

APPENDIX F: BAHÍA DE LOS ANGELES (BLA) SITE INFORMATION

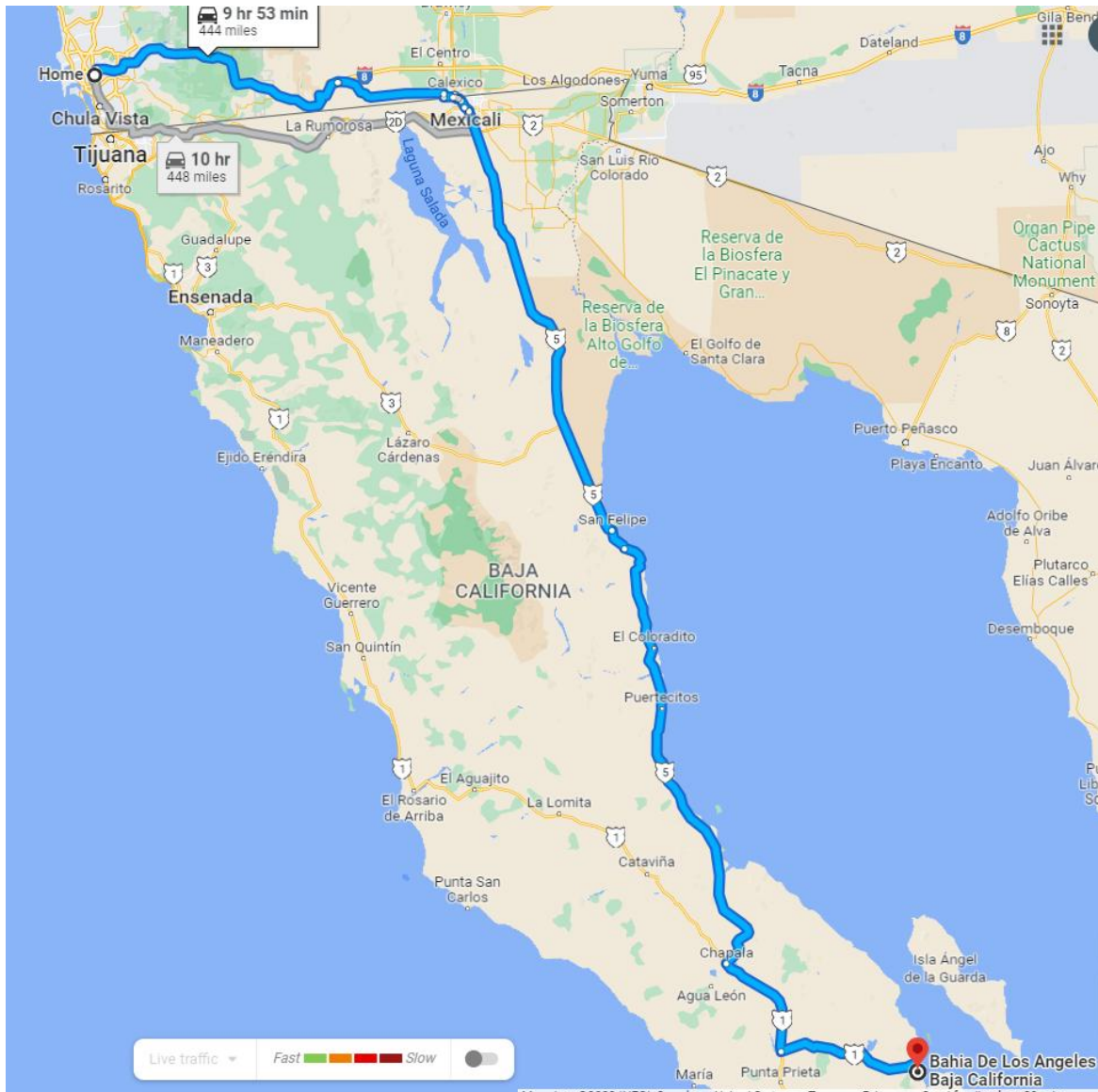
Bahía de los Angeles is a coastal bay on the Gulf of California, located along the eastern shore of the Baja California península in the state of Baja California Mexico.

The following are important factors that were considered when developing the program and emergency prevention, response, and recovery procedures for activities that take place in BLA.

- There is a clinic located in town near the south end of the Police Station in town, but there is no hospital in BLA. BLA is approximately 450 miles from San Diego and approximately 350 miles from medical care in the US.
- There is a Police Station and base for the Marinos (Mexico Navy) in the town.
- Internet service and WiFi are available throughout the town, including the Field Station; however, there is no cell service.
- There are no dedicated bank ATMs available. Some locations may accept credit cards, but cash is most reliable.
- Two Pemex stations are in service at the entrance/exit to town.
- The average temperatures during summer months are: 95°F high and 75°F low. Winds can be very gusty making the town hot and dry and/or the water unsafe for boating activities.

