

HOLBROOK MISSION TRIP 2012

*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 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.

CAMERAS

We suggest a carrying case for your camera to help protect it from damage. You may choose to bring 2-3 disposable cameras. Mission trip staff are not responsible for the loss or damage of your camera equipment. If you bring it, you carry it and you are responsible.

CHURCH SERVICES

We will attend church services the Sabbath we are at the school. Team members are expected to attend and you may be asked to participate up front as well.

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. There will be one free washer/dryer set available as well as coin operated machines in the dorms. However, keep in mind that there will not be much time. Even though we will not be in a foreign country

with the typical foreign bugs, we still need to take precautions. We recommend that you take several bottles of pocket-size hand sanitizer or anti-bacterial wipes.

EMERGENCY CONTACT DURING THE TRIP

Communication will not be as difficult on this trip as in past ones. Feel free to bring your cell-phone and call home any time! However, we will still post web blog updates (when we can!). Our blog will be available from the church website at mcdonaldroad.org.

MEMBER FUNDRAISING FEE

Each member is expected to raise a certain portion of the cost of the trip. This year that portion will be \$550 per person.

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 locals and team members. Please be sensible when it comes to physical contact with those of the opposite gender. We expect you to act like (ahem, unmarried) grownups so we don't have to treat you like children.

TRIP PHOTOGRAPHER

We will have a trip photographer who will be able to provide us with a CD of photographs when we return. Unless we have enough money left over at the end of the trip, you will be expected to cover the cost of the CD.

What Is Included in the Member Fee?

All major and some minor trip expenses will be covered by the member fee. These include: Transportation, Lodging, Food, Excursions, Trip T-shirt, Accident and Secondary Medical Insurance, Construction Supplies etc.

WHAT IS NOT INCLUDED IN THE MEMBER FEE?

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

- Your first meal on the bus.
- CD of trip photographs (just for the cost of the CD)
- Spending money -\$60-\$100 (there will be shopping opportunities at the Grand Canyon and Walnut Canyon)
- Offering for Sabbath School and Church, please be prepared to give an offering.
- Early return home due to disciplinary action.
- Supplementary insurance other than the basic we provide (See INSURANCE).

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

Trip members are fully covered by our church policy for this trip. We did not have to purchase travel insurance for a trip within the United States. Additionally, the Conference has purchased no-fault accident insurance for MCDNOALD ROAD MEMBERS only. This covers any type of accident from auto to construction. Those who are not members or who want extra coverage may want to purchase the insurance listed below.

Go to www.adventistrisk.org for accidental death/dismemberment 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 "Holbrook 2011"
- 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.
- This must be purchased RIGHT AWAY.

IMPORTANT: MEDICAL ATTENTION

We will have access to medical care while we are at the school. Your parents or guardians are responsible for doctor and hospital bills. We also have a Nurse Practitioner and several current and former R.N.s traveling with us. 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. Commit to eating less sugar than usual.
2. Use hand sanitizer like it is candy.
3. Wash your hands before every meal.
4. Keep your hands away from your face!
5. Take Airborne Tablets and Vitamin C and D (take the suggested dosage)
6. Get your sleep. Try to get caught up before you leave. Take opportunities to cat-nap on the bus.

WHAT TO BRING

LUGGAGE

Your packing is *STILL* limited to one piece of luggage (excluding sleeping bags and instruments) There will be no packing weight (hurray!). However, if you have items you would like to donate to the school, please contact Pastor Dave. You will be allowed extra luggage for donated items. You are responsible for all of your items; if they are lost or stolen you can only blame yourself.

BACKPACKING TRIP SUPPLIES

For those going on the backpacking trip to the bottom of the Grand Canyon, you will need to bring a pre-packed backpack specifically for this excursion. You will be given specific packing instructions that are separate from this document.

BEDDING

You will need to bring your own bedding (see packing list). Again, sleeping bags are not included in the one piece of luggage limit.

