

## **FOOD FOR THE POOR TRAVEL GUIDELINES**

The temperature will range from the mid 70's to the high 90's during your stay. We ask you to pack for the tropical climate. Please keep in mind that you are on a mission trip to meet the poorest of the poor, and therefore modest dress is appropriate with minimal jewelry. For day travel we ask that you wear long pants, lightweight shirts, and closed shoes. This will provide extra protection from the tropical sun and any insects. Eveningwear can be the same; shorts and sandals may be substituted in the evening hours.

### **BAGGAGE**

Checking in 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](http://www.tsa.gov/public) for current guidelines.

### **BEVERAGES**

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

### **CELL PHONES**

Once you leave the United States, your cell phone use will 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 contact you during the trip. If you need to call home for any reason, ask the local staff to borrow their local cell phone for the call.

### **CURRENCY**

United States currency is acceptable at most tourist shops, hotels and airports. We recommend you bring both 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 any local tipping or small purchases. You will obtain the best rate of exchange by using a Visa/MasterCard for any purchase in the country you are visiting, and you will avoid receiving change back in the local currency.

### **DONATIONS / GIFTS**

The temptation to make direct donations will be strong as you meet the poor, but we ask that you refrain from giving gifts of any kind. 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. If you have brought any gifts or candy for the children, please give them to your Group Leader to give to the local caregivers for distribution after our visit. Also, words 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 is required. If you are not a United States citizen, you may also need a visa to travel to foreign countries. A second form of picture identification, such as a driver's license, is highly recommended

### **INTERNATIONAL ENTRY / DEPARTURE FEES**

Jamaica - \$3 departure tax

Nicaragua - \$5 entry fee

### **MEDICAL**

If you are taking prescription medication, make sure they are current and put in clearly marked containers. If you need refrigeration for any of your medication, please inform the Group Leader. Personal medications such as aspirin, cold medicine, suntan lotions can be brought with you. 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](http://www.cdc.gov) or call 800-311-3435 for any information concerning need for any vaccinations and travel warnings.

### **SHOPPING**

Shopping is very limited during the mission trip. You will have all the shops at the airports available for personal purchases to bring part of the country home to 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 Missions trip.

### **VOLTAGE**

Haiti, Jamaica, and Nicaragua all have 110 voltage and standard plugs, the same as we have here in the United States.

### **WHAT TO BRING/PACKING LIST**

While touring during the day, out of respect for the people and the culture of host country, please adhere to the following dress code guidelines:

Long slacks for daytime/ knee length shorts ok for evening at hotel

Lightweight shirts/tops with sleeves (please no tank tops)

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

Plenty of undergarments and socks

Hat, sunscreen, sunglasses

Aspirin, Imodium, personal medication

Insect repellent and hand sanitizer/ personal wipes

Soap, shampoo, toiletries, lightweight robe

Swimsuit (optional)

Camera, batteries and film/memory card

Umbrella/rain poncho

Journal/paper and pen for keeping your memories

Earplugs for a restful night's sleep