DRIVING ROUTE

We typically travel through the Calexico border and take the Mex 5 towards San Felipe. We then pass through San Felipe to Gonzaga Bay. We continue across the peninsula to meet up with Mex 1. Then we turn off the Mex 1 to head to Bahia de los Angeles.



BLA FACILITY INFORMATION

While in Bahía de los Angeles for program trips (with students), we stay at Glendale Community College's Field Station (Escación de Mar Cortés). The field station includes two classrooms and dorms, a living room and kitchen, showers and restrooms, a garage/equipment room, and a staff building.



GENERAL POPULATION

Current enrollment:

- Number of staff: 6-8
- Number of students on site: 20-30
- Number of volunteers on site: 6-8

A daily roster of individuals onsite is kept with the Manager on Duty.

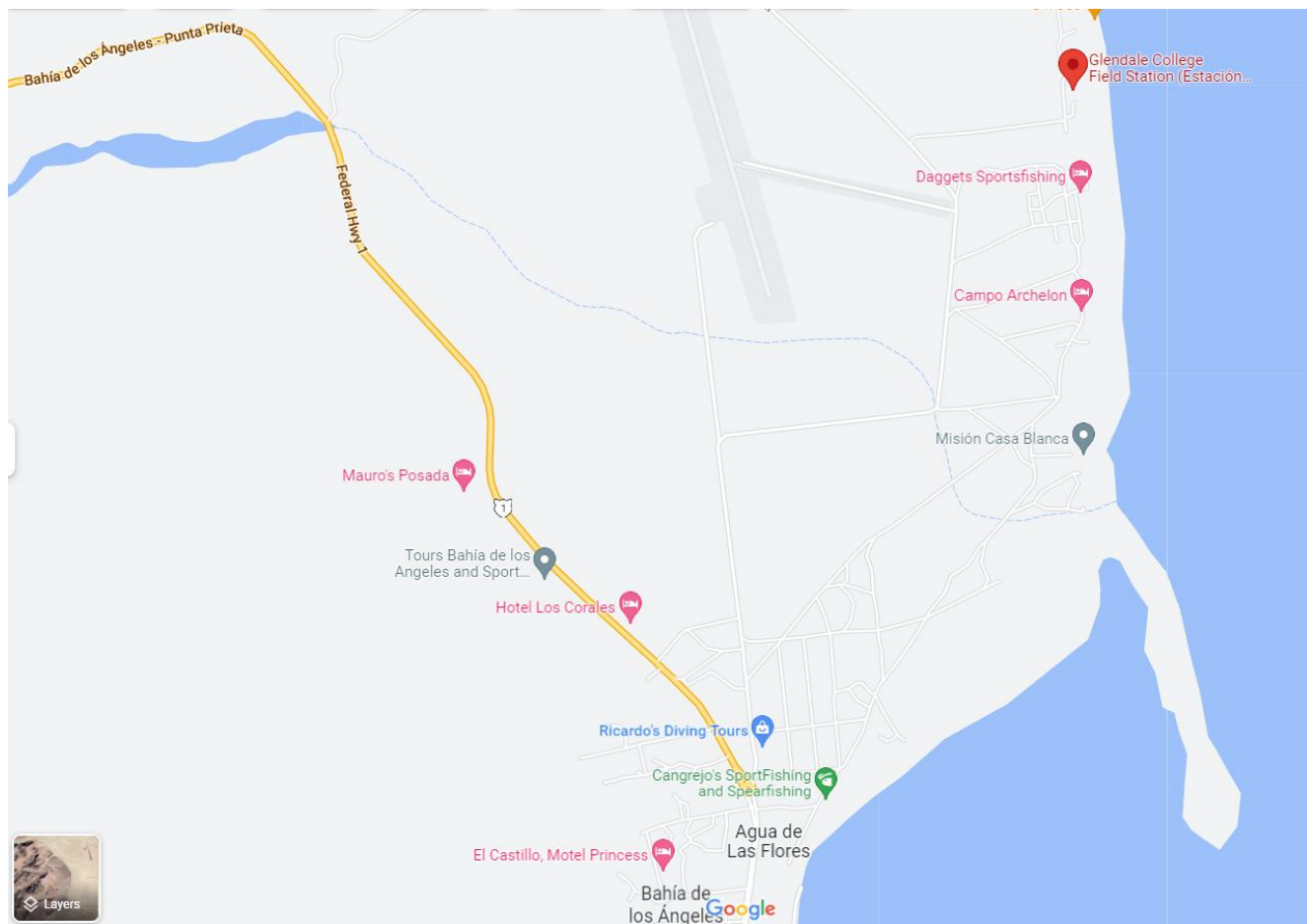
LOCATION

Site Name: Glendale Community College Field Station – Estación del Mar Cortés

Site Address: Camino la Gringa S-N, Bahía de los Angeles, Baja California. Mexico

Site Public Phone Number: NA

Site GPS Coordinates: Latitude: 28.979914787304374, Longitude: -113.54746420464213



BLA FIELD STATION EVACUATION MAP



VENOMOUS ANIMALS IN BLA

Sting Ray



Rattlesnakes



Scorpions



Rockfish



Black Widow



Brown Recluse



MEXICO SPECIFIC SAFETY MEASURES

Ocean Discovery Institute prioritizes the safety of its participants above all else. To that end, we regularly implement an Emergency Preparedness Plan that includes preventative measures as well as emergency response and recovery procedures should any unexpected event occur. When we receive new information, we assess our current plans and make modifications based on expert guidance. Generally, we seek guidance from the U.S. Consulate and program partners.

