

CHECKLIST: What to bring...

This check list will be your friend! Use it when you pack and check them off only after you have packed them.

- ☐ **Passport (valid, unexpired) in your carry on - readily available (a copy packed in your luggage)**
- ☐ **Driver's License or other photo ID**

ALL TRAVELERS

Toiletries

- | | |
|--|---|
| <input type="checkbox"/> Liquid soap | <input type="checkbox"/> Razor |
| <input type="checkbox"/> Tooth paste | <input type="checkbox"/> Small mirror |
| <input type="checkbox"/> Tooth brush | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Dental floss | <input type="checkbox"/> Tissues - carry pack |
| <input type="checkbox"/> Shampoo & conditioner | <input type="checkbox"/> Earplugs |
| <input type="checkbox"/> Brush, comb, hair bands/clips | <input type="checkbox"/> 2 bath towels |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> 1 beach towel |
| <input type="checkbox"/> Cosmetics, if you need | <input type="checkbox"/> Several wash clothes |
| <input type="checkbox"/> Contact solution, case and extra contacts | <input type="checkbox"/> 1 set twin sheet, small pillow if needed |

Other necessities

- | | |
|--|---|
| <input type="checkbox"/> Water proof sun screen | <input type="checkbox"/> Spanish/English dictionary |
| <input type="checkbox"/> Bible | <input type="checkbox"/> Notebook/pad and pen |
| <input type="checkbox"/> Back pack if traveling to work site | <input type="checkbox"/> Some pictures of family and home |
| <input type="checkbox"/> Antibacterial wipes/hand sanitizer | <input type="checkbox"/> Large zip lock bags |
| <input type="checkbox"/> Flash light and extra batteries | <input type="checkbox"/> Alarm clock |
| <input type="checkbox"/> Chap stick | <input type="checkbox"/> Camera |
| <input type="checkbox"/> 1 or 2 bottles of water | <input type="checkbox"/> Video camera - extra battery |
| <input type="checkbox"/> Insect repellent with 95+% of deet | <input type="checkbox"/> Orientation information |
| <input type="checkbox"/> Sunglasses (maybe 2 pair) | <input type="checkbox"/> Clothesline, pins, and detergent, if needed |
| <input type="checkbox"/> Regular glasses | <input type="checkbox"/> Prescription medication in original containers |
| <input type="checkbox"/> Snacks - granola bars, nabs, nuts | |

Although there will be a First Aid Kit, PLEASE BRING THE FOLLOWING ITEMS:

- ☐ Pepto Bismol tablets
- ☐ Imodium tablets
- ☐ Band-Aids
- ☐ Advil or other pain reliever
- ☐ Benadryl or other antihistamine
- ☐ Hydrocortisone cream
- ☐ Cipro or other antibiotic (consult you doctor)

HEALTH SUGGESTIONS

You are embarking on an adventure in a different climate and cultural setting than your home environment. Wise health considerations will make your experience happier for all.

It is important for group leaders to be aware of the health status of all participants, both in general and in particular.

- If you must observe activity restrictions,
- If you are allergic to any foods or to any insect stings, such as bees or wasps,
- If you require special foods or medicines,
- If you have had a surgical procedure, heart procedure, major change in medications or significant change in your medical status within three months of this application you are required to have your physician provide a written release for your participation.

If any of these situations arise at any time prior to your departure, discuss this with your trip leaders and provide the release from your doctor.

BEFORE GOING TO MEXICO

TETANUS SHOT: An updated shot for persons working on a construction site is strongly recommended. It saves taking time away from your mission activity in the event of accidental cuts or wounds. Tetanus boosters should be updated every 5 years if going out of the country.

OTHER IMMUNIZATIONS: The following are the CDC's current recommendations for travelers into Mexico. Check with your personal physician and your health department. Don't wait until the last minute:

- **Hepatitis A Vaccine:** A 20-year vaccine of two injections taken 6-12 months apart, the first of which is taken at least 4 weeks before departure. Cost is high, ~\$60 per, but some insurance companies will pay.
- **Chloroquine (Aralen) Tablets (for Malaria):** Take one tablet 7 days before departure, then one per week until you have been home for 4 weeks.
(Notes: After taking this medication, you will not be able to donate blood for 3 years.
Do not take the Larium available for travel to some countries.)
- **Typhoid:** Either 1) Four capsules that require refrigeration, taken every other day. Complete this regimen at least 2 weeks prior to departure and protection is good for 5 years. **OR**
2) Two doses of vaccine by injection, at least 1 month apart, and a booster every 3 years.

