

**Encounter Ecuador Global Solidarity = One Human Family
AOD Justice Immersion Experience
TO RIOBAMBA ECUADOR**

**Estimated Cost for the trip includes flight, housing and food
\$1,000.00 per participant**

**Participants must be at least 16 years of age and a Junior or Senior
in High school fall of 2009**

**Registration paperwork and \$250.00 deposit due by January 8, 2009
Reminder of cost due on April 2, 2009**

Tentative ITINERARY:

Schedule for Group I

July 14-Arrival in Quito - overnight stay

- 1 873G 14JUL T DTWMIA HK18 600A 850A /E
- 2 931G 14JUL T MIAUIO HK18 335P 635P /E

July 15-Travel to Riobamba

July 20-Return to Quito

July 21-Depart Quito

- 3 966G 21JUL T UIOMIA HK18 835A 140P /E
- 4 390G 21JUL T MIADTW HK18 745P 1045P /E

Schedule for Group II

July 22- Arrival in Quito - overnight stay

- 1 873N 22JUL W DTWMIA HK18 600A 850A /E
- 2 931N 22JUL W MIAUIO HK18 335P 635P /E

July 23- Travel to Riobamba

July 28-Return to Quito

July 29-Fly out in the AM

- 3 966N 29JUL W UIOMIA HK18 835A 140P /E
- 4 390N 29JUL W MIADTW HK18 745P 1045P /E

Required Preparation Events for AOD Justice Immersion Experience

Group Leader Preparation

Information meeting on October 23 - 10:30 -12:00 noon at SHMS

Offered again 6:30 - 8:30 p.m. on the same date

Attendance at the November 1-2 course at SHMS on Justice and Service (reduced rate for committed leaders)

Group Preparation

Information Meeting for participants and parents

November 13 - 7:00 -8:30 p.m.

Location will be determined by the geographic location of the groups interested.

Global Awareness Retreat

January 17-18

Location will be determined by the geographic location of the groups interested.

March 21st - Group Gathering

Work begins on the development of partnership plans

Location will be determined by the geographic location of the groups interested.

May 14th - Group Gathering

Group projects are determined

Location will be determined by the geographic location of the groups interested.

June 18th - Group Gathering

Logistical Preparation

Location will be determined by the geographic location of the groups interested.

Purpose of Encounter Ecuador

The Archdiocese of Detroit Justice Immersion Experience is for people who are willing to have their lives touched and forever changed. During your time in Ecuador you will have the opportunity to meet with Ecuadorians, hear their stories, and accompany them for a short time in their daily lives. As a group of North Americans, you will also have the opportunity to reflect together on the challenge this experience offers personally, politically and spiritually. We hope that the stories you hear and the experiences that you have will lead you to continue to work towards justice and peace in Ecuador and in your home community. To participate in the AOD Pilot Mission Trip is to enter into an ongoing dialogue with the people of Ecuador and with other North Americans; a dialogue which we hope will challenge and change the heart, mind and spirit.

Preparation, Logistics and Necessary Information

Travel Documents

The following information applies to US Citizens.

A valid passport is required to enter Ecuador. If you are applying for a new passport in the months before your trip, give your departure date and ask to make sure that your passport will be returned to you no later than May 19th. Customs forms will be given to you by the airline on which you are traveling. If you are using an existing passport make sure it does not expire before January 29th, 2010.

- Entering Ecuador – as you pass through immigration at the airport, the agent will ask for your passport, the purpose of your visit (tourism) and the address of where you will be staying, Santa Cruz Center in Riobamba, Ecuador.
- Leaving Ecuador –A departure tax of \$40.00 is charged when leaving the country. You must reserve cash to make that payment.

Health Recommendations

Many people have concerns about their health while traveling in developing countries. The following are recommendations for staying healthy while in Ecuador from a physician and the Center for Disease Control. Please contact your local travel clinic or consult the Center for Disease Control's website for further information. Remember to bring mosquito repellent. Contact your county Health Department for discounted immunizations.

Typhoid: An oral typhoid vaccine (one capsule every other day for four doses) will prevent typhoid fever in most cases, and severely reduce symptoms and risk in case of sickness. Long-term volunteers, especially those in rural communities, should consider this but it is probably not necessary for short-term delegations.

Other Immunizations: Remember that travel to a developing nation is a good time to update your other immunizations such as tetanus and measles/mumps/rubella (MMR) vaccine.

