

# Belize Mission Team 2016

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

## GENERAL INFORMATION

### AGE

The age requirement for our youth mission trip is 15 years old or in High School. Being a member of the McDonald Rd Church will take priority if we have a large number of applications. Occasionally younger kids come with their parents IF the parent is needed for key work responsibilities. For example: if a mason or VBS leader is needed on a particular trip an exception may be made. We limit adults as this is a Youth trip and Youth do the majority of the work. Too many adults change the dynamics of the trip. Space can be an issue at times so Youth take priority.

### 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 zip lock bag.

### CAMERAS

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 on the plane with you. The McDonald Road Church is not responsible for loss or damage of camera equipment. If you bring it, you carry it and you are responsible. The one exception is if your Camera is stolen. Please alert immediately as we will need to call the police. A police report is required in order to cover with insurance.

## CLEANLINESS

We will be in 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. Also, you will be able to pay for laundry service at a dollar a load. 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 liason person here at home who can be contacted if there is need to get in touch with the mission trip staff. One of our trip members will post web blog updates (when we can!). The site address (URL) will be provided before we leave. You will be asked and expected to post to our blog while we are there.

## MUSIC/VIDEO

If you are under 18, Do NOT bring laptops, smart phones, tablets, MP3 players or similar devices on the trip. This is a time to clear your mind and open it to new sights and sounds. The one exception is if your parents request for you to take a phone. In this case staff will keep the phone for you and you will be able to access it for calls only. If you are 18 and older, you are asked not to use your device for media unless you are completely alone. If you don't bring a phone, we will provide ways for you to connect with your family back home.

## 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 public displays of affection** (unless you are married!) 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 of the medical staff live at the hospital with schedules that require 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
- Spending money (\$60-\$100)
- Souvenirs
- Lunch meal while traveling to Belize (it might be good to bring a sack lunch) - We will stop for lunch (sandwiches)
- 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 obtain one***
- Supplementary insurance other than the basic we provide. Please see the trip website for pricing and application

# MEDICAL

## EARLY RETURN HOME

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 supplemental 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 professionals 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 reduce the chance of being that "someone."

1. When eating out, avoid fresh fruits and vegetables (except to places we take you and have checked out) 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 Malaria Pills. (we will start these before we leave) You will need to contact your physician for a prescription. They may need to be started 2 - 3 weeks before we leave for Belize.
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, Vitamin C and Vitamin D to boost your immunity
8. Use your bug repellent religiously
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
10. 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
11. Use a Mosquito net if you want to be very cautious

## **STAYING SAFE**

1. Never leave our hospital compound alone. Stay in as large a group as possible when walking to the work site
2. Never leave our entire group while we are in Belize City, unless you have express permission and urgent reason to do so. Even then, be sure to take someone of large stature with you
3. Stay in groups when we are shopping in Caye Caulker
4. Avoid displaying your money or expensive personal items in public
5. Carry valuables with you or have staff put them in Hospital safe
6. Carry money in a hidden money belt or backpack (see number 7, below)
7. Place valuables in an INNER pocket of your backpack that does not share a bottom with the bottom of your bag
8. You may want to give us your valuables and portions of your money when we get there. We will collect and place in a safe at the hospital
9. Passports will be collected and placed in the hospital safe
10. Be especially vigilant when we first arrive and step out of the airport to catch your ride. That is a place that is often used for pick-pocketing
11. Also be careful when we are surrounded by crowds. If someone runs into you, check your valuables immediately

12. Watch each other's backs
13. If you feel uncomfortable with a situation, don't be afraid to talk to the staff

## 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 your items if they are lost or stolen you can only blame yourself. Do NOT check in small items like cameras (yes, this has been done, and yes, they were lost). Valuables and medication need to be in your carry-on luggage. Remember you will need to pack items you purchase - ie: souvenirs for your return so you may want to leave a 2-3 pound buffer for these.

## 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.

### LOST LUGGAGE PREPARATION

We always run the risk of losing luggage on this trip. Please be careful not to pack any valuables like cameras, money, electronics in your suitcase. Be sure to pack church clothes, basic toiletries, underwear, socks, clean T-shirt, shorts, and bathing suit in your carry-on.

### TRAVELING ATTIRE

For the flight over and back we will wear our mission trip shirts with nice jeans or pants.

### 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, Bermuda shorts, attractive shirts and tops (no spaghetti straps and no sports or short shorts), 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 yet formal and modest.** Your dress outfit will be worn for church service on the Sabbaths we are on the trip. No spaghetti straps or strapless dresses. Shoulders must be covered. 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. Close toed church shoes are best but not required.

*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 are a requirement for safety.**

### WE SUGGEST THAT YOU BRING:

- Trip T-shirt
- A Bible (bring along a Zip Loc bag or case to keep it in)
- Dressy/Casual outfits - for when we visit schools or do VBS programs
- Casual outfits, modest shorts permitted on leisure activities
- Work outfits, especially close-toed shoes  
(Pants are not a requirement—shorts are O.K. - again, modest shorts.)
- Lightweight pants - jeans may be too hot. Zip-off leg pants are great. Hospital scrubs are great
- 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 the back of your neck
- 1 light jacket and/or rain gear
- Blanket, sheets (single) and/or bedroll. Mattresses will be provided by hospital.
- Pillow
- Camera, extra batteries
- Suitcase (No more than 50lbs, not larger than 60 linear inches)
- Carry-on bag or backpack - one
- Wash Cloth/2 Bath Towels/1 Beach Towel

- Small Packages of Replenish. Great for dealing with loss of electrolytes while working
- Sleepwear
- Laundry bag
- Laundry detergent or money to pay for laundry service (1 dollar a load)
- U.S. Quarters for Laundry Machines
- Spiral or other notebook and pens (for journaling etc.)
- Personal Items - partial list

*Remember the [TSA](#) 3-1-1 rule if you take liquids in your carry-on: All liquids in 3oz container or smaller, 1 one-quart-sized bag to place all liquid containers in, 1 bag per traveler placed in security bin*

- 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
- Hairdryers and curling irons are allowed but not recommended
- Kleenex and/or Toilet Paper for use in Belizean public "restrooms" (Camp-sized rolls can be purchased in the camping section of Walmart and other stores)  
Always have some with you
- Mosquito repellent (30% Deet or 20% controlled release)
- SPF15 Chap stick or more 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 - A MUST
- Extra changes of casual, church and swimming clothes and toiletries in your carry-on luggage. DO NOT BRING WATER BOTTLES. THEY WILL BE TOSSED BY TSA
- Passport and Driver's License if you have it
- Visa for non-U.S. Citizens
- Money belt that can be attached to the front of your body (Target, travel section) or under clothes—please NO purses
- Spending money \$60-100. No need to exchange money - US Dollars gladly accepted
- Glasses - If you wear contacts, your backup glasses 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 - Keep in your carry-on bag.

Do not leave in suitcase.