WHEN IN MEXICO,

- **DO NOT DRINK THE TAP WATER!** This includes ice cubes or beverages made from unknown water sources.
- **DO NOT BRUSH YOUR TEETH WITH THE WATER!** You may shower in it, but do not swallow any! Arrangements will be made for purified water to always be available.
- **AGAIN, DO NOT DRINK THE TAP WATER!** (You'll be sorry!)
- **DO NOT EAT RAW FRUITS/VEGETABLES** unless they can be, and have been, peeled. Eat only fully cooked meats.
- **USE the protective clothing and sun screen** you brought. An important thing to remember about Mexico is that it can be hot! The average daily temperature could be over 100 degrees! Humidity can also be high!

Good health and eating habits are your "ounce of prevention." COMMON SENSE is the best health precaution! We cannot fully achieve our individual or group objectives if we are sick.

Special Reminders on Mexico Missions

OK/ACCEPTABLE	Not OK/UNACCEPTABLE
To eat or drink anything provided for you by the Mission Team or at a meal provided by a church community	To eat or drink anything provided to you informally (not part of a regular mealtime) or unbottled drinks at church meals.
To drink or brush your teeth with water from the containers provided by the Mission Team	To get tap or river water inside your mouth, even if you don't swallow. When brushing your teeth, get a small but fresh supply of purified water each time.
To bath, wash your hair & shave with tap/river water	To open your mouth in the shower or in the river
To wash dirt off your hands with soap and tap water THEN use antibacterial gel to kill germs	To use ONLY antibacterial gel when your hands or arms are covered in dirt
To use bathroom facilities in any location then use antibacterial gel to kill germs	To flush toilet paper or any feminine hygiene products.
To walk around in the community & tourist areas in groups of 3 or more, or as required by your group leader's rules	To walk far away from the group area alone, for females to respond in any way if whistled at or approached "with interest" by men or enter a strange home or store alone
To leave your money and personal belongings packed away inside your suitcase or personal baggage	To leave your personal belongings (including work gloves, boots or hats) outside of your sleeping area unattended. This is perceived as a way of saying, "I don't want this, so if you do, you can have it."
To be stopped at a military checkpoint and/or asked to produce your travel papers. To move around the community w/o papers and passports	To take a photograph of armed military guards, make eye contact with, or demonstrate any degree of disrespect. To travel outside of the immediate community w/o travel papers and passports.
To take photographs of each other, Mission Team members, and Mexican men who are working with us	To take photographs of women without first seeking their permission
To build meaningful relationships with those in your mission group, Mission team members, and your new brothers & sisters in Christ that you meet in Mexico. Even if you don't know how to communicate verbally in any way. Shake hands, smile and greet them by saying " <i>Buen(a/o)s Dias/Tardes/Noches, Herman(a/o).</i> "	To seek out, develop or demonstrate more personal or romantic relationships within your group, Mission Team or new friends in Mexico. It is a distraction for the group and has great potential to offend or hurt our hosts. Couples who are traveling together should limit public displays of affection, especially if not a married couple.
Contribute to the offering plate at churches we visit, especially those who provide a meal for the group.	To make personal gifts, donations or show favoritism in any way towards any individual or family
To talk and laugh as a group during work time, meal time, and leisure time	To laugh out loud or use loud voices during worship or other serious gatherings
To complain discreetly to each other, to your team leaders about things you find distressing. Some things may be within our control to change, while others may not.	To complain out loud or openly about things you find distressing. In many cases, our Mexican brothers & sisters may have shared their best with you, and we don't want to offend in any way.
To arrange for gifts of cash or items that you brought on behalf of your church or group	To give out cash or gifts (even small ones) directly to the intended recipients, especially if you do not have enough for everyone. Make arrangements for any gifts so that it can be done through church or community leaders and distributed evenly and at their discretion.