Traveler's Diarrhea: The best way to avoid diarrhea is to watch what you eat. Avoid raw fruits and vegetable which are not peeled. Anything that is well cooked and hot is usually okay. Follow the instructions of your delegation leader. Pepto-bismol tablets are also helpful in case of diarrhea and for general stomach upset, but may not cure diarrhea and should not be taken for more than a 48 hour period. It is recommended that you do not self-medicate, but ask to see a doctor in order to identify what is making you sick (for example amoebas, parasites, food poisoning, etc.) and to treat it with the proper medication.

Other Health Recommendations: Avoid dehydration by minimizing consumption of soft drinks and by drinking plenty of water. Purified water will always be made available. Be sure to get plenty of rest, avoid over heating, and eat plenty of fruits and vegetables. The high altitude in the mountains may cause headaches, nausea, altitude sickness and insomnia, so be sure to ascend the mountain gradually. In addition use sun-block rated at least 15 SPF, because the risk of sunburn is greater at higher altitudes. Protecting yourself against insect bites will help prevent other common illnesses in the region.

At the Airport in Ecuador

Immigration and customs at the Ecuadorian airport are fairly efficient and straight forward. You will pass through immigration before claiming your baggage. Once you have your bags, you will proceed through customs.

Delayed Luggage

Luggage delays are possible with all of the airlines that service Ecuador. Therefore, you must be prepared for the possibility that not all of your luggage will arrive when you do. Please bring your essentials in a carry-on bag: a change of clothes, medicines, contacts/glasses, camera, etc.

If your luggage is delayed, go to your airline's office located in the baggage claim area and explain the situation. Agents will help you fill out the appropriate paper work. Most airlines will not offer to deliver your lost luggage to you. Please do everything possible to try to convince them that you cannot come back to the airport and that they must deliver it. Tell them that you will sign whatever forms necessary for customs purposes and that they should have the luggage delivered to the Santa Cruz Center.

Accommodations

The group will stay at the Santa Cruz Center. Rooms will be shared by 3-4 people. The accommodations at the Center are similar to many Michigan retreat facilities.

Meals

Meals will be simple.

Things to know about food:

- Generally, it is Ecuadorian custom to eat a large meal at midday and have a lighter dinner.
- Ecuadorian food is not typically spicy, but it is an adjustment for some people. Typical foods include pork, chicken, beef or fish, usually served with rice, corn or potatoes. Other typical foods are plantains, avocado, cheese, fruits and vegetables. Don't expect low-fat or whole grains: they're not part of the average meal plan.
- If you have food allergies or special needs, or are having trouble adjusting to the food, let the delegation leader know and she/he will work with the Santa Cruz staff to make adjustments.

Local Currency (what local currency?)

The government of Ecuador decided to make the US Dollar valid as of January 2000. For your purposes "Dollarization" means that the US Dollar can be used anywhere in Ecuador. People still quote prices in Sucre (the former Ecuadorian currency), *but they are no longer in circulation*. Since all of your housing, meals, and transportation are paid for in advance, you will only need money for your tourist card, crafts, souvenirs, snacks, evening outings and tips to drivers, guesthouse staff, etc. You will probably not need more than \$50, *unless you plan on buying a lot of crafts*. You should bring small bills: ones, fives, and tens and definitely nothing larger than a \$20 bill, as it may be difficult and sometimes impossible to get change. Also bring \$40.00 for the Exit tax.

Weather, Clothes and Luggage

The weather will be dry and cold in Riobamba and cold at night and pleasant during the day in Quito. It will be an average of about 55°F. It is best to dress in layers, bring a light jacket, casual clothing with one or two nicer outfits for more formal meetings. Ecuadorians make a significant effort to present themselves well and appreciate it when visitors do the same.

Clothing to avoid:

X Clothes that would attract unwanted attention such as revealing dresses, tank tops, and transparent or short skirts.

X Shorts, unless you are going on a recreational outing that day or are just wearing them around the guesthouse.

X Flip-flops (they are considered very informal and are not appropriate for visiting offices and formal meetings) – if you wear sandals, please ensure that they are more presentable than the average flip-flop.

VERY IMPORTANT

Airlines continue to have problems delivering luggage with the passenger. PLEASE pack all medications and necessary items plus a change of clothes in a carry-on bag in case your luggage is delayed.

