



Mission Critical's

Why?

This trip exists to help you find your unique service gifts, to serve others, experience times of inconvenience and physical discomfort, all while having tons of fun!

To Serve

Fun and fellowship are mixed in as we sweat, work like crazy, put on children's programs, get dirty, sweat some more and give others the hope of Jesus.

When?

Trip Dates

July 23, 2017 - Aug. 03, 2017

Meetings

March 18, 2017

May 6, 2017

July 16, 2017

Meetings will also be announced as needed. If you cannot attend, you must contact Pastor Micah - (call/text) - 301.717.9556 or email: youth.dude@me.com

Deadlines

Registration Form
 \$200 Deposit - February 25, 2017
 Copy of passport - TBD
 Medical / Permission form - April 1, 2017
 \$600 of funds - April 1, 2017
 \$600 of funds - May 27, 2017
 100% of funds - July 15, 2017

Flights (We will leave without you....) - **Be wearing your mission shirt!**

PNR Id	Code Flight #	Departure Date/Time	Arrival Date/Time	Route	Net Fare Per Passanger
BHY5LF	CM 357	23/07/17 10:21	23/07/17 14:11	IAD-PTY	\$551.00
	CM 15	23/07/17 17:40	23/07/17 18:46	PTY-DAV	
	CM 21	02/08/17 15:49	02/08/17 16:43	DAV-PTY	
	CM 488	02/08/17 18:58	03/08/17 00:55	PTY-IAD	

What?

Passports

If you have a passport – it must not expire before December, 2017! Panama won't let you in otherwise. Need to renew or get a passport? Go to Travel.State.Gov – Allow 6 weeks & apply by December 15. Visas are not required of US Citizens. If you are not a US citizen, be sure to check with the consulate of your country as Panama may require you to have a visa.

Medical

What is minor in the US can be major when traveling internationally. Fill out the medical form completely – so we can keep you safe! It must be signed by a parent or guardian and notarized for all team members under 18 no exceptions.

Bring enough meds for the trip + a few extra. Refill those just in case prescriptions so if you come in contact with something you are allergic to, have asthma attacks or other acute reactions you are prepared. In addition to our medical staff there is a clinic nearby and modern medical facility 90 minutes away. Bring the medicines you need and relax.

Health Concerns

Illness – Be healthy before you go. Stay rested.

Dehydration – Drink LOTS of water. If you aren't using the Baños drink some more!

Sunburn – Use sunscreen early & often, you may tan in the summer but you'll burn in March!

Where?

Climate

HOT HOT during the day between 90 – 95 degrees. At night 75 degrees will make you glad you brought sweatshirt.

Lodging

We will be at a local facility and it is always possible we will be sharing the facility other people. Refer to our rule of 3's, it is simple math.

Meals

We have arranged with local cooks and hotels to provide meals. We are careful to make sure the food is safe for us tender Americans, Montezuma revenge happens when you experiment with the local cuisine and don't drink bottled water. Also, be sure to wash your hands before eating. **We strongly recommend bottles of pocket size hand sanitizer.**

Worship

Where our first & last appointment each day is. On-time attendance is THE deal.

Really Strong Suggestions (Ok, so they're rules)

Safety

Please nothing is more important than your safety. No joke.

And, the biggest best and simplest rule on the trip will be this rule:

The Rule of 3's

You must ALWAYS be a group of at least 3 people, 1 of the 3 MUST be an adult.

Valuables

Laptops & Mobile devices - We have an unplugged/media fast policy on our mission trip. Our goal is to be connected to God, to the local people, and the project. If you have a special circumstance we will make every effort to accommodate that and not violate our policy.

Cameras – You are welcome to bring them, but keep your eye on them.

Passports – We collect these and lock them in a safe. No one person will have to stay due to a lost one, we all will be staying!

We are not responsible for loss or damage of equipment. You bring it, you are responsible for it.

Church

When in Panama do as the Panamanians do! We worship with the locals and get involved leading the service. We dress as locals – guys = dress shirt and tie + dress shoes – girls = dress (skirt & blouse) + dress shoes.

Clothing Regs

Sleeves on dress, shirts and blouses

Flip-flops only when not working or at church

Closed toes shoes on construction and no nylon mesh material, come home with 10 toes!

No color nail polish or jewelry

T Shirts should promote Christian values

Modest swimwear one piece suits for girls or modest tankinis– **no bikinis**. If you have nothing else, wear a DARK shirt.

WHY the Big Deal About “MODESTY” and Dressing Nice?

We are not just representing Reaching Hearts International or even the Allegheny East Conference. We are representing the local Panamanian SDA Church. When we dress out-of-line with them we cause our hosts to be embarrassed and look like hypocrites.

Protecting Our Host

As Christ's representative regardless of the provocation, extend politeness and courtesy to those with whom we come in contact. We are not to embrace, kiss or engage in other affectionate contact, even while traveling and away from our hosts. The local church culture is quite conservative and our goal is not to embarrass.

Stuff to Show Your Parents

Insurance

We provide travel insurance as part of the Mission Team fees. It covers you if your regular health insurance does not and in the event of an emergency medical evacuation back to the USA. Your parents or guardians are responsible for doctor and hospital bills.

What Is Not Included In The Fees?

