



2017 Mexico Construction Trips to Chiapas

Objectives

- 1: **Construction: Helping to build a church, bible school or medical clinic that will assist leaders of the Presbyterian churches in southern Mexico.** Work may entail: digging footings, forming columns, preparing and pouring concrete, finish work inside existing buildings, work in the garden.
- 2: **Work, live, worship with fellow Christians/Presbyterians of another culture.**
- 3: **Increase our own churches' involvement and awareness in mission.**
- 4: **Increase our own individual faith journey.**
- 5: _____



RELEASE OF LIABILITY AND ASSUMPTION OF RISK

It is understood that Hebron USA does not provide medical insurance covering injuries of any nature incurred during the mission trip to Mexico on: (insert the date of travel)

The undersigned hereby releases Hebron USA, its successors, assigns, officers, trustees, advisors, agents and employees from any and all claims, demands and causes of action whatsoever in any way growing out of or resulting from the participation in this trip.

All participants should be covered by their own insurance policies.

Printed Name

Signature of Participant

Signature of Guardian
(if participant is under 18)

Date Signed



Personal Covenant Form

2017 Mission Construction Trips to Mexico

Understanding that I go not as a tourist, but as a guest of the Presbyterian Church of Mexico, I agree to be willing to adjust to the expectations of my host.

Therefore, in consideration of other obligations incurred, I hereby agree as follows:

1. I agree to share my faith in an appropriate Christian manner.
2. I understand that I will be living and working with Christians from another country and culture whose customs, values, work methods, living conditions and worshipping style may be radically different from my own. I agree to respect these differences and refrain from verbally condemning any person or practice that I disagree with.
3. I recognize that the leaders of this work trip have experience living and working in this culture, and I therefore agree to cooperate at all times with the trip leaders concerning our work and life together, including daily assignments, food, lodging, transportation, and staying with the group, as required, from beginning to end. I further understand that failure to cooperate with the trip leaders may result in my being asked to return to the United States ahead of schedule, at my own expense.
4. I agree to abstain from habits that may offend our hosts and to conform to the local customs and behavior patterns while on the journey.
5. I fully realize that I may not have all the comforts of home: soft bed, favorite menus, TV, hot showers, toilet seats, etc.

With respect to the travel group, I also agree as follows:

1. I understand that group cooperation is essential to the success of the journey; I hereby agree to be present at all group orientation events prior to the trip unless I receive permission from the group leader, and I will be responsible for obtaining information given at events I must miss.
2. I understand that every group member is expected to share freely from their particular blessings and talents and I hereby agree to participate in these ways as fully as possible.
3. I agree to deal lovingly with all others involved in this experience.

Printed Name: _____

Participant's signature: _____ **Date:** _____

Address: _____ **Phone:** _____



Personal Medical Information Form

2017 Mission Construction Trips to Mexico

Name: _____
(Please print)

Medical Insurance Carrier: _____

Policy/ID #: _____

In Case of Emergency, Contact: _____

Relationship: _____ Phone #: _____

Health Restrictions/Limitations: _____

Allergies: _____

Special Food or Medicine Needs: _____

Are there any other medical issues, which the group leaders should know about?

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 is 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.

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)

Clothing

CONSTRUCTION TRIPS

- 4 work T-shirts (preferably white, light colored - no tank tops; must cover the shoulder)
- 3 or 4 work shorts (not too short!)
- 4 pair work socks
- 2 or 3 pair other socks
- Underwear (two per work day is suggested)
- Comfortable bras, sports bras for the week
- 1 pair nice shorts for free day
- 2 casual pants (khakis) for Worship for men
- 2 or 3 casual nice shirts for Worship for men
- 2 dresses or skirts with blouses (not sleeveless) for women
- 2 nice T-shirts for free day
- Pajamas
- 1 swim suit for free day (one piece)
- 1 pair boots or old sneakers for work
- 1 pair casual shoes or sandals for Worship and free day
- 1 pair flip flops
- 1 pair good sneakers
- Several bandannas for work site
- Hat
- Work gloves
- Rain poncho with hood

MEDICAL TRIPS

- scrubs or comfortable work clothes
- socks for 5 long work days
- underwear for 8 days
- socks for four (4) worship services
- "free day" clothing; may include shorts
- Casual nice slacks for worship (men)
- Casual nice shirts for worship (men)
- Dresses/skirts with blouse for worship (women)
- Casual nice shoes/sandals for worship
- Pajamas
- Swimsuit – one piece
- Flip flops or sandals
- Umbrella or
- Rain poncho w hood

All trip and food expenses are included in the cost of your trip. You will want to bring some money for the offering plates at the churches, souvenirs, personal items, etc. (+/- \$100. should be plenty). You will have to exchange your dollars into pesos. There are some online services that will do this with your credit card. You can also do this at your local bank, but do it well before you leave. Some banks must order the pesos and it could take several days. You can often exchange at your last US airport, but there may not be time and you will not get the best exchange rate. Once you arrive in Mexico, it will be very difficult if not impossible to exchange your money.

The most important things you will bring with you

- A positive mental attitude!! ***
- A sense of humor!! ***
- Patience and Flexibility!! ***

* not to be left unchecked!

What NOT to bring:

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



DO NOT BRING

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.