



MEXICO MEDICAL MISSION TEAM HELPFUL HINTS AND INFORMATION

LUGGAGE

Each team member is only allowed one carry-on piece of luggage (depending on the airline), and will have to pay for checked luggage. Please do not have sharp items including tweezers and nail clippers or scissors in your carry-on luggage. Personal medications should be in the original bottle in which they were dispensed.

LODGING

Our housing accommodation for the mission is at Manos Juntas headquarters in Rio Bravo, Mexico. The areas that we will be using are air-conditioned. There are bunk beds in each room along with showers. This area is set up like a dorm as there is a full kitchen, dining, and living areas as well. You will need to provide your own toiletries and other personal items. All towels and linens are provided. We are to take good care of the facility, and leave it exactly or better than we found it.

TASK

The task of the medical team is to share the light of Christ and provide quality medical care for the people of Mexico. There will be many assignments given to the team, and we ask that you be flexible about where you are willing to serve. Each person on this team is an integral part of making this mission successful and honoring God. Our core leaders at the clinic and the team leader will work together to make assignments.

CLOTHING

Scrub suits, casual, and cool clothing are all suitable for the medical team. Missioners are not to wear tank or halter tops, and shorts should be at least knee length. Plan to wear sturdy shoes for walking and standing, and please do not wear flip flops at the mission site. The weather will be HOT, so dress COOL, but dress in layers. Kerchiefs are very helpful for keeping cool and mopping perspiration. We could have a cool spell (not), but please bring a jacket!

WHAT TO BRING

Personal hygiene items, medications, Bible, camera, a WATER BOTTLE with your name. All personal prescription medications are to be in their original, pharmacy-dispensed bottles and put in carry-on luggage, sunscreen, insect repellent, and a hat. If you wear contact lenses, bring your glasses.

PLEASE BE PREPARED TO DRINK AT LEAST EIGHT GLASSES OF WATER PER DAY – THIS IS A MINIMUM REQUIREMENT.

SHOPPING AND SIGHTSEEING

BECAUSE OF HEIGHTENED SECURITY IN MEXICO, NO PERSON IS TO GO ANYWHERE IN MEXICO ALONE. ALL MISSIONERS MUST TRAVEL IN GROUPS! THERE ARE NO EXCEPTIONS TO THIS!

We will have an opportunity to experience local culture and browse the market area in Nuevo Progreso. There are a variety of items available: wood carvings, blankets, jewelry, purses, leather goods, ceramics and other traditional items. U. S. Dollars are accepted, so it is not necessary to exchange your money for pesos.

DEVOTIONS AND REFLECTION TIME

Each team member is expected to participate in daily morning devotions and even reflections. Your presence and input are invaluable to the mission.

MEALS

All meals are planned and prepared by our excellent cooks. They will prepare breakfast, lunch and dinner each day. Please be courteous and offer to help with clean up after each meal, however, do not expect that they will accept the help. The cooks take pride in taking care of this need for the team. They also value your input and suggestions, and will do their best to accommodate special dietary needs. If your needs are very specific, please bring the food items you need. Plenty of water will be provided and Gatorade will be provided for each individual. We will pack sandwiches for our patients to eat while we enjoy our meal at the clinic.

EAT ONLY FOOD AND WATER PURCHASED AND PREPARED SPECIFICALLY FOR OUR TEAM, but please eat. You will need the energy provided by your food. Please **DO NOT** eat any food in Mexico no matter how good it looks and smells unless you have cleared this with your team leader or Manos Juntas staff.

LEGAL FORMS

Please bring the required medical/liability and notification of death form with you. You will not be allowed to enter Mexico if you do not bring these forms.

YOU MUST HAVE A VLAID PASSPORT TO ENTER MEXICO AND RETURN TO THE UNITED STATES!

If you have questions, please don't hesitate to contact me:

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