Preventative measures (e.g., enrolling in the STEP program, driving during daylight) are included in the **Leadership Program Project Management Tools** and/or program implementation tools. Emergency equipment, tools, and response procedures are included in this **Emergency Preparedness Manual**.

- Accountability – We ensure the accountability of each participant at all times. Mechanisms include:
 - Enrolling in the State Department’s Smart Traveler Enrollment Program
 - Confirming all designated arrivals and departures to and from Mexico
 - Check in and out procedures for student activities
 - Ensuring low-ratio of staff to students
- Safety – We prevent injury and illness when possible and respond quickly and with the best resources at our disposal. Mechanisms include:
 - Every staff member has First Aid/CPR training
 - Safety Officer present with designated role of prevention and response
 - First Aid kits at the field station, with each group in the field, and during transit
 - AED device at the field station
 - Regular communication and strong relationship maintained with the local authorities and with US Consulate
 - Field station base within town and near neighbors and resources
 - Drive the safest route possible and in daylight hours
 - Avoid unknown areas
 - Follow Department of State, US Embassy, and other relevant social media information regarding conditions and review travel advisories
 - Evacuation insurance and multiple-scenario evacuation plans in place
- Communication – We maintain communication between San Diego and Mexico as well as within in Bahía de los Angeles. Because there is no cell service in Bahía de los Angeles and during a portion of the drive there and back, we maintain communication with all participants using:
 - Radios with each car/student group
 - Satellite phone with each car/student group
 - SPOT GPS emergency locator with each car/student group

In addition, we recommend that all individuals traveling with us:

- Travel in caravan, particularly on main/highway roads
- Avoid the display of signs of wealth (such as expensive cars, watches, or jewelry); they are not needed in Bahía
- Stay in groups if leaving the premises for any reason
- Should they witness or experience any robbery activity, do not resist or become involved but immediately report such activity to staff or authorities

MEXICO SPECIFIC SAFETY EQUIPMENT AND INSURANCE

The town of Bahía de los Angeles has limited communication access, although this continues to improve with each year. The remote location of the program paired with the number of participants with the program requires additional supplies communication devices and safety supplies. These are outlined in the following sections:

- Traveler's Insurance: For trips both with and without students to Bahía de los Angeles, travel insurance is secured.
- Emergency Medical Transportation: Vehicle designated for use in emergency medical transportation.
- Cell Phone: Cell phone coverage current extends as far south as San Felipe. In BLA where WiFi is available (e.g., in the field station), WiFi calling, iMessage, FaceTime, WhatsApp may be used.
- Marine Radio: Two-way radio used for communication when WiFi is not available for one or multiple groups.
- Satellite Phone: Phone used for communication from remote locations that do not have cell coverage.
- EPIRB: Satellite beacon that alerts the US Coast Guard to initiate a rescue in the case of water emergencies.
- SPOT Device: The SPOT is a GPS location device that can also alert in-country rescue professionals by use of an SOS button.

TRAVELERS INSURANCE

Traveler's insurance will provide reimbursement for treatment in a medical facility in Mexico and transport from hospital to hospital. They do not operate "rescue missions".

The insurance policy is available in the **Insurance** section of the **Emergency Response Binder** with the group traveling and a copy at the Living Lab.

EMERGENCY MEDICAL TRANSPORTATION VEHICLE

Ocean Discovery Institute relies on the local 911 emergency system for emergency medical transportation needs while in the US. During the program in Bahía de los Angeles, one vehicle is designated for emergency medical transportation. The vehicle is available at all times, in operational order, and with enough fuel to reach primary emergency locations.

CELL PHONE

If you're using your cell phone in Baja, chances are that you have one of the four main US wireless services: T-Mobile, AT&T (Cingular), Sprint or Verizon. You may have an easier time calling throughout Mexico with T-Mobile or AT&T, since they cover a lot more territory.

All of the major wireless networks will charge you extra to roam internationally, from as little as \$0.59 to \$1.49 per minute plus a monthly flat fee. More importantly, most plans require you to activate the international roaming service before you even leave the United States. To be safe, it is a good idea to check with your own wireless carrier before you leave for Baja to make sure that your phone has been activated for international roaming.

Once you are in Mexico with a successfully activated phone, you should have no trouble calling either locally or home to the United States.

General guidelines are below to set up your cell phone for use in Mexico. Baja Bound

(<https://www.bajabound.com/before/permits/cellphonebaja>) has detailed information for activation and use for each cell phone carrier.