Expectations

- ! Put your used toilet paper and any trash in the wastebasket next to the toilet. *Do not flush any Paper product into the toilet or it will clog.*
- ! Many public restrooms will not have toilet paper. Carry travel tissue packets or toilet paper with you.
- ! Rest rooms in general will not be as “comfortable” as those in the U.S.
- ! In the countryside you will use latrines/outhouses
- ! Most showers have only room temperature water.
- ! Water and electricity go out at random hours in the city
- ! Not everything will start on time
- ! Nights are noisy and buildings are not designed to shut out noise (i.e. dog barking, rooster crowing, music, firecrackers, loud vehicles). Bring ear plugs!
- ! Lots of hurry up and wait.
- ! Little time and space for individual needs and privacy.

Spanish and Interpretation/Translation

You do not need to know Spanish to participate in the Mission Trip. Quechua is the language of the indigenous people we will be working with. Having little or no Spanish will make the experience different for you than for group members who are able to communicate directly with Ecuadorians. However, keep in mind that although you will probably come away with a desire to sign up for the next community college course in Spanish 101, there are actually some advantages to not knowing the language.

- ☆ You may approach Ecuadorians with greater humility and awareness of dependence on them. This reverses the usual role of the poor Latino in a position of humility and dependence in relation to the U.S.
- ☆ You will be forced to increase your observation skills using all your senses.
- ☆ You will probably listen more and talk less, and you will listen for intonation, notice facial expression, and feel people’s reactions as you wait for interpretation.
- ☆ Your attempts to convey gratitude, empathy and solidarity will be done at the most basic human level without depending on eloquence.
- ☆ You will be able to look speakers in the eye and give them your full attention while you are waiting for interpretation rather than taking notes or thinking of your next question.

Some Useful Quechua Phrases

Pronunciation and grammar is similar to English, probably more so than Spanish.

However:

“a” is pronounced more like the “u” in “cup”.

“aw” and “au” are pronounced like “ow” in “cow”

“ay” is like “ie” in “pie”

“ey” is like “ay” in “lay”

“iy” is like “ea” in “pea”

“uy” is like “we”

General:

Hello – Napaykuykin

How are you? – Allillanchu?

See you later – Ratukama

Goodbye – Allinllaña

Please – Ama hina kaychu

Thank you – Yuspagarasunki

I’m fine, thank you sir – Allillanmi Wiraqucha

Where are you from? – Maymantatah kankiri?

Yes – ari

No – manna

Good! – Kusa!

What is your name? – Iman sutyki?

My name is <> - <>mi sutyi

I am from ... - ... manta kani.

America – Estados Unidos

How much does it cost? – Imaynan?

Reduce the price - Chanintaya pisiyachiway

I am hungry – Yarqawashan

I am thirsty – Ch’akiwashan

Thanks, that was a good meal – Yuspagarasunki, sumaq mihuna

Is there a toilet? – Kanchu bañu?

Some Useful Spanish Phrases

Buenos dias	Good Morning.
Buenos tardes	Good Afternoon.
Buenos noches	Good evening or good night.
Como esta? Bien, gracias.	How are you? Fine, thank you.
Como se llama?	What is your name?
Me llama/Mi nombre es	My name is
De donde es usted?	Where are you from?
Soy de ...	I am from ...
Muchas gracias	Thank you very much
Por favor	Please
Donde esta el bano/service?	Where is the bathroom/restroom?
Gracias por ...	Thank you for ...
... la comida, su tiempo	...the food, your time.
... haber compartido con nosotros	... having shared with us.

Cultural Considerations

Just as not all North Americans think alike, not all Ecuadorans think alike. It sounds silly, but people often tend to generalize when in new surroundings. Look at their accomplishments in the context of their suffering, hardship, and poverty. Try not to start thinking about solutions to the problems you see until you have time to process all of the information and experiences you are gathering. It is natural to want to seek resolution, but you will short-circuit your level of understanding if you do not stay grounded in what you are actually seeing and hearing. Even after spending time in Ecuador, try to remember that solutions are very difficult to come by. The deeper your relationship with Ecuadorians, the more likely it is that you will understand the complexity of addressing any of the “problems” you come in contact with.