There are some extra expenses not included in the team project costs. They are:

- Spending money (approximately \$60-100) for:
 - Meals while traveling, 2-3 meals are eaten in airports
 - Snacks & cold drinks from various shops
 - Offering for Sabbath School and Church, please give an offering.
- Pre-Trip Immunizations (as per your parents' choice - none are required.)
- A passport/visa

Early Return Home (if ALL else fails)

In the event a team member has to return home due to disciplinary action, it will be at the parent's or individual's extra expense. This expense includes the cost of a staff member's round trip ticket to accompany them. A return home due to illness, is covered by insurance.

Contacting Us During the Trip

Some staff members are assigned cell phones and they can be contacted for emergencies and not for any other reason. The church office can be contacted if there is need to get in touch with the mission trip staff. We report in when we have arrived and a student team will try to post web updates. The website address will be provided before we leave.

Medical Information Form

It is very important to list on the health form any medical or emotional problems. **Problems not disclosed by the parents or team members might be cause to send a team member home.** Allergies to medicine or foods, any medical treatment and ALL special needs, must be noted on the form. This is a safety issue not to prevent anyone from going. It must be signed by a parent or guardian and notarized for all team members under 18 no exceptions.

An Extra Word About Reactions

If you have allergies, asthma or any acute condition you may want to see your doctor to get any needed prescriptions in case you have a flair-up. Even if you don't think you will need it, it's best to have it. What is minor at home can be major when traveling.

Packing

Luggage

Pack light – bring everything you need & need everything you bring. Your packing is limited to **one** piece of luggage (50 lb. max.) to check and **one** to carry on. A 51+ lb bag will cost you \$90. You will also be carrying a team supplies suitcase which we will be packing at our last meeting. You are responsible for both suitcases.

Don't Pack Your Mission Shirt – Wear It

We will wear our mission trip shirts with nice jeans, pants or shorts whenever we fly.

Construction Clothes

Bring clothes you won't mind getting dirty and possibly ruined. Make sure any logos or words on your shirts are appropriate and that your shirts have sleeves. **Close-toed shoes are required and Pr. Micah recommends canvas/leather shoes not nylon mesh.**

Casual Clothes

For VBS, village visits, excursions, when are together as a group, clothes should be neat and mostly clean. Casual clothes would include slacks, modest shorts, decent shirts/tops (not sleeveless) and durable shoes. The best T-shirts have no "statements" and nothing anyone would consider questionable on them. Keep it simple.

Swimwear

You guessed it - only MODEST bathing suits keep with our mission. One piece suits for girls or modest tankinis– **no bikinis**. If you have nothing else, you can wear a DARK shirt that is NEVER removed. (We have some of the ugliest DARK shirts you've ever seen.)

Things You Don't Need

Jewelry, expensive watches or nail polish.

Should I Treat My Clothes With Permethrin?

Permethrin is an insecticide used to treat clothing and bedding before you pack. It lasts two – three weeks and helps keep insects off of items you've treated. This is optional, you should follow all labeling instructions; do not treat your pillow. But the best insect prevention is insect repellent with Deet. More on this at our February meeting.

TSA Restrictions for Carry-on Items

From www.TSA.gov - Liquids, gels, aerosols, creams and pastes must be 3.4 ounces (100ml) or less per container; must be in 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. The bag limits the total liquid volume each traveler can bring.

SUGGESTED PACKING LIST:

Use good judgment. Bring things that keep with our critical mission.

- **Passport**
- Medications –over-the-counter
- Sunscreen SPF15+
- Chapstick
- Mosquito repellent (30% Deet or 20% controlled release)
- Anti-bacterial wipes / hand sanitizer
- Baby wipes and/or flushable-type wipes
- Shampoo & conditioner
- Toothbrush and toothpaste*
- Lotion (fragrance free recommended)
- Non-exfoliating face wash
- Razor and shave items
- Deodorant*
- Body wash or soap
- Nail clippers and files
- Comb, brush
- **(Leave your fancy hair dryer and curling iron at home.)**
- Casual outfits, modest shorts
- Work outfits, including close-toed shoes & long pants as needed (also see note above)
- Inexpensive work gloves (1-2 pairs)
- Basic safety glasses
- Lightweight pants – jeans may be too hot.
- Church clothes guys = dress shirt and tie.
Girls = dress (skirt & blouse)
- Dress shoes – not sandals.
- Underclothing, (girls-sport bras best on work days),
- Socks-almost 2 per day
- Belt
- Shoes – Van-like for travel,
- Shoes for working
- Beach shoes or sandals
- Flip flops or shower shoes.
- MODEST bathing suit – 1 piece for girls or modest tankinis.
- Small pillow, if you want one while traveling or prefer to have your own.
- Sweatshirt or light jacket.
- Bible
- Hat, cap and/or bandana also hair ties/head bands
- Camera other than your cell (optional)
- Wash Cloth & 1 beach towel
- Sleepwear
- Laundry/dirty clothes bag (heavy duty trash bags work)
- Laundry detergent (if you want to wash out something)*
- Flashlight & extra batteries and bulb (AA Maglite is perfect size)
- Personal Items – partial list (liquids in Ziplocs to avoid leaking on your clothes)
- Kleenex and/or Toilet paper
- Small alarm clock (optional)
- Bottle for drinking water
- Spending money approximately \$60-100.
- Glasses - If you wear contacts, your backup glasses WILL come in handy.
- Sunglasses
- A positive “service” attitude!

Please contact the trip leader, Pastor Micah 301.717.9556 or youth.dude@me.com if you have questions.

* Please read the new TSA rules for liquids, gels and aerosols in carry-ons.