- On your phone go to “Settings” followed by “Cellular” then “Roaming” and make sure “Voice Roaming” and “Data Roaming” are turned OFF. Make sure “International CDMA” is turned OFF.
- Or if you have international service - your phone automatically picks up that you are in Mexico and will send you a text message asking if you would like to accept “travel pass” and your answer is YES. This will allow you to use service in Mexico.
 - Once you accept yes, change the following settings on your phone.
 - Go to **settings-cellular-cellular data options-roaming**
 - Turn *voice roaming* and *data roaming* **on** (make the button green)
 - Turn *International CDMA* **off** (make the button white)
 - Turn your phone off completely and back on to make sure changes stick.
 - Your phone will work normally under our current data/voice/text plan.

Dialing Instructions

Country Code	From	To	Dial Network	Instruction
52	Mexico	U.S.	GSM	Dial Plus (+) Sign then 1 then ten digit U.S. number
52	Mexico	Local	GSM	Dial Plus (+) Sign then Country Code then mobile number with Area Code (if applicable)
52	Mexico	Other Countries	GSM	Dial Plus (+) Sign then Country Code then International Number
52	Mexico	Customer Service	GSM	Dial Plus (+) Sign then 1 then 908-559-4899
52	Mexico	Customer Service from a landline	None	Dial 001-8442528672

- ☐ On most devices, the Plus Sign (+) appears when you press and hold the 0 key or the * key. Find your user guide online if needed.
- ☐ To call and text a cell phone in Mexico
 - Press and hold the 0 to get a “+”, then press 52 followed by the area code and cellphone number.
Ex. +52 (###) ###-####
- ☐ To call a landline in Mexico
 - Press and hold the 0 to get a “+”, the press 52 followed by the area code and cellphone number.
- ☐ To check voicemail,

MARINE RADIO

The field station is equipped with a Marine Radio. Marine radios are also brought into the field with each group travelling to a different location.

The Safety Officer and Manager on Duty will be available via radio on Channel 16 either by the Field Station radio or handheld radio when off-site.

Channel 16 is used to establish communication with the Field Station, Safety Officer, Manager on Duty, boat guide, and/or to notify others in case of emergency. This is the same channel that is used for boat communication throughout the community. The channel may be switched for conversation once communication has been established.

Channel 8 is used for communication between groups who are in the field together (e.g., three boats that are on the same trip together and need to communicate). You may also use this channel once communication has been established on channel 16 for further conversation.



SATELLITE PHONE

All groups traveling to/from Bahía de los Angeles in an Ocean Discovery vehicle will have a satellite phone in their Travel Safety Kit. In addition, a satellite phone is kept at the Field Station for the duration of trips with students. During overnight stays which are off-site, a phone may be sent with the group as determined on a case-by-case basis.



Making calls within Mexico

- ☐ Turn satellite phone on.
- ☐ Be certain the battery is fully charged prior to use. Battery capacity is indicated on the LCD display on the phone.
- ☐ Gently pull out the telescoping antenna.
- ☐ Be certain the antenna is as vertical (upright) as possible. Antenna must make line of sight connection to satellite (needs to be outside with unobstructed view of sky).
- ☐ Signal strength is indicated in the upper left hand corner of the display. The phone will go into a “search mode”, then “registering mode”. A small HOUSE icon will appear at center bottom screen.
- ☐ The word “IRIDIUM” appears on the display when the satellite signal is locked. The signal strength indicator should show five bars (upper left corner of display.)
- ☐ You are now ready to make and receive calls.
 - **To make call within Mexico** DIAL (0+) + (01152) + (PHONE NUMBER)
 - **To make calls to the US** DIAL (0+)(0+) + (1) + (PHONE NUMBER) + (OK)
- ☐ To end calls, simply press the “C” red button on left top side TWICE.

SPOT DEVICE

The SPOT is a GPS location device with several options to communicate. The SPOT device, when activated sends an email message to all on the message list with an update. The SPOT can also alert rescue professionals by use of an SOS button.

The “Tracking” feature is used for trips between the San Diego and BLA in Ocean Discovery vehicles. The Help/SPOT Assist and/or S.O.S buttons may be used as needed. Text and/or email is used to confirm safe arrival (i.e., not the “OK” feature on the SPOT). To communicate trip changes or updates along the route, communicate via cell phone or satellite phone.

SPOT Active Message Profiles

The following SPOT Active Message Profiles are pre-programming in each device:

During use while driving

- Help/SPOT Assist: We are stuck on the side of the road and are having vehicle trouble.
- S.O.S: We're a group of staff and students with Ocean Discovery Institute from San Diego driving down to Bahia de los Angeles MX for work. **NOTE:** If the device is used as a 911 (emergency button) no one will be alerted immediately. Use the satellite phone to establish communication with San Diego.

To use for tracking, download the Spot App

- Username: Bahia1
- Password: Oceandi2211

SPOT Use Guide

Step 1: Turn on the device.

To turn on spot press and hold the power button until it flashes green.

Step 2: Turn on tracking device by pressing and holding the footprint button until it flashes.