ITEMS TO DONATE

If you are interested in donating items for the mission trip, here is a list of things that are most needed:

1. Toiletries-especially toothbrushes and toothpaste.
2. Gloves, Mittens, and other winter wear for extremities.

CARRY-ON FOR BUS

You will want to bring a carryon for your personal items while traveling here are some you won't want to forget:

1. Small rolling carryon suitcase for overnight stay at hotel.
2. Clothes for changing into/toiletries. We want to prevent having to get our large luggage pieces out for that night.
3. Light "blanky" and pillow
4. Small purse or backpack for urgent items such as:
5. Food
6. Stuffed animal (if you need one)
7. Cell-phone
8. Snacks for Pastor Dave

ELECTRONICS POLICY

Since we are allowing cell-phones, it is pointless to prevent other electronics from being brought. However, please represent your King in what you listen to and watch. If a minor is caught watching or listening to adult material their electronic device will be confiscated and sold at the nearest pawn shop.

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.

WHEN TO WEAR TRIP T-SHIRT

Unless otherwise directed, let's plan on wearing our trip t-shirts on the second day of the trip to Holbrook.

CASUAL ATTIRE

Dressy-casual attire is needed for the Week of Prayer we will be leading out in.. Your clothes should be neat, modest, and durable. Since we represent the King of Kings we are to look like His children! We trust you will not be tempted to wear shorts or spaghetti-straps since it won't be exactly that warm.

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.

For the guys this includes: Nice slacks, button-up dress shirt. No suit or sport coat necessary.

For girls this includes: Nice dress or skirt and blouse.

CONSTRUCTION ATTIRE

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

WE SUGGEST THAT YOU BRING:

- Carry-on with supplies for long bus ride
- Trip T-shirt
- Dressy-casual outfits for Week of Prayer
- Casual outfits
- Work outfits, including close-toed shoes & long pants. Be sure to bring winter work clothes just in case you have an assignment that takes you outdoors.
- Work Gloves
- Dress outfits for church-Dress pants for girls are fine (no form-fitting pants please).
- Jacket, gloves, Hat etc for cold weather-think ski clothes!
- Ski Clothing—Water-proof/resistant shell jacket, mittens, pants (Wall Mart has cheap ones in sporting section), sunglasses, water-wicking long underwear, layers of clothing, wool socks, tight-knit hat.
- Underclothing & socks including long underwear.
- Shoes -Work, casual and dress shoes for church (yes for both guys and gals).
- Sleepwear
- Laundry bag
- Personal Items - partial list
 - Toothbrush and paste
 - Soap, shampoo and lotion
 - Razor and shaving items
 - Deodorant

- Nail clippers and files comb, brush
 - Curling iron and hairdryer
- Bedding
 - Blankets,
 - Sheets for twin-bed (unless you are married)
 - or Sleeping Bag
- Pillow
- Bath Towels/Wash Cloths
- Water-bottle (MUST)
- Camera, memory cards, extra batteries: (disposables are good).
- 24 small packages of Replenish or Gatorade. Great for dealing with loss of electrolytes while working. (not a typo: Arizona dry weather requires plenty of fluids and electrolytes)
- Hiking gear
 - Hiking boots or shoes
 - Sunscreen (you WILL ne
 - Chap stick
 - Sports/sweat-wicking clothing
 - Daypack
 - Water Bottle/Replenish or Gatorade
- Pre-Packed Backpack for those going on Grand Canyon Excursion
- Bible
- Spiral or other notebook and pens (for journaling etc.).
- Flashlight or Headlamp & extra batteries and bulb.
- Small alarm clock.

- ❑ Driver's license if you have it.
- ❑ Spending money \$60-100. There will be gift stores at the Grand Canyon and Walnut Creek.
- ❑ Glasses - If you wear contacts, your backup glasses might come in handy.
- ❑ Prescription medicine. Don't forget to tell the Nurse (Daryl Ford) about them.
- ❑ Hand sanitizer.
- ❑ Tools-guys bring a hammer (and girls too if you already have one).