

FOOD FOR THE POOR TRAVEL GUIDELINES

The temperature will range from the mid 70's to the high 90's during your stay. Please pack for a tropical climate, keeping in mind that you are on a mission trip to meet the poorest of the poor and therefore modest dress with minimal jewelry is appropriate. For daytime travel, you should wear lightweight long pants, shirts with sleeves, and closed shoes. This will also provide extra protection from the tropical sun and insects. Shorts and sandals may be substituted during evening hours.

BAGGAGE

Checking your luggage with the airline is optional, but we strongly suggest 1 carry-on bag plus 1 small tote bag / handbag. Please make sure to follow the zip lock bag rules for liquids. You can check the website www.tsa.gov/public for current guidelines.

BEVERAGES

Bottled water and soft drinks are available to you at all times. Do not drink local water.

CELL PHONES

Once you leave the United States, your cell phone use can become very costly. Please check with your provider for costs to and from the country you will be visiting. We recommend that you do not use your cell phone during the trip. Prior to your departure you will be given emergency contact phone numbers for your family and friends to use if they need to get in touch with you. If you need to call home for any reason, ask the local staff to borrow their cell phone for the call.

CURRENCY

United States currency is acceptable at most tourist shops, hotels and airports. We recommend you bring both a credit card and cash for your trip, as some vendors do not accept credit cards. Bring small denominations with you (one's and five's) for local tipping or small purchases. You will, however, obtain the best rate of exchange by using a Visa / MasterCard and you will also avoid receiving change back in the local currency.

DONATIONS / GIFTS

It is optional to bring gifts, however, we do encourage you to consider packing items such as hair accessories for girls, combs, underwear, school supplies, and personal hygiene products (toothpaste, toothbrushes, soap, deodorant, etc. - no liquids). We recommend packing all hygiene and personal care items in a gallon-size food storage bag. If you do choose to bring anything, be sure to advise your Tour Leader, as the items will be given to local caregivers for distribution after our visit. In addition, please remember the best gift you can give the people you will meet is a warm smile, the wonderful touch of your hand, and of course a hug. A word of caution...never give your last name, home address, or phone number to anyone during the visit.

DOCUMENTATION

A passport that is valid for at least six months from the start of your mission trip and a second form of picture identification, such as a driver's license, are required. Be sure to pack copies of each separately from where you will carry the originals. If you are not a United States citizen, you may also need a visa. We recommend that US citizens register on line with the US State Department prior to your trip using the following link:

<https://travelregistration.state.gov/IBRS/UI/>

INTERNATIONAL ENTRY / DEPARTURE FEES

Dominican Republic - \$10 entry fee

Honduras - \$38 departure fee

Nicaragua - \$10 entry fee

MEDICAL

If you are taking prescription medication, make sure it is current and, if not in the original container, be sure to bring a copy of the prescription. If you need refrigeration for your medication, please inform the Tour Leader. You and your health insurance provider are responsible for any medical expenses during the trip. Check with the Center for Disease Control at www.cdc.gov or call 800-232-4636 for information concerning vaccinations and travel warnings.

SHOPPING

Shopping opportunities will be very limited during your mission trip. Airport shops are available for purchases if you would like to bring mementos home to your family and friends.

SPIRITUAL NEEDS

Poverty knows no religion. Food For The Poor serves the poor of all faiths and traditions. We invite you to celebrate this unity in Christ and ask that you respect the diversity in the style of our worship services during the mission trip.

VOLTAGE

Haiti, Honduras, Jamaica, Nicaragua all have 110 voltage / standard plugs (same as US).

WHAT TO BRING/PACKING LIST

Lightweight long pants for daytime / knee length shorts ok for evening

Shirts / tops with sleeves (no tank tops please) during the day

Closed, comfortable shoes or sneakers for daytime / sandals ok for evening

Plenty of undergarments and socks

Hat, sunscreen, sunglasses

Camera, batteries and film /memory card

Insect repellent (50% Deet) and hand sanitizer (60% alcohol) or antibacterial hand wipes

Aspirin, Imodium, prescription medication

Soap, shampoo, toiletries, lightweight robe

Earplugs for a restful night's sleep

Alarm clock or watch with alarm

Swimsuit (optional)

Umbrella / rain poncho

Journal / paper and pen for keeping your memories

Work gloves / carpenter aprons (construction trips only)