

CHRIST'S CHURCH YOUTH

COSTA RICA TRIP, JULY 3-11, 2010

THINGS TO BRING (in ONE bag weighing less than 50 pounds!)

- Bible, journal, and pen
- Passport
- Spanish dictionary and/or phrase book (optional)
- One pair of work gloves (the church will bring 30 pairs but if you have some that fit you well, bring them)
- 1 Paint brush or roller/roller covers to use/donate
- Protective eyewear
- Individual water bottle
- Flashlight
- School supplies and/or toys for children to donate (optional)
- Work clothes for 4 days construction and painting – Long pants and shirts with sleeves.
- Clothes for travel days, arrival introduction day (Sunday), inner city ministry day (Tuesday). NOTE: Shorts must be **modest**--At least fingertip length.
- Clothes for beach day. NOTE: Swimsuit must be a one-piece, tankini, or 2 piece suit with a dark shirt over it--**no midriff exposed**
- One nice outfit for church Tuesday night: Guys: pants and polo, Girls: dress or skirt or nice pants and shirt
- Closed toed walking shoes or hiking boots
- Old closed toed shoes for work days
- Sandals
- Light jacket or hoodie
- Raincoat
- Sunscreen
- Insect repellent
- Small backpack for daily use and fun excursions (good for your carry-on on the plane)
- Binoculars, a camera and film (optional)
- Toiletries
- Beach towel
- Bath towel
- Pillow, pillow case (all other bedding is provided in Costa Rica)
- Necessary medications
- Money for extra meals, excursions, snacks, souvenirs, etc. (will be changed to local currency through our mission host—not at the airport)
- Travel alarm clock
- An open heart and desire to help the poor and experience the culture
- Note on Cell phones, iPods, MP3 players: You may bring them, but they are only for use OUTSIDE Costa Rica (for travel time to and from the US). If any are used while in Costa Rica, they will be taken and **donated**. We have the right to check what you are listening to and watching. Remember this is a mission trip—only PG or G movies, and only music that you want Jesus to hear.

FAQs:

What are the carry-on bag rules for liquids on our plane ride? You can bring bottles of 3oz or less of liquid. The bottles must fit in 1 clear quart size baggy. Any additional liquid you need to bring for contacts or hygiene must be packed in your checked piece of luggage.

Will calling cards and cell phones bought in the U.S. work in Costa Rica? Only ICE cards will work with Costa Rican phones, and they can only be bought in Costa Rica. Some U.S. companies claim that their cards work here, but they do not. Save your money and buy a card here, as they are easy to find and to use. Some U.S. cell phones work here, such as Singular, although it costs more than \$3 per minute to place a call. My cell phone is also often available for emergency or very brief calls.

What's the weather and culture like and how do I dress appropriately? The Church and culture in Costa Rica are much more conservative in many ways than our own. It is important to remember that short-shorts are not appropriate in the city, although such clothing can be used at the beach and other specified fun destinations. Use of such clothing brings unwanted attention in a variety of ways. Other clothing recommendations depend on the project location. Many parts of Costa Rica have rain all year long and although the beach and lowland areas are warm to hot, the mountainous areas are often considerably cooler. This is why raincoats, long pants and lightweight jackets are suggested when working in Costa Rica, especially higher altitudes. Remember that good closed toed shoes are required for construction work, as are gloves and often safety glasses.

Can we bring gifts for the children, families, etc? Absolutely, but the giving of toys, clothing, supplies, and other gifts must be coordinated through Charlie Strong, the Director of Strong Missions, and the directors, teachers and pastors, to later be distributed to the children, churches, families, or other communities. This is better for the esteem of the recipients and cuts down on children and adults learning to always expect gifts from overseas visitors, as well as making such giving a true act of charity. This is important so as to not contribute to a feeling of dependence as well as to keep recipients from arguing over who gets what, something that occurs occasionally among those who have so little.

Are there concerns about the food/water? Most water in Costa Rica is potable and can be drank without fear, although at times contamination does occur, especially in lower lying areas. Regardless, bottled water can be found everywhere. Most food can be eaten without danger, although most problems arise from unwashed fruits and vegetables or warm condiments. Travelers should be careful when eating from street vendors, but most hotels, restaurants and homes have excellent food preparation procedures.

What is the temperature like? Upper 60s, lower 70s at night. 85 or 90 highs during the day. With frequent rains.

OTHER FAQs can be found at our mission host website: www.strongmissions.com