

# PERU MISSION TRIP 2010

*IMPORTANT GUIDELINES TO FOLLOW  
THAT WILL HELP MAKE OUR 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 close quarters 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. Also, you will be able to pay for laundry services. 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. We will post web blog updates (when we can!). Our blog will be available from the church website at [mcdonaldroad.org](http://mcdonaldroad.org).

## 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. This year [2010] we hope to make a video production of the trip and we plan to feature portions of some of your journals.

## 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.

## 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 be a participant in the services.

## WHAT IS NOT INCLUDED IN THE FEES?

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

- Voltage converter and travel plugs (Peru uses 220V and plug types A, B, and C).
- Trip T-Shirt
- Spending money -\$60-\$100 (Bring **NEW CRISP** bills. Peru banks are very picky).
- Meals while traveling (we will be served one meal per flight-but it wont be enough!)
- Offering for Sabbath School and Church, please be prepared to give an offering.
- Pre-Trip Immunizations such as Tetanus
- 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 Peru government may require you to have a visa.**)
- Early return home due to disciplinary action.
- Supplementary insurance other than the basic we provide (See **INSURANCE** below).

# 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 individuals 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 additional insurance available with higher returns if there is an accident.

Go to [www.adventistrisk.org](http://www.adventistrisk.org) for additional travel insurance.

- Select "Travel Hub" on right
- Register (Create you Log In)
- Select "New Application"
- Below the box labeled "Division/Union/Conference" select the magnifying glass on the right.
- Open the "plus" (+) sign to select - North American Division, Southern Union, then "Georgia-Cumberland Conference".
- Click on the yellow file folder next to "Georgia-Cumberland Conference".
- Fill out the information on that screen with our project name "Peru 2010"
- Continue filling out the information and select "Volunteer Accident" Insurance.
- Finish application until you have paid for your product.
- Be SURE to bring the proof of insurance they send you.

## **IMPORTANT: MEDICAL ATTENTION**

Doctors and hospitals are available in Peru. 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 lessen 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.
3. Use hand sanitizer like it is candy.
4. Wash your hands before every meal.
5. Keep your hands away from your face!
6. Take Airborne Tablets and Vitamin C to keep up your immunity.
7. Use your mosquito repellent.
8. Be careful with food offered to you by locals. Consult a staff member before eating it. It's OK to offend on this point!!!
9. Get your sleep! Try to get caught up before you leave since our travel day will be so long. Take advantage of the normal night hours.

# WHAT TO BRING

## **LUGGAGE**

Your packing is limited to one piece of luggage (50 lb max.) to check and one to carry on. Only a few of us will be taking extra bags this year. We will just be taking enough extra suitcases to carry our tools and VBS supplies in. Suggested luggage is a large suitcase with wheels and extendable handle and a carry-on. You are responsible for all of your items; if they are lost or stolen you can only blame

yourself. Do NOT check in small items like laptops and cameras (yes, this has been done, and yes they were lost).

### **BLANKET FOR AIRPORT TRIP**

Please bring a blanket with you on the bus to Atlanta in case the heater isn't working. You may want to use the one you are taking for the trip, but you don't have to. We will be able to leave our blankets on the bus so that they will be available for our return trip.

## **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 Bermuda 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 Bermuda 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 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 dress shirt (white is best, short sleeves recommended) no suit or sport coat necessary. Tie for Sabbath if preaching.

*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. You may wear Bermuda shorts or Capris. **Close-toed shoes and long pants are a requirement for safety reasons.**

## What To Bring (OPTIONAL ITEMS ARE STARRED)

- Check-in luggage. (No more than 50 lbs, not larger than 60 linear inches).
- Trip T-shirt
- Dressy-casual outfits- No t-shirts when we do VBS programs.
- Casual outfits
  - Guys: Bermuda-type shorts and t-shirts
  - Girls: Capris and short sleeve shirts for leisure activities. (no spaghetti straps or short shorts)
- Work outfits, including close-toed shoes & \* long pants. Bermuda shorts or Capris are O.K. due to the heat.
- \* 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
- 1 light jacket and/or rain gear, poncho.
- Sweatshirt (colder in Lima).
- Underclothing & socks (enough for each day to avoid doing laundry).
- Shoes - 1 pair 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.
- \* Sleepwear
- \* Laundry bag
- 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.)*
- Mosquito repellent (30% Deet or 20% controlled release)
- Plenty of sunscreen (SPF 40 is recommended).
- \* Chap stick (SPF 15 is suggested)
- 24 small packages of Replenish or Gatorade. Great for dealing with loss of electrolytes while working.
- Several bottles of pocket-size hand sanitizer (in your checked-in luggage)
- Blanket, sheets (single) or bedroll. \* Small Inflatable air mattress (mattresses will be provided).
- Pillow
- 1 Bath Towel/1 Beach Towel/\*Wash Cloth (quick dry camping towels or chamois helpful).
- Water-bottle (MUST)

- ❑ Hammer, measuring tape, paint brushes, rollers.
- ❑ \* Voltage converter and travel plugs. You will need both the Voltage converter and the proper plugs. Peru uses 220 Voltage and plug types A, B, and C. There are kits that include both a Voltage adaptor and plugs. Make sure that it adapts from 110 to 220 and that includes all of the above plug types.
- ❑ 1 carry-on plus one small bag such as a small \* backpack or \* ladies' purse.
- ❑ An extra change of clothing, and toiletries in your carry-on luggage. DO NOT CARRY ON FILLED WATER BOTTLES. THEY WILL BE TOSSED BY TSA.
- ❑ \* Camera, memory cards, extra batteries: (disposables are good).
- ❑ A Bible (bring along a \* Zip Loc bag or case to keep it in)
- ❑ \* Spiral or other notebook and pens (for journaling etc.)
- ❑ Flashlight or Headlamp & extra batteries and bulb.
- ❑ \* Small alarm clock
- ❑ Passport. 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 FRESH CRISP BILLS. You WILL need to exchange your money. Peruvian banks are extremely picky about the condition of the money they exchange. You may want to exchange before you leave. You can currently get a little more than 3 New Sols for 1 U.S. dollar.
- ❑ \* Glasses - If you wear contacts, your backup glasses might come in handy.

- ❑ \* Prescription Meds. IN THE PHARMACY BOTTLE THEY CAME IN. Don't forget to tell the Nurse (Daryl Ford) about them.
- ❑ Quart size Zip-lock for carry-on liquids (that are 3 oz or less). Only 1 bag per person.
- ❑ No knives in your pockets - check airline list for what is allowed/not allowed.