

# MISSION TRIP PREPARATION INFORMATION



## PACKING LIST

- Passport, copy of passport, address, phone number, etc.
- Page 2 of this document
- Personal medicines – *All prescription medicines **MUST BE** packed in your carry-on bag*
- \$50 in small bills, **plus** any extra money you want to buy souvenirs
  - This amount allows you to budget for the following items in Rwanda:
    - \$20 bill to enter country of Rwanda
    - \$5 to cover special mission trip activities (volcano, etc.)
    - \$5-10 to cover one lunch out to eat (OR eat PB&J for free)
  - Bills **cannot** be marked or torn
- Clothes: 6 shorts (work/play), 1 pair of jeans (work/play), 7 t-shirts (work, play), 1 conservative outfit for church, thin rain jacket, 1 long-sleeve shirt, underwear, socks, **work gloves**, tennis shoes, work shoes, and sandals
  - Clothes will not be washed for you
  - We encourage bringing old clothes and shoes that you can leave behind as a donation
  - Pack one change of clothes in your carry-on bag
- Toiletries
- 1 can powdered “Gatorade” **AND** 1-2 boxes of individual packets of electrolytes (Gatorade, Propel or Pedialyte). ***Please make sure that the can of Gatorade is in a large, sealed plastic bag and stuffed in a place where it will not break open!***
- 1 plastic jar of *peanut butter* and 1 plastic squeeze bottle of *jelly*. *Please pack all of these items in your checked bag as they are considered “liquids” by TSA*
- Small flashlight, Bible, journal, pen
- Water bottle (insulated with a shoulder strap is best)
- Small snack items (granola bars, cracker packages, etc.)
- Sunscreen and insect repellent, hand sanitizer or hand wipes
- Sunglasses, hat, and a few bandanas
- Camera

Drinking water, sheets, a pillow, and a towel will be provided. Please do not bring good jewelry, or computers. Please do not hesitate to ask if you have any questions regarding items that you can or cannot bring.

**You may be asked to carry a Crimson duffle bag of supplies.** In this case, please try to fit all of your personal items in your carry-on(s). Personal items that do not fit in your carry-on, plus any liquids (like peanut butter!) can be added to the top of the supply bag as long as it doesn't exceed 50 lb.

If you are not asked to carry a supply bag, we would greatly appreciate donations of supplies from our list. Check out our Current Needs List or ask your group leader for guidelines of what you can donate. We always need twin extra-long fitted sheets for our dorm beds, towels and clip-on electric (not battery) fans.

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**\*\*PRINT THIS PAGE AND BRING WITH YOU TO Rwanda\*\***

## **BEFORE DEPARTURE:**

- **Get any shots and medications you might need.** The CDC recommends Hepatitis A and an updated Tetanus if necessary. Some clinics advise a series of three Hepatitis B shots, a Typhoid shot, and/or malaria pills. Check with your doctor. **Please put all prescription medication in your carry-on** in case your checked luggage is delayed.
- **Please bring OTC medical supplies for your own use.** If you do not finish your supply, please consider leaving them in Rwanda for use in our clinic.
- **Coordinate with your group leader to collect donations** from our Current Needs List, items specific to projects on your trip, etc.
- **If you can't make the trip**, you must cancel your ticket before the plane is scheduled to depart in order to get any credit for it. Please call your group leader and the Crimson Foundation office (1 770-485-3251) and let us know if you can't make your flight at the last minute. Please do not e-mail Monica at the Crimson office any urgent last minute information since this will not be seen until the office opens. Instead, please call the emergency number on the office answering machine (1 770-485-3251).
- **Wear your Crimson t-shirt when you travel.** This helps the group leader keep track of everyone and allows the driver to identify you upon arrival in Managua.
- We suggest that you **purchase a water bottle at the airport before you depart** so that you will have it for the 2.5 hour bus ride to Chinandega.
- **Turn your cell phone "OFF"** to avoid expensive charges during your visit. We encourage everyone to "unplug" from all electronics during the week.

## **YOU ARRIVE IN RWANDA:**

- **If you arrive with a group**, stay with the group and load the bus after you exit baggage claim.
- **If you arrive on your own**, look a driver holding a sign with your name or a Crimson Foundation representative. If you cannot find either of these, wait for 20 minutes in the airport lobby. If no one arrives, look for the Movistar cell phone stand in the airport lobby. For less than \$1, you can make a phone call to one of these cell phone numbers:
  - Jean De Dieu Nsabimana: +250 7887 55921
  - Cris in Georgia: +1 770-485-3251

## **ON YOUR WAY HOME:**

- **Leave behind** dirty clothes, leftover snacks, medicines, etc. as donations.
- **Post your photos** on the Crimson Facebook page or trip Shutterfly site.
- Consider becoming a **regular Crimson supporter!** Call the office or go online to become a monthly donor or to volunteer: <http://Crimsonfoundation.com>.
- **Plan your trip for next year!**



**\*\*PRINT THIS PAGE AND LEAVE WITH A FAMILY MEMBER\*\***

To Parents and Family Members of Mission Trip Participant,

We are excited to spend a week with your child/family member in Rwanda! To fully experience two weeks in Rwanda, we ask that all of our mission trip participants refrain from contacting home unless there is an emergency. In the case of an emergency, your child/family member will be able to contact you. Please assume that if you do not hear from them while they are in Rwanda, they are having a wonderful week. You may visit our website ([www.Crimsonfoundation.com](http://www.Crimsonfoundation.com)) or our Facebook page to see the projects that your family member may be working on.

#### CONTACT INFORMATION

In the event of an emergency, you can contact your child/family member using these numbers:

- US Crimson Office (Recommended during office hours):
  - Monica Scott, US Missions Director: 770- 485-3251, [staff@Crimsonacademy.com](mailto:staff@Crimsonacademy.com)
- To directly contact someone in Rwanda:
  - Jean De Dieu Nsabimana, Rwanda Logistics Director: +250 7887 55921 [jean@Crimsonacademy.com](mailto:jean@Crimsonacademy.com)

#### PARTICIPANT FLIGHT INFORMATION

Please fill in when you have purchased your flights.

Departure Date: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Departure Airline: \_\_\_\_\_ Departure Flight #: \_\_\_\_\_

Return Date: \_\_\_\_\_ Return Time: \_\_\_\_\_

Return Airline: \_\_\_\_\_ Return Flight #: \_\_\_\_\_