

# Belize Mission Team 2008

## IMPORTANT GUIDELINES TO FOLLOW THAT WILL HELP MAKE YOUR TRIP A SUCCESS

### GENERAL INFORMATION

#### ATTITUDE

Participation in this trip is a fantastic privilege! It should be understood that ministry projects are WORK. Each person, teen and staff, is expected to do their share no matter what the assignment. Fun and fellowship are mixed in with team activities and planned into the program. Due to the fact that we are guests in a comparatively poor country and due to the roughing it nature of a mission trip there will be times of inconvenience and physical discomfort. Those will be opportunities for character growth and you will be expected to bear it patiently and with a good attitude. It is our desire for all to have an enjoyable and meaningful experience.

#### BIBLES

You do not need to bring a new or expensive Bible. Exposure to all kinds of weather and travel could ruin a good Bible. You may want to get a Bible cover before you come if you don't already have one. Some choose to bring their Bible inside a baggy.

#### CAMERAS AND FILM

We suggest a carrying case for your camera to help protect it from damage. You may choose to bring 2-3 disposable cameras, plus a waterproof one when snorkeling. Carry your camera & film on the plane with you, film in checked bags is damaged by TSA x-ray equipment. Mission trip staff is not responsible for loss or damage of camera equipment. If you bring it, you carry it and you are responsible.

#### CLEANLINESS

We will be in **VERY** close quarters this trip and you will be expected to keep yourself and your general area clean. Keep your clothes (both clean and dirty) in suitcases or bags neatly arranged in your sleeping quarters. You can "sink wash" some clothes but you will need your own detergent. However, keep in mind that there will not be much time. Also, be sure to wash your hands carefully before every meal. It could save you some uncomfortable grief later. **We strongly recommend that you take several bottles of pocket size hand sanitizer, and anti-bacterial wipes.**

## EMERGENCY CONTACT DURING THE TRIP

During the trip there will be a liaison person here at home who can be contacted if there is need to get in touch with the mission trip staff. This year we hope to have cell phones that you can use to call home. A student team will post web blog updates (when we can!). The site address (URL) will be provided before we leave.

## MUSIC/VIDEO

Please DO NOT bring laptops, ipods, CD or MP3 players or similar devices on the trip. Unless, of course, they will be used in our VBS program. This is a time to clear your mind and open it to new sights and sounds. If you are a parent, you will be expected to enforce this rule with your children.

## NOTEBOOKS

It is wise to bring a spiral or similar type notebook. You may want to keep a daily journal of your activities and experiences.

## RULES OF CONDUCT

Conduct is to be that of a Christian person: willing to give and take and maintain the spirit of unity and harmony of the group, and to extend politeness and courtesy to those with whom we come in contact, both nationals and team members. **There will be no displays of affection.** The local culture is quite conservative and our goal is not to offend. Even while traveling and away from our hosts, unmarried couples are not to embrace, kiss or engage in other affectionate contact.

## QUIET PLEASE!

We will be staying at/in a hospital. Jesus was very sensitive to the suffering of those in pain and we should too. Noise levels, loud talking and laughter are a problem and are more so after sunset. Also, some medical staff live at the hospital with schedules that force daytime sleep. Please walk and talk softly in AND around the hospital.

## WORSHIP SERVICES

Each weekend we will attend worship services locally, with the people. Team members are expected to attend services and you may be asked to participate in the services.

## WHAT IS NOT INCLUDED IN THE FEES?

There are some extra expenses not included in the team project costs. They are:

Personal items

Trip T-Shirt

Spending money (\$60-\$100)

Souvenirs

Lunch meal while traveling (it might be good to bring a sack lunch).

Offering for Sabbath School and Church, please be prepared to give an offering. They will likely have some urgent need that just happens to coincide with our visit. ; )

Pre-Trip Immunizations (as per your parents choice- none are required.)

A passport/Visa or certified Birth Certificate (Visas are not required of US Citizens. **If you are a not a US citizen, be sure to check with the consulate of your country as the Belize government may require you to have a visa.**)

Early return home due to disciplinary action.

Supplementary insurance other than the basic we provide.

Please see the trip website for pricing and application.

# MEDICAL

## EARLY RETURN HOME

In the event a team member has to return home due to disciplinary action, it will be at the parent's or individual's extra expense. If a team member must return home due to illness, it will be covered by insurance.

## HEALTH STATUS FORM

It is very important to list on the health form any special medical or emotional problem that we need to know about such as: diabetes, recent surgery or x-rays, allergies to medicine or particular foods, and any treatment for your medical problem. In the past this has never hindered anyone from being on the team. If any of these items was left off the application, please send us details immediately. Please bring all medications you take regularly. Inform the trip nurse of what these are.

## INSURANCE

We provide travel insurance as part of the Mission Team fees. It covers you if your regular health insurance does not and in the event of an emergency medical evacuation back to the USA during travel and work on projects. However, there is more Insurance available with higher returns if there is an accident.

## IMPORTANT: MEDICAL ATTENTION

Doctors and hospitals are available in Belize. Your parents or guardians are responsible for doctor and hospital bills. Qualified medical care will be available traveling with us as part of the team. The application includes a medical treatment release form, which must be signed by a parent or guardian and notarized for all team members under age 18. You must speak with the trip medical director, Daryl Ford, if you have any special needs. If you need insulin and allergy shots, come prepared with all the medication needed for the duration of the trip. If you need special food, it is your responsibility to provide for that special diet. If you have a history of allergies, you may want to see your doctor to get any needed prescription in case you come in contact with something you are allergic to. The same is true for any other allergies or conditions that may require medication, such as asthma. Even if you don't think you will need it, it's good to have it handy.