Step 3: Leave the device on.

Step 4: Sending a message.

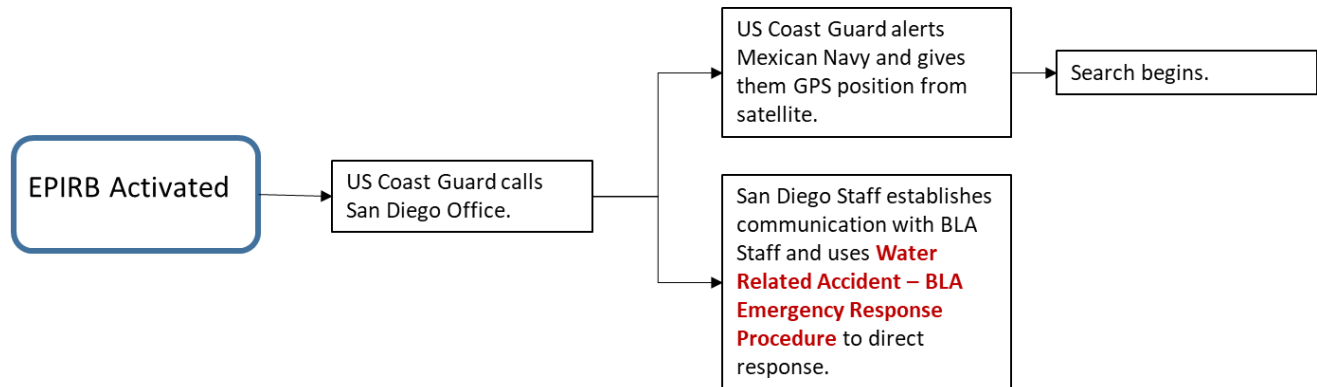
Emergencies: For a 911 type emergency press and hold the red SOS button until the light blinks green—wait until only the envelope and power lights are blinking to know the message has been sent.

Roadside Help: For AAA type help press and hold the button with the hands on it until the light blinks green—wait until only the envelope and power lights are blinking to know the message has been sent.



EPIRB

An EPIRB is brought on all boat trips while in Baja. It is worn by a field trip lead and remains with the group for the duration of an outing (i.e., it does not stay on the boat if the group disembarks for a hike on an island.) The EPIRB is set off in two ways, manually or automatically (if it gets wet/submerged). A signal is sent from the EPIRB to satellites and then to a land unit which processes the signal and sends it to NOAA. At NOAA, our registration information is attached and sent to the US Coast Guard, which initiates the response and communication with Ocean Discovery in the U.S. In the case of emergencies in BLA, the Coast Guard will coordinate a response with the Marinos (Mexican Navy). The process is summarized in the flow chart below:



Throughout the duration of the emergency, San Diego staff will remain in contact with the US Coast Guard and BLA staff.

EPIRB Registration Information

We have 406MHz EPIRBS, each with the password: aquatic-1

Beacon ID	Date Expires
ADCE02371941C01	1/5/2024
2DCE36A7D0FFBFF	6/5/2024
2DCE369506FFBFF	4/5/2023
2DCC814EE0FFBFF	3/8/2024
2DCE6868DEFFBFF	4/5/2023
2DCE686032FFBFF	2/22/2024
2DCC8E0382FFBFF	4/5/2023

Lindsay McKay and Elvia Meza are listed as the emergency contacts for these beacons. The Ocean Discovery main office number and their cell phones are registered with the beacons for contact in case of emergency.

BAJA CALIFORNIA EMERGENCY CONTACT LIST

In the event of a serious emergency, alert the Safety Officer and Manager on Duty. Below is a list of resources in the community that can assist with safety issues.

This list is made available in the Emergency Response Binder, Travel Safety Kit, and in the Information Center. This list is updated annually by the Program Manager. In pre-program meetings, the following is shared with local resources: 1) dates of operation and 2) scope of programming (students served, significant program elements, facilities).

Site Information

Glendale Community College Field Station – Estación del Mar Cortés

Bahia de los Angeles, Baja California. Mexico

GPS Location: Latitude: 28.979914787304374, Longitude: -113.54746420464213

Site Public Phone Number: NA

Name of Contact	Contact Information
Emergency Medical, Police, Fire	9-1-1
Glendale Field Station	Jose Mercade jmercade@glendale.edu
Ocean Discovery BLA Point-of-Contact (MOD)	Group Text/What'sApp: Carolina Barraza 619-200-5017 Isabel Herrera 619-997-6125 Shara Fisler 619-665-3861 Anne Correia 619-980-9038 Jeri Nolan 415-302-0537 Updated 5/2025
Ocean Discovery San Diego Point-of-Contact	Primary Contact: Susan Tillman 415-847-8247 Secondary Contact: Lindsay McKay 619-807-4741 Living Lab: 8am-6pm M-F 619-795-8365 Updated 5/2025
Safety Officers in BLA	What's App/Text Dr. Parra What's App +52-55-3495-2855 Brian Duncan 619-851-8343 (staying in BLA) Marine Radio Channel 16 Updated 7/2024
Resident Advisor in BLA	Angel Soria (619) 877-5585 Updated 5/2025
U.S. physicians for consultation	Dr. Adam R. Pacal, MD 619-952-3230 adampacal@gmail.com

