



## **SCHEDULE FOR MEDICAL MISSION TRIP**

### **July 7-12**

- Arrive Monday July 7th – Fly into Merida, Yucatan, Mexico. Try to arrive in the middle of the day. We will pick you up at the airport and take you to your hotel. Orientation dinner will be around 6PM.
- Tuesday July 8th – Breakfast 8AM /orientation /service at the Children 4 Christ Ranch (C4CR) / dinner at 6PM, then free time.
- Wednesday July 9th - Breakfast @ 8AM / leave for ministry @ 9AM. Ministry from 10:30 -1:30/ lunch ministry with kids 2:30 till 3:30/ drive back/ dinner at 6 PM, then free time.
- Thursday July 10th – Fun Day / Day off
- Friday July 11<sup>th</sup> – Breakfast @ 8AM/ leave for ministry at 9AM /ministry location is Santo Domingo or Buctzotz.
- Saturday July 12th - fly out from Merida

## What to Bring on the Trip

1. Cash only - Vendors will not accept USD bills with tears, ink marks, or if it looks old. Travelers Checks are not accepted. Often vendors will NOT accept credit or debit cards. Vendors accept American Currency. One hundred dollar bills will bring a better exchange rate. Make sure that all bills are dated 2003 and above. Keep an assortment of \$1, \$5, and \$10 bills.
2. **Passport**- Put in your carry on or in a passport lanyard. Also bring a photocopy of your passport for backup.
3. Bible, and note pad, journal, and pens.
4. Camera
5. Comfortable walking shoes AND an extra pair in case they get wet or something.
6. Flip flops for the shower.
7. Sunglasses
8. Sunscreen
9. **Insect Repellant**
10. Light poncho for possible afternoon showers
11. Toiletries including soap, toothpaste, DEODERANT, lotion, shampoo-remember airline guidelines.
12. Small flashlight/reading light.
13. **Water bottle**
14. Snack foods/Zip Loc Bags (We will stop at Walmart on arrival)
15. Trash bags for dirty clothes
16. Personal Medicines as needed. Medicine must be in original prescribed bottle with your name on it & medicine's name on it.
17. One towel and washcloth.
18. Leisure clothes for work and non-church ministry.
19. Hat for protection from the sun. Also bandanas are wonderful in the heat.
20. Dress clothes for evening services (skirt for women, pants for men, modest top).

21. Shorts are NOT allowed in church, but feel free to wear them while doing evangelism or work projects.
22. Swim shorts.
23. Anti-diarrhea, Tylenol, Acid Relief, etc.
24. Safety pins, small clothing repair kit.
25. Travel pouch (fanny pack that fits around your waist).
26. Hand wipes/ hand sanitizer. Bring enough for every day.
27. Ear plugs.
28. Check baggage weight limit for flights.
29. Small Carry-on bag.
30. Gatorade single serving packets for your water for rehydration of electrolytes.

**DO NOT BRING:** expensive jewelry, watches, cameras, or other equipment that could be possibly stolen from your hotel room or during the trip.

**\*\*Schedule is subject to change at all times**

**Stay Focused – Stay Flexible**