



What to Bring To Mexicali, Mexico - 2017 and Safety Guidelines

Checklist:

- **BRING YOUR PASSPORT!!!!!!! Do not pack them in your big luggage.**
- Bring a color copy of your Passport (Keep it in the vehicle you ride in)
- A Sleeping Bag rolled as tightly as possible
- Two rolls of toilet paper (you will need them)
- Flashlight
- Pillow/pillowcase
- Towel, washcloth, soap and flip flops (for the shower)
- Toothbrush, toothpaste, etc. (bring more than one toothbrush!)
- Toiletries (Soap, Shampoo, Deodorant, Chap Stick, etc.)
- Sun screen (the sun is intense, protect yourself with good sunscreen)
- Bug repellent (spray or rub-on)
- Personal Medications (inhalers, epi pens, diabetic supplies, allergy, etc...)
- Wet wipes &/or Antibacterial Hand Sanitizer (small to carry in your day pack)
- Water Bottle (with name on it) Do not drink faucet or hose water!!! We will provide clean, filtered and safe drinking water out of designated sources)
- Your own coffee cup for those drinking coffee in the mornings
- Warm Jacket or Hooded Sweatshirt (It gets chilly at night)
- Hat for sun protection
- Swim suit (modest) and beach towel for the beach in San Felipe on Friday, April 1st
- 2-3 pairs of pants (to be worn more than one day and may get paint on them)
- Shirts (no inappropriate logos, sleeveless shirts, tank tops, see through, spaghetti straps, or mid-riffs)
- Shorts (no short shorts, shorts can only be worn around base camp)
- Socks, underwear
- Tennis shoes and work shoes (no sandals at base camp, ministry or work sites - this is for your own protection)
- Work gloves

- Back-pack to take to the ministry site each day
- (Continued on Back)
- Small Spanish translation book and Spanish/English parallel Bible)
- Personal Journal and writing instrument
- Folding Camp Chair or stool
- Sunglasses (the sun is bright and intense)
- Camera (do not bring an expensive camera)

PUT YOUR NAME ON EVERYTHING!!!!

Packing Guidelines:

Pack your Sunday morning clothes and everything you need in your daypack or other small bag so we do not have to unload all the large luggage at The Grove for Easter Sunday.

- **Do Not Over Pack!** Space is limited, plus it will all be dirty by the second or third day anyway.
- Everything **must** fit into a small or medium size Duffel Bag.
- Use a separate duffel for your sleeping bag and pillow. Compress your sleeping bag as tightly as you possibly can.
- **Suggestions:** Roll your clothes and pack them tightly. Don't bring anything of great value (just assume you will loose it or it will get taken).
- Pack some things in you backpack.
- **Put your name on everything! Including your duffel bag, backpack and sleeping bag.**

Two Reminders for a great missions trip:

1. Be ready to GROW and be USED by God! You may be asked to do things that do not interest you or stretch you out of your comfort zone. Remember, you do this for the Lord, not for your own comfort or desires.

2. Remember to be FLEXIBLE - We call it Flexicali in Mexicali for a reason.

Guidelines For Base Camp and Ministry Site Safety

1. Please limit yourself to 3 quick showers for the week at the Base Camp. The septic system is limited in it's ability to deal with heavy use.
 - a. A hair washing station may be set up outside for in-between showers.
 - b. When showering do a "Navy" shower. Water on, get wet and then turn water off, soap up and shampoo hair, then water on to rinse off. Use as little water as possible.

- c. Do not get water in your mouth in the shower. It is not purified water.
 - d. Towelette Showers work well in between regular showers.
2. Do not drink any water from any source except that which is identified as 'potable or purified' water. Pure water will be provided.
 - a. Do not rinse your toothbrush from the faucet in the bathrooms. It will be contaminated! Bring a spare toothbrush or two (you will forget and stick one under the faucet, OOPS!).
 - b. Bring your own water bottle with your name on it. Bring it to all meals for your drink.
 - c. Bring your own coffee cup (for all coffee drinkers).
 3. Guys are to use the outdoor Banos as much as possible (both day and night). Ladies who are brave, please use the outdoor Banos as much as possible. Do not place toilet paper or hygiene items in the indoor toilets. Place it in the waste baskets beside the toilets.
 4. Everyone will attend our morning devotional meeting and our evening debrief time of the day. The schedule of meetings will be posted in the dorms and verbally announced at our meals.
 5. Students are not to wonder outside the base camp boundary or from the church ministry site without an adult male with them. It is very dangerous!
 6. Carrying knives of any kind is illegal in Mexico. It can result in arrest and large fines. Do not bring pocket or belt knives of any kind to Mexico.
 7. Fire is a constant danger in Mexico. Do not bring matches or lighters to Mexico.
 8. Do not ask for ice in your drink at restaurants or stores. It is most likely made with unpurified water.

Male/Female Relationships While In Mexico

- Hand holding, kissing or other public display of affection are not acceptable in the Mexican culture. Team members need to refrain from this type of activity in order not to damage their witness to the Mexican people.
- Females must not go anywhere alone. Always go in a group while with a male or males along. For our team we require an adult male.

- Male and Females must not go off together as a couple (Mexicans consider this a very suspicious action).
- Females must not give encouragement (flirt) with Mexican males. This is very dangerous and will be interpreted wrongly.
- Males must not give encouragement (flirt) with Mexican females. This can lead to trouble with Mexican families and other Mexican males.