<p>BLA In-Town Clinic</p>	<ul style="list-style-type: none"> • Type of emergency: Medical • Person in charge: Dr. Parra • Way to contact: What's App +52-55-3495-2855 • Other <ul style="list-style-type: none"> ○ She will come to the station daily and station or other location when needed. We should include her as part of our 911 system (Doctor & SO) • Doctor: Dr. Angelina Parra <ul style="list-style-type: none"> ○ She has been here for five years and plans to stay for several years ○ She is supported by five medics who live onsite ○ She is the SAME person who has the clinic at the edge of town near the Pemexes (with the big Medical sign on the wall). She provides services from her house when she is not at the clinic. • Hours/Location <ul style="list-style-type: none"> ○ Clinic 8am-4pm Mon-Friday, 8am-1pm Saturday ○ If outside of hours and an emergency, <ul style="list-style-type: none"> ▪ Use whatsapp or radio ▪ go to her house and if not there: ▪ Ring the bell • Resources <ul style="list-style-type: none"> ○ Have: Anti-venom (5), back boards, oxygen, antibiotics, pain pills, EKG, medical pass for border crossing. ○ Don't Have: Ambulance (not working), life support, x-rays, epinephrine • Abilities <ul style="list-style-type: none"> ○ Can: sutures, casts a break, treat diabetes, sting rays, infection, sickness, burns ○ Can Not: Spinal assessment, dislocation • Transport to the US <ul style="list-style-type: none"> ○ She can provide a medical pass to cross the border. ○ She would ride with us if transporting to the US. ○ There is no ability for a police escort. <p>Updated 5/2025</p>
<p>BLA In-Town Private Practice Doctor</p>	<ul style="list-style-type: none"> • Person in charge: Dr. Parra • Way to contact: What's App +52-55-3495-2855 • Accessibility <ul style="list-style-type: none"> ○ West side of the road between the two Pemexes on the way out of town with the big sign: "medico". ○ At this clinic (her house) off hours. ○ On weekends, she often goes to La Gringa. ○ Likely a fee associated. <p>Updated 7/2024</p>

<p>U.S. Consulate</p>	<p>Emergency Contacts</p> <p>From Miki Noguchi: in the event you experience an emergency. Please keep this contact information internal to your staff: 1-301-985-8665, scsresponsetijuana@state.gov.</p> <p>You may share this number with the parents: 1-844-528-6611.</p> <p>Maximo Cervantes Asuntos Políticos y Económicos</p> <p>Consulado General de los Estados Unidos U.S. Consulate General Tijuana, BC</p> <p>Office: +52 664 977 2107 Mobile: +52 664 386 7564 * CervantesMD@state.gov</p> <p>From https://mx.usembassy.gov/contact/ Assistance for US Citizens in Mexico <i>If possible, have ready the US citizen's name, date-of-birth, and passport number.</i></p> <ul style="list-style-type: none"> • 55-8526-2561 (From Mexico) • 844-528-6611 (from the United States) • 9-1-1 in event of an accident, fire, or medical emergency <p>During business hours, dial the Mexican office number and ask for American Citizen Services.</p> <ul style="list-style-type: none"> • If calling from the US dial: 011-52-664-977-2000 • If calling from Mexico dial: 664-977-2000 <p>After hours (business hours are 7:30am to 4:00pm Monday through Friday) dial the U.S. answering service and leave a message. The duty officer would get the message and then call you back.</p> <ul style="list-style-type: none"> • If calling from the US dial: 619-692-2154 • If calling from Mexico dial: 664-977-2019 <p>Call 1-888-407-4747 (from overseas: 202-501-4444) for answers related to questions concerning the following:</p> <ul style="list-style-type: none"> • Death or Injury of an American citizen abroad • Arrest/detention of an American citizen abroad • Victims of crime abroad, American citizens missing abroad, Abduction of a child abroad <p>Updated 6/2023</p>
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Consulate General Tijuana	<p>Consul General Thomas E. Reott</p> <ul style="list-style-type: none"> • United States Consul General • Tijuana, Baja California, Mexico • + 52-664-977-2000 <p>Updated 2/2022</p>
US Customs & Border Protection Calexico	<p>US Customs and Border Protection: Calexico West Port of Entry 760-768-2626</p> <p>US Customs and Border Protection: Calexico East Port of Entry 877-227-5511</p> <p>Verified 7/2022</p>
El Centro Regional Medical Center (USA)	<p>PREFERRED OPTION FOR HOSPITAL SERVICES</p> <ul style="list-style-type: none"> • Type of Emergency: Level 4 Trauma Center with heliport • Location: 1415 Ross Avenue El Centro CA 92243 USA • Way to Contact: Emergency Room# 760.339.7100 <p>Updated 7/2024</p>
Hospitals in Mexico	<p>See Baja California Emergency Resources & Maps for hospitals located throughout the Baja peninsula.</p>
U.S. Coast Guard	<p>For distress communication in US: VHF-FM Channel 16 (156.8 MHz) OR dial 9-1-1</p> <p>For Maritime emergency use: Pacific Southwest (D11) 510-437-3700</p> <p>Verified 6/2022</p>
Mexico Road Assistance/ Green Angels	<p>0-7-8</p> <p>Or</p> <p>9-1-1</p> <p>Verified 6/2022</p>
BLA Police	<ul style="list-style-type: none"> • Type of emergency: Criminal or people-related (e.g. finding the doctor, addressing a dispute) • Person in charge: <ul style="list-style-type: none"> ○ There are 2 officers in town. Every Tuesday, they change out. • Way to contact: <ul style="list-style-type: none"> ○ There isn't a central mechanism to call them. ○ Beto Ocana, the mayor, will bring the officers to the station tomorrow. We will put their numbers in our phone. He will bring the new crew next Tuesday. • Other <ul style="list-style-type: none"> ○ They will patrol regularly. <p>Updated 7/2024</p>

