</a> Zona del Rio, Tijuana, B.C. CP 22010

		México tel: 664-634-3434
Tijuana		<b>Hospital del Prado</b>
		Calle Bugambilias # 50
		Fraccionamiento El Prado
		Tijuana, B.C. CP 22105
		Mexico tel: 664-681-4900
Tijuana		<b>Hospital del Carmen</b>
		Calle Manuel Doblado #402
		Colonia Gabilondo
		Tijuana, B.C. CP 22410
		México tel: 664-681-7279
Tecate		<b>Clínica Hospital Santa Catalina</b>
		<a href="#">Avenida Hidalgo 172</a>
		Col. Centro 21400
		Mexico tel: 665-654-5555
Mexicali		<b>Hospital General</b>
		Calle Alfareros C
		Col. Industrial 21000
		Mexico tel: 686-557-3861
San Felipe		<b>Abasalo Medical Clinic</b>
		Calz. Chetumal
		Mexico tel: 686-577-1458 or 686/573-0174
San Felipe		<b>The Baja Medical Center</b>
		178.5 Carretera Federal No. 5
		Mexico tel: 686-576-0200
San Felipe		<b>Cruz Roja (for ambulance services)</b>
		Mexico tel: 686-577-1544
Rosarito		<b>Hospital General de Playas de Rosarito</b>
		(across the street from city hall)
		Galilea Este 2200,
		Tel: 661-612-6164
Rosarito		<b>Cruz Roja (for ambulance service)</b>
		Mexico tel: 661-612-4928
Ensenada		<b>Hospital Velmar</b>

		<a href="#">De Las Arenas 151</a>
		Mexico tel: 646-173-4500
		<a href="http://www.hospitalvelmar.com">www.hospitalvelmar.com</a>
		Open 24 hours
Guerrero Negro		<b>IMSS (Instituto Mexicano del Seguro Social) Hospital</b>
		Bld. Emiliano Zapata Esq. San Luis Potosi
		Mexico tel: 615-157-0233
Santa Rosalia		<b>SSA Hospital Rural Santa Rosalia</b>
		Jaen-Michel Cousteau
		Col. Mesa Francia
		Mexico tel: 615-152-0789
Mulege		<b>Centro de Salud</b>
		Francisco I Madero
		Mexico tel: 615-153-0298
Loreto		<b>Hospital de la Comunidad de Loreto</b>
		Mexico 1, entrance to town
		Open 24 hours
La Paz		<b>Hospital Fidepaz</b>
		Km. 5.5 Mexico 1
		Mexico tel: 612-124-0400
La Paz		<b>Hospital Juan María de Salvatierra</b>
		<a href="#">Ave. Paseo de los Deportistas 5115</a>
		Mexico tel: 612/175-0503
		<a href="http://www.hgejms.gob.mx">www.hgejms.gob.mx</a>
Todos Los Santos		<b>Centro de Salud</b>
		Degollado and Juárez
		Mexico tel. 612-145-0095
		open 24/7
East Cape		<b>East Cape Health Center</b>
		#1 Plaza Libertad,
		Mexico tel: 624-124-8203
		9am-5pm Mon.-Fri., 8am-2pm Sat.,

		<a href="http://www.eastcapemedical.com">www.eastcapemedical.com</a>
San Jose del Cabo		<b>H+ Los Cabos</b>
		Km 24.5
		Mexico tel: 624-104-9300
		<a href="http://hmas.mx/loscabos/">http://hmas.mx/loscabos/</a>
San Jose del Cabo		<b>Walk in MediClinic</b>
		Km. 28
		Mexico tel: 624-130-7011
Cabo San Lucas		<b>AmeriMed</b>
		Blvd. Lázaro Cardenas
		Mexico tel: 624-143-9670
		<a href="http://www.amerimed.com.mx">www.amerimed.com.mx</a>
		open 24 hours
Cabo San Lucas		<b>Hospital General</b>
		Ave. Los Pinos
		Col. Los Arcos
		Mexico tel: 624-146-4262