Giving to Individuals

You are not to independently give gifts to individuals on the street *or in the communities you visit*. Small gifts for the entire community will be coordinated by the group leader. On the street, giving handouts can call unwanted attention to the group and put other participants in a potentially uncomfortable position. In a community, such action could result in long-lasting, unintended jealousy and division. Work with the group framework of what you have to give as a delegation and where you would like it to go. Consult with your delegation leader on the appropriate timing and manner to make donations.

Guidelines for Safety and Security

In order to accompany the people of Ecuador, we must be aware of the many levels at which violence affects their daily lives, especially the lives of the poor. We ask that you follow these guidelines for safety and security.

1. Stay with your group and be aware of where you are going and the people around you.
2. Leave passports, plane tickets and extra cash locked at the guest house. You need to carry a copy of your passport with you at all times.
3. Don't wear conspicuous jewelry or watches.
4. In the unlikely event of a robbery attempt, stay calm and immediately hand over what is being asked of you.

RULES AGREEMENT

Archdiocese of Detroit Mission Trip Policies

It is the desire of the AOD for team members to experience the dynamics of the Body of Christ, to expand their vision of the world and to participate in an effective and fruitful mission trip opportunity. In order to maximize the impact of this mission trip, each team member is asked to agree to do the following:

1. Represent the AOD at all times with a lifestyle that demonstrates the expected spiritual values and moral conduct.
2. Seek to live an exemplary life of holiness and obedience to God's commands.
3. Act as a servant of the Lord, **regardless of age or experience**.
4. Develop and consistently maintain a **servant's attitude** toward **all** nationals of our host country and my teammates.
5. Be patient, understanding, and forgiving toward the actions of the other members of the team. Be an encourager of your teammates.
6. Make the necessary lifestyle adjustments in order to adapt to the culture of the host community.
7. Respect the host's culture and refrain from negative comments concerning the country's politics, people and culture.
8. Respect the direction of the team leader (s) both during training and the mission.
9. Respect and support the leadership of the host country and the work that they are doing.
10. Refrain from complaining and gossip. If there is a misunderstanding or disagreement, the team member will discuss this in private and with the team leader(s).
11. Refrain from use of abusive language, purchasing or drinking alcoholic beverages and using illegal narcotics. No weapons of any kind. Knives of any kind can be used as a weapon on the streets and so they are not to be brought along on the trip. Knives necessary for work will be provided at the worksite.
12. No t-shirts with rock groups, alcohol or smoking advertisements, or abusive language.
13. Dress should be modest at all times. No short shirts/skirts or spaghetti-strap dresses for the girls.
14. Remember not to be exclusive in my relationships with the team. If my sweetheart or spouse is on the team we will make every effort to interact regularly with all members of the team.
15. Refrain from activity or undue interest that could be construed as a romantic interest toward a national. I realize that certain actions that seem innocent in my culture may be inappropriate in another culture.
16. No horseplay in the rooms. **Individuals** will be assessed for **any** damages caused to mission sites.
17. Protect your valuables. The AOD **will not be** responsible for lost or stolen belongings.
18. During free time, for the safety of all, stay within the predetermined facilities and grounds.
19. Travel in groups of three or more with at least one male leader.
20. For everyone's protection, do not go into any rooms belonging to the opposite sex without the express permission of the leader.

Applicant's Signature: _____ Date: _____

Archdiocese of Detroit Encounter Ecuador Trip

Group I – July 14-21 _____

Group II – July 22-29 _____

Minor Combined Consent and Health Form

Name (as it appears on valid US Passport) Your passport must be valid through January 2010

Last: _____ First _____ Middle _____ DOB _____

Address _____ City and State, Zip _____

Gender _____ Home Phone _____ Work Phone: _____ Cell #: _____

Email Address: _____

Emergency Contact Name: _____ Phone Number: _____

Relationship _____

Name: _____ Phone Number _____ Relation _____

LIABILITY WAIVER and ASSUMPTION OF RISK:

I have voluntarily decided to join a delegation trip to Ecuador sponsored by the Archdiocese of Detroit from July 14, 2009 through and including, June 29th, 2009. I understand and acknowledge that the current circumstances in Ecuador, including violence, economic deprivation, social unrest, and natural disasters including but not limited to seismic activity and tropical storms/hurricanes present a greater than normal degree of risk to my safety and security while I am a resident in the country of Ecuador. I further understand and acknowledge that such circumstances could result in physical injury to myself or even death. I knowingly and willingly assume the risks involved in my participation in the mission trip and understand that I have the right, at all times, to refuse to participate in any part of the mission trip completely and can request assistance in leaving Ecuador.