<p>Marinos (Navy)</p>	<ul style="list-style-type: none"> • Type of emergency: Rescue in natural areas (on water, in wetlands, etc.) • Person in charge: • Way to contact: <ul style="list-style-type: none"> ○ Marine radio Channel 16. • Resources & Abilities <ul style="list-style-type: none"> ○ In the event of a water emergency, they can activate help from another site, but it would take significant time to get help. ○ The soldiers (located toward La Gringa) should be considered as secondary assistance to police. If there is a crime, or help needed with a stuck vehicle, etc. and the police are not available, they can help. <p>Updated 7/2024</p>
<p>Local Contacts</p>	<ul style="list-style-type: none"> • Ricardo Arce – Messenger: Ricardo Arce Navarro • Luz (Ricardo’s wife) – Messenger: Luz Maria Smith Guerra • Joel Prieto – Messenger: Joel Ecoturismo Prieto • Hector Morales – Messenger: Hector <p>Updated 7/2023</p>

BAJA CALIFORNIA EMERGENCY RESOURCES & MAP



DISTANCE CHART: SAN DIEGO TO BAHÍA DE LOS ANGELES VIA MEX 5

	San Diego	El Centro	Mexicali	San Felipe	Punta Prieta	Bahía de los Angeles
San Diego		110 mi (~1hr 45min)	128 mi (~2hr 15min)	247 mi (~4hr 15min)	421 mi (~7hr 15mi)	482 mi (~8hr)
El Centro	110 mi (~1hr 45min)		18 mi (~30 min)	137 mi (2hr 30min)	331mi (5hr 30min)	352 mi (6hr 15min)
Mexicali	128 mi (~2hr 15min)	18 mi (~30 min)		119 mi (~2 hr)	183 mi (~5hr)	334 mi (~5hr 45min)
San Felipe	247 mi (~4hr 15min)	137 mi (2hr 30min)	119 mi (~2 hr)		174 mi (~3hr)	215 mi (~3hr 45min)
Punta Prieta	421 mi (~7hr 15mi)	331mi (5hr 30min)		174 mi (~3hr)		41 mi (~45min)
Bahía de los Angeles	482 mi (~8hr)	352 mi (6hr 15min)	334 mi (~5hr 45min)	215 mi (~3hr 45min)	41 mi (~45min)	

DISTANCE CHART: TIJUANA TO BAHÍA DE LOS ANGELES VIA MEX 1

Distances in Miles	Border	Tijuana	Ensenada (North End)	Santo Thomas	San Quintin	El Rosario	Catavina	Punta Prieta	Bahia de los Angeles
Border		18 (~30min)	80 (1.5hr)	113 (~2.5hr)	203 (~4hr)	241 (~5hr)	317 (~6hr)	381 (~7.5hr)	422 (~10.5hr)
Tijuana	18 (~30min)		62 (~1hr)	95 (~2hr)	185 (~3.5hr)	223 (~4.5hr)	299 (~5.5hr)	363 (~7hr)	404 (~10hr)
Ensenada (North End)	80 (1.5hr)	62 (~1hr)		33 (~30min)	123 (~2.5hr)	161 (~3hr)	237 (~4.5hr)	301 (~6hr)	342 (~8hr)
Santo Thomas	113 (~2.5hr)	95 (~2hr)	33 (~30min)		90 (~2hr)	128 (~2.5hr)	204 (~3.5hr)	268 (~5hr)	309 (~6.5hr)
San Quintin	203 (~4hr)	185 (~3.5hr)	123 (~2.5hr)	90 (~2hr)		38 (~30min)	114 (~2.5hr)	178 (~3.5hr)	219 (~5hr)
El Rosario	241 (~5hr)	223 (~4.5hr)	161 (~3hr)	128 (~2.5hr)	38 (~30min)		76 (~1.5hr)	140 (~3hr)	181 (~4hr)
Catavina	317 (~6hr)	299 (~5.5hr)	237 (~4.5hr)	204 (~3.5hr)	114 (~2.5hr)	76 (~1.5hr)		64 (~1hr)	105 (~2hr)
Punta Prieta	381 (~7.5hr)	363 (~7hr)	301 (~6hr)	268 (~5hr)	178 (~3.5hr)	140 (~3hr)	64 (~1hr)		41 (~45min)
Bahia de los Angeles	422 (~10.5hr)	404 (~10hr)	342 (~8hr)	309 (~6.5hr)	219 (~5hr)	181 (~4hr)	105 (~2hr)	41 (~45min)	

