



Topic 3: Packing & Travel Tips

Travel Simply

Traveling light is about more than just being able to get around easily. As we pack, it is crucial to consider the people and the places that we will be working with. Compared to the rest of the world, most of us in the United States live rather extravagantly. Our packing, what we take and what we don't take, is an opportunity to express global awareness and cultural sensitivity. More importantly, it is an opportunity to be aware of the people we will be in relationship with for a short time on our trip.

For many of us, clothes help us feel better about ourselves. We spend a lot of time worrying about how we look, because it affects how we feel. For a short time, we want to view clothing differently. In many of the places we will be, clothes will serve the simple purpose of covering the body.

Let this trip be an exercise in simplicity. Don't bring a bunch of stuff. Pack light. Leave your technology at home, and enjoy the opportunity to be free from the hassle of it all.

Luggage

Each participant is allowed **one bag** in addition to a sleeping bag and pillow. We recommend a duffel bag as opposed to a suitcase since they are easier to carry and transport. *Note for Los Cabos participants: You may be asked to bring a tent, as we will be tent camping for the first part of the trip. The remainder of the trip, you'll sleep in dorms. Our office will contact you or your group leader about tents as the trip draws closer.*

Packing List

- A pair of work gloves
- Bible, notebook, and pens
- Hat
- Sunscreen
- Chapstick
- Water bottle
- Basic Toiletries
- Passport
- Sleeping Bag and Pillow
- Towel
- Prescription medication
- Camera
- Clothes (For help, follow guide on next page.)

A Word about Technology ...

All personal communication or media devices (including: cell phone, ipod, discman, mp3 player, gameboy, video games, etc.) are not allowed to be used during the YouthWorks week. For the drive to PLNU and the drive back home, please follow any guidelines that your youth leaders or drivers may set for travel. We will give you an opportunity during check-in at PLNU to lock up your items in our safe. If we see these items while on the mission trip, we will confiscate them for the week.

Clothing Guidelines

<p>Do Bring:</p>	<ul style="list-style-type: none"> • at least knee-length shorts or capris • t-shirts with an actual sleeve • conservative pajamas (longer shorts, short-sleeve shirt) • light jacket and/or long sleeve shirt (in case evenings are cold) • enough underwear and socks for every day • closed-toed shoes (during day at church/ministry site), • rubber flip-flops (for shower and camp) • a bathing suit <p><i>for Sunday morning service:</i></p> <ul style="list-style-type: none"> • Women: at least knee-length dress/skirt • Men: button-up shirt/polo & nice jeans/casual dress pants
<p>Don't Bring:</p>	<ul style="list-style-type: none"> • tank tops (of any kind – even as pajamas) • cropped shirts • low-rise pants • anything that is too tight • clothing with inappropriate logos or words • clothing/hats that are USA-centric

Weather Note:

The weather in Baja, Mexico is hot in the summer – but temperatures can drop considerably in Tecate at sun-down. Further information can be found at www.wunderground.com/tripplanner under the cities of Tecate and Tijuana, Mexico.

Basic Travel Tips

General Packing:

- Keep your toiletries simple. Avoid make-up, cologne, excessive hair care products, perfume, glass containers, flip-top-lids, and aerosol cans. Ladies, if you are anticipating your “special time”, be sure to pack extra supplies just in case.
- Check into “shared packing” of toiletries and certain meds with people from your church.
- Put anything that can leak into Ziplock bags or mini-Nalgene containers.
- If you struggle with digestive issues, the change in diet may be hard on your system. Packing a little extra Tums or Pepto Bismol never hurt anyone.
- We will have a camp nurse and first aid kits for each team that are well-stocked with a nice variety of medicine. You do not need to worry about bringing aspirin, band-aids, etc. Only bring along specific prescriptions.

Water & Dehydration:

Stay hydrated. Drinking water is one of the easiest and most effective ways to stay healthy. Water has the ability to help reduce headaches and the risk of constipation.

Once you arrive, drink water when it is offered, and keep a water bottle in your bag. Your hosts will ensure that the water you drink is safe.

And, since bathroom facilities are often limited and traveling each day can be long, pace yourself during the day so you are not in pain waiting for the next bathroom. A good strategy is to hydrate a lot at night once you have arrived at where you are sleeping, with the bathroom close by. It is very easy to get dehydrated. Symptoms include headache, nausea, dizziness, dry mouth, constipation, dry and/or chapped lips, confusion, and darkening of the urine.

If you realize that you are getting dehydrated, drink water as soon as possible. Don't guzzle it though, or you can get some nasty cramps. If someone is in a more advanced state, get them cooled off, out of the sun, and reintroduce water slowly.

Sleep:

There will be a "lights out" time set by your leaders. Even if you are in separate rooms, please honor this. You are not at summer camp. If you choose to only get a few hours of sleep at night, you might be fine for the first few days, but you'll need your energy to sustain the entire trip. If you stay up late, you'll begin to wear out and get sick—and in such close quarters, others can catch your sickness easily. So, when it's time, go to bed.