Please let us know if you have other questions or concerns.
We want your experience here to be a positive one and one that creates positive memories of a lifetime!

Expensive, fancy clothes

Valuables

Electronic equipment

Walkmans/iPods

Expensive jewelry

- Skirts that fall above the knee,
- shorts that are not finger-tip length or longer,
- 2-piece bathing suit or any clothing that may be considered suggestive or inappropriate by our conservative hosts.
- Tank tops, camis or other abbreviated tops are appropriate for sleepwear only and should not be worn outside of the sleeping area.

Group items (these items will be provided, no need for duplications):

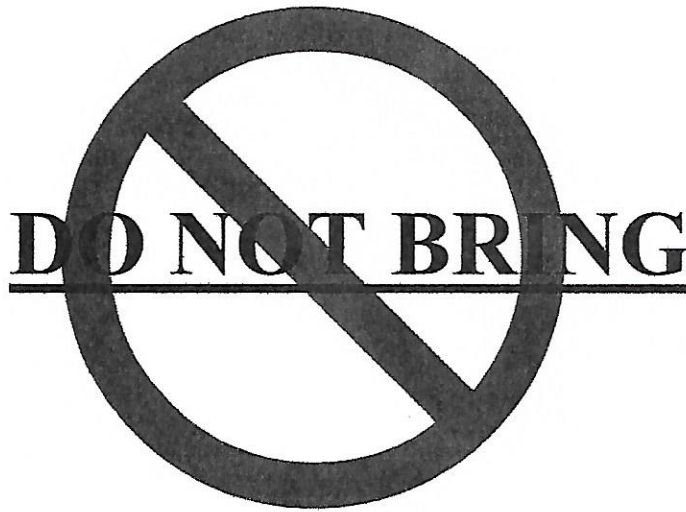
First-aid kit

Water jugs for use at the construction site

Hard hats (if required) at construction site

Tools needed for site

Songbooks



Other important information:

Luggage restrictions: These have changed in the last two years! Checked bags may have a fee! Carry-ons, probably do not. (Purse is not a carry on, a camera bag is.)

There are dimension and weight restrictions. These vary with the airline. Mexican airlines will be more restrictive than U.S. airlines.

What to carry with you at all times in Mexico:

- Your passport
- The duplicate "travel paper" that you receive when you enter Mexico (Original will be taken up when you arrive; the duplicate will be taken up when you leave. However, Mexican law is that this paper be on your person at all times.)

U.S. Customs Information: (restrictions on purchases in Mexico)

Articles bought in Mexico with a total value up to \$400 will be admitted duty-free, as long as they accompany you. But, don't buy any meats, fresh fruits, or fresh vegetables to bring into the U.S.

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Tzeltal—a wordlist
(use Spanish pronunciation guide)

Handy phrases

Goodbye	sponish
Thank you	cololaquel

Food

Bean	chinek
Chicken	mut
Egg	tomut
Tortilla	wa
Chili pepper	zit
Banana	lobal
Corn	ishim
Apple	manzana (Spanish)
Water	jah
Candy	dulce (Spanish)
Orange	alashash
Lime	elemush
Coffee	ca'pel

Animals

Cow	wacash
Horse	cawgu
Dog	sik
Rat	cho
Rabbit	tul
Cat	mis
Duck	petch
Bee	chap

People

Grandfather	mamutch
Grandmother	chuchu
Children	allal
Brother	v(b)ankil
Sister	uish
Husband	mamalal
Wife	ki'nam
Friend	molol
Congregation	tutemplo

Nature

Flower	nichim
Rain	ja'al
Tree	te (tay)
Star	ek
Moon	u
Sun	ka'kal

Body parts

Teeth	sbaquelawej
Nose	jni
Ear	chi'kin
Eye	sit
Foot	kok
Mouth	ke
Head	j'ol
Hand	k'ab
Fingernail	k'ekh

Clothing

Shoe	changla
Pants	we'shal
Belt	be'chi'lal
Earring	tak'enal chi'kin
Necklace	kuk
Skirt	tzequel
Blouse	cu'ul
Apron	ma'qui'zequel

Miscellaneous

House	na
Book	jun
Car	chel
Mountain	guinal
Bath	sanajebal
Sit down	juklan
It hurts	kush
To talk	co'op