## STAYING WELL

Someone always gets sick on mission trips. Here's how to lesson the chance that it will be you.

1. When eating out, avoid fresh fruits and vegetables. Eat food that has been thoroughly cooked. Avoid meat and uncooked dairy products.
2. Commit to eating less sugar than usual (except Cayo Twist ice cream!)
3. Take the Malaria Pills we provide (we will start these before we leave).
4. Use hand sanitizer like it is candy.
5. Wash your hands before every meal.
6. Keep your hands away from your face!
7. Take Airborne Tablets and Vitamin C to keep up your immunity.
8. Use your mosquito repellent.
9. Be careful with food offered to you by locals. Consult a staff member before eating it. It's OK to offend on this point!!!

## WHAT TO BRING

### LUGGAGE

Your packing is limited to one piece of luggage (50 lb max.) to check and one to carry on. You will also be carrying a team supplies bag. We will be packing the team supply bags at our last meeting. You will be informed of it's contents as you may need to inform airline personnel. Suggested luggage is one duffel bag or soft side suitcase for checked bag and a small backpack for carry-on. You are responsible for all your items, if they get lost or stolen you can only blame yourself

## CLOTHING

### HOW MUCH TO BRING

We will not have much time to wash clothes. It's O.K. to pack to the max. Have clothes for each day if possible.

### TRAVELING ATTIRE

For the flight over and back we will wear our mission trip shirts with nice jeans or pants. Bring shorts in your carry-on to change into at the airport.

### CASUAL ATTIRE

Casual attire is needed for evening meetings, Vacation Bible School, village visits, excursions, etc. Your clothes should be neat, modest, and durable. Since we represent the King of Kings we are to look like His children! Casual clothes would include slacks, modest shorts, attractive shirts and tops (no spaghetti straps), and

durable shoes. You may want to pack older clothes you give-away when we leave (thrift stores are great for this).

### **DRESS ATTIRE ( dress cool but formally and not revealing)**

Your dress outfit will be worn for church service on the Sabbaths we are on the trip. No spaghetti straps. No expensive jewelry; nothing to draw attention to yourself. The local culture is conservative and they have much less than you, we do not want to offend.

For the guys this includes:

Nice slacks, button up shirt (white is best, short sleeves recommended) no suit or sport coat necessary.

For girls this includes:

Nice dress or skirt and blouse. Flat shoes are recommended.

### **CONSTRUCTION ATTIRE**

Please bring clothes you won't mind getting dirty and possibly ruined. This includes: jeans or used slacks and t-shirts (make sure any logos or words on them are appropriate) or work shirts. **Close-toed shoes and long pants are a requirement for safety reasons.**

### **WE SUGGEST THAT YOU BRING:**

- Trip T-shirt
- A Bible (bring along a Zip Loc bag or case to keep it in)
- School outfits - No t-shirts (other than the mission Ts) when we visit schools or do VBS programs.
- Casual outfits, modest shorts permitted on leisure activities.
- Work outfits, including close-toed shoes & long pants
- Lightweight pants - jeans may be too hot. Zip-off leg pants are great but not required. (Nylon seems to be the coolest.)
- 1 dress outfit for church
- Underclothing & Socks (enough for each day to avoid doing laundry).
- Shoes - 1 pr for working plus shoes for general walking & church. Shower shoes, beach shoes/sandals/flip-flops.
- Modest bathing suit – 1 piece for girls

- Hat or cap to wear on the job site (the sun is very intense) better if it covers back of neck.
- 1 light jacket and/or rain gear
- Blanket, sheets (single) and/or bedroll. Mattresses provided by hospital - Small Inflatable air mattress (optional)
- Pillow**
- Camera, film, extra batteries: (disposables are good)
- Suitcase, soft bag, or backpack for Check-in luggage.**  
(No more than 50lbs, not larger than 60 linear inches)
- Wash Cloth/1 Bath Towel/1 Beach Towel (quick dry camping towels or chamois helpful)
- Small Packages of Replenish. Great for dealing with loss of electrolytes while working.**
- Sleepwear
- Laundry bag
- Laundry detergent (1 use)
- U.S. Quarters for Laundry Machines**
- Spiral or other notebook and pens (for journaling etc.)
- Personal Items – partial list (Remember [TSA](#) requirements if you put these in your carry-on).
  - toothbrush and paste
  - soap, shampoo and lotion,
  - razor and shave items
  - deodorant,
  - nail clippers and files (do not pack in your carry-on bag)
  - comb, brush
  - (Leave your hair dryer and curling iron at home.)**
- Kleenex and/or Toilet paper (Carry some with you at all times.)
- Mosquito repellent (30% Deet or 20% controlled release)

- SPF15 Chap stick and plenty of sunscreen
- Flashlight or Headlamp & extra batteries and bulb.
- Small alarm clock (optional - we WILL wake you up—if the dogs and birds don't)
- Quart sized insulated squeeze bottle for drinking water
- An extra change of clothing, and toiletries in your carry-on luggage. DO NOT BRING WATER BOTTLES. THEY WILL BE TOSSED BY TSA.
- Passport and shot record. Visa if Necessary (for some non-U.S. citizens)
- Driver's license if you have it.
- Money belt that can be attached to the front of your body (Target, travel section) or under clothes—please NO purses. Maybe a small, thin fanny pack.
- Spending money \$60-100. No need to exchange money – US Dollars gladly accepted.
- Glasses - If you wear contacts, your backup glass might come in handy.
- Several bottles of pocket-size hand sanitizer.
- Prescription Meds. IN THE PHARMACY BOTTLE THEY CAME IN. Don't forget to tell the Nurse (Daryl Ford) about them.