HOSPITALS & SERVICES

Hospital	Address	Phone	Services	Notes
El Centro Regional Medical Center (USA)	1415 Ross Avenue El Centro CA 92243 USA	Emergency Room# 760.339.7100	Level 4 Trauma Center with heliport	PREFERRED OPTION
Abasolo Medical Center (San Felipe)	Calz. Chetumal S/N Rancho Mexico San Felipe, Baja California (Next to the 7 Eleven Gas Station)	Emergency 24 hours – 686.573.0174 Or 686.577.1458	General Medic, external consultation provided, anesthesiologist, general surgery, set broken bones, reduce dislocations, NO trauma center. Mainly work to stabilize patient, and depending on their status, will send them to a hospital.	The Medic is linked with the Cruz Roja's ambulance, and can provide helicopter help to take patient to the closest hospital crossing the border, depending on patient's insurance
Baja Medical Center (San Felipe)	178.5 Carretera Federal No. 5 San Felipe, Baja California (Near El Dorado Ranch & La Ventana del Mar)	686.576.0200	General medics, no specialist, x-rays, set broken bones, reduce dislocations; they will stabilize patients, and transfer them to the nearest hospital (if needed) or can provide airplane/ambulance transportation across the border. Ambulance transportation will take the patient to the Mexicali border, and from there, can be picked up by another ambulance taking them to the nearest hospital in Calexico, California	Ambulance service – 686.577.1544
Cruz Roja (San Felipe)		686.577.1544	For Ambulance Service	

Hospital	Address	Phone	Services	Notes
Hospital Angeles Tijuana (Tijuana)	Avenida Paseo de los Héroes 10999 Zona Río, Tijuana	52.664.635.1800 v. urgent: 01.444.813.3797	general surgery, medicine, set broken bones, trauma center	Ambulance: The hospital will contact an ambulance for the patient, but it is not included as part of the hospital's service and is paid separate.
Hospital del Carmen S.A. de C.V. (Tijuana)	Calle Manuel Doblado #402 Colonia Gabilondo, CP 22410	52.664.681.7279	Provides trauma service	Call between 7am -1pm for information about procedures and transportation
Hospital Excel (Tijuana)	Paseo de los Heroes #2507 Zona Rio, Tijuana, BC CP 22010	52.664.634.3434	Minor and major surgery, medicine, cardiology center, set broken bones, reduce dislocations, trauma center, large hospital which provides many other services.	Ambulance is separate
Hospital Guadalajara (Tijuana)	Benito Juarez y/o 2a 1413 Zona Centro 22000, Tijuana	52.664.638.4174	Set broken bones, general surgery, plastic surgery, cardiology ctr., reduce dislocations, trauma center, and 24 hrs. Emergency, orthodontia, medicine, neurology ctr.	Ambulance is separate, and will only take patient to the border.
Hospital Velmar (Ensenada)	De Las Arenas # 151 Fracc. Playa Ensenada, Ensenada, B.C. C. P. 22880, Mexico	52.646.173.4500	Have a trauma center, set broken bones, general surgery, 24-hr emergency. Offer helicopter help in case of emergency and have a place for helicopter landing as well. Also provide ambulance transportation.	Open 24 hours www.hospitalvelmar.com
General Hospital Ensenada (Ensenada)	Blvd. de la Dunas #22, Playa Ensenada 22880 Ensenada B.C. Mexico	52.646.176.7600	Have a trauma center, set broken bones, general surgery, and emergency. No helicopter help in case of emergency and do not have a place for helicopter landing. No Ambulance transportation	

El Buen Pastor Hospital (San Quintín)	Calle Primera #400 22940 San Quintín Baja California	+52 616.165.2653	General surgery, and medicine, they have a doctor who works with trauma patients.	Ambulance service is separate, which means would have to pay ambulance separately. For helicopter or airstrip transportation; need to contact one in Ensenada.
Instituto Mexicano Del Seguro Social (Geurrero Negro)	Blvd. Emiliano Zapata Esq San Luis Potosi one block west of first Pemex station, and across the street.	615.157.0233 Emergency tel. 1.157.0433 free in Mexico: 01.800.0263342; Ensenada tel. 6.178.1400	N/A	Call between 6pm-8pm for information on procedures and transportation BLA to GN – 125 miles (~3 hours) GN to Border – 461 miles (~10 hours)