I agree and acknowledge that the Archdiocese of Detroit shall not be liable for any damages arising out of my participation in the mission trip, including but not limited to travel to and from Ecuador. I further and forever release, discharge and hold harmless the Archdiocese of Detroit its bishop, pastoral associates, youth ministers, employees, advisors, agents and representatives from any and all claims, demands, damages, actions, or causes of action, present or future, whether the same be known, anticipated or unanticipated, for any bodily or mental harm, injury, loss, illness or death resulting from or arising out of my participation in this mission trip. The Assumption of Risk Agreement and Release shall bind the undersigned and his/hers heirs, executors, personal representatives and assigns.

I have read and signed the foregoing Assumption of Risk Agreement and Release this day of _____ and understand fully its substance and implications.

Signature

Witness Signature

Printed Name

Printed Name

I am under eighteen years of age and understand that I cannot participate in this mission trip unless my parents and/or legal guardians sign this Assumption of Risk Agreement and Release form and thereby grants me to permission to participate in this mission trip.

Signature of Parent(s) or Guardian

Witness(es)

STATEMENT OF HEALTH: I hereby warrant that, to the best of my knowledge, I or my child is in good health and able to participate in all program activities. (Please submit a statement indicating limitations and/or conditions of which we should be aware.)
Check if no conditions exist: _____

INSURANCE INFORMATION:

I or my child am traveling overseas to a foreign country; I acknowledge I have reviewed my own or my child's health insurance policy. **I must provide proof of this health insurance.** If I or my child is not insured, I must obtain Temporary Health Insurance for the duration of my mission trip.

Health Insurance Co.: _____ Policy No. _____ please attach a photocopy of your health card

MOST RECENT PHYSICAL EXAMINATION (Provide information on your child's most recent examination)

Date of Examination: _____ Physician or Clinic: _____

Phone _____ Address _____

IMMUNIZATIONS:

Discuss these travel plans and personal health with a health-care provider to determine which vaccinations your child will need. Please contact your local travel clinic or consult the Center for Disease Control's website for further information on how to help you avoid illness and fully enjoy your stay.

I acknowledge that I have been informed of the need of immunizations and/or vaccinations. If have my child any reactions or side effects from the immunizations and/or vaccinations, I and my child will hold the AOD harmless and free from all liability, cost, expenses and fees. If I or my child choose not to obtain any immunizations and/or vaccinations, I and my child will hold the AOD harmless and free from any liability, cost expenses and fees for any illness or disease which I or my child may contract due to or as a consequence of not obtaining immunizations and/or vaccinations.

ALLERGIES/DIETARY NEEDS: Please attach a statement noting all known allergies, including how your child has been treated and with what medication. If medications are needed occasionally or regularly, please send them with your child in case of need. If your child has special dietary needs or restrictions, please attach a statement listing these dietary concerns.

MEDICATIONS: Any medications brought to the program should be clearly labeled and in their original container. Please list any prescription or approved non-prescription drugs your child is presently taking. Include product name and physician's instructions on dosage and frequency.

I understand that all prescription medication will remain in the possession of the adult team leader and be dispensed as prescribed. I grant permission for non-prescription medication (such as ibuprofen, Tylenol, throat lozenges, cough syrup) to be given to my child, if deemed advisable. **If there are any non-prescription drugs you do not want administered to your child please list them below:**

OPERATIONS OR SERIOUS INJURIES: (Within the past 18 months)

Operation/Injury _____ Date _____

MEDICAL EMERGENCY:

I and my child acknowledge that during my short term missionary service that due to injuries or illness to my child or others, and subsequent medical care and treatment, my child may be exposed to AIDS, hepatitis, or other infectious diseases. This may be due to exposure to tainted, unsanitary or contaminated blood, medical supplies, equipment or unsanitary or infected medical personnel or due to

other reasons. Being aware of these risks, I and my child still choose to participate in the short term missionary program and I and my child assume all risks and hold AOD harmless and free from all liability, cost, expenses and fees.

In case of medical emergency, I understand that a reasonable effort will be made to contact parents or guardian of participants. In the event that I cannot be reached, I hereby give permission to the physician selected by the Team Leader from the parish to hospitalize, secure proper treatment for, and to order injection, anesthesia, or surgery for my child, as named herein.

SIGNATURE OF PARENT OR GUARDIAN: I certify that the above information is correct and give permission for my child to be transported in privately owned vehicles and/or via public transportation for approved the AOD Pilot Mission Trip program activities; and for the release of medical records to an attending physician in case of illness.

I fully understand the consequences of the foregoing statements and sign this form knowingly, freely, and willingly. (Your signature must appear below or your child will not be permitted to participate in the AOD Pilot Mission Trip program.)

Signature _____ **Date** _____

USE OF PHOTOS: I hereby grant the Archdiocese of Detroit Pilot permission to use photos or videos of my child taken during program activities, or quotations from my child for future program promotion purposes.

Signature _____ **Date** _____

Your signature and your parent's/guardian's at the end indicate your/their consent and acceptance of the provisions included in this document.

Applicant's Signature: _____ Date: _____

Parent/Legal Guardian's Signatures _____

_____ Date: _____

Application

Name: _____ sex: _____

Address: _____ City: _____ Zip: _____

Phone: _____

E-mail Address: _____

Birth Date: _____|_____|_____ Age: _____

Citizenship: _____

Youth applicants are asked to please answer the following questions on a separate sheet of paper.

1. What are you involved with within your parish community?
2. What are your hopes/plans for your future after high school?
3. What interests you in traveling to Ecuador at this time?
4. After your trip to Ecuador what do you hope to bring back to your parish? Your family? Friends?
5. What is your level of Spanish comprehension and verbal communication skills? (Note: Being able to speak Spanish is not required for this trip.)
6. Ecuador is a country with a different culture and living conditions. How flexible do you consider yourself?
7. Why do you feel you are spiritually ready to be a part of Mission Trip 2008?

Parent/Legal Guardian Information:

Name(s): _____

Address: _____ City: _____ Zip: _____

Phone: _____ Alternative Phone: _____

E-mail Address: _____

Please attach a photocopy of the applicant's VALID US Passport.

Archdiocese of Detroit

Justice Immersion
July 14-21 or July 22-29 (circle one)

Riobamba, Ecuador

Agreement Form

Student

I understand and agree with the requirements listed for this trip including on-time attendance at all listed meetings. To the best of my ability, I will meet them.

I understand that once airline tickets are purchased I will be held responsible for paying the full amount of the trip even if I withdraw.

Signature

Date

Parents

I agree with and support my child's decision to participate in this mission trip. I understand that my child must attend all listed meetings on-time.

I understand that once airline tickets are purchased, I and my child will be held responsible for paying the full amount of the trip, even if my child withdraws.

Signature

Date

Please include with this agreement form a check for \$250
made out to the Archdiocese of Detroit
Office for Youth Ministry
305 Michigan Ave.
Detroit, MI 48226

Apart from whatever toiletries you may need, you should consider bringing along the following items: **(Don't forget this manual!)**

THINGS TO BRING

- ___ Casual, but neat shirts, lightweight pants or skirts
- ___ Loose, comfortable clothing
- ___ Comfortable and sturdy walking shoes
- ___ Heavy jacket and/or warm sweater or sweatshirt
- ___ Mass clothes (casual would be fine, nothing formal)
- ___ Underwear
- ___ Flip-flops for showering
- ___ Toothbrush, Toothpaste, Disposable razors, small shampoo, soap, deodorant
- ___ Sunscreen, insect repellent and a hat
- ___ Water bottle (20 oz. or more)
- ___ Splenda or Sweet 'n' Low (if you use them)
- ___ Over the counter pain medication, anti-diarrheal medicine
- ___ Handi-wipes (optional) anti-bacterial hand-gel
- ___ Prescription medication (in the original bottle) Copies of any prescriptions you are taking
- ___ Tissues
- ___ Personal bath/hand towel
- ___ Notebook/journal and pen
- ___ Camera, extra camera battery
- ___ More film than you think you can use (film is more expensive in Ecuador)
- ___ Sunglasses, Personal spending money (ATM's and credit cards will not work in Ecuador)
- ___ Travel alarm clock
- ___ Small flashlight and extra batteries
- ___ A Bible
- ___ Photos of your family
- ___ Photocopy of your passport (2 copies)
- ___ Copy of your insurance card (provide for Group Leader)