

*Encounter Ecuador  
Justice Immersion Experience  
July 13-22, 2010*



Estimated Cost for the trip includes flight/airport costs, ground transportation, housing, food and project supplies \$1,500.00 per participant  
Participants must be at least 16 years of age and a Junior or Senior in High school fall of 2010

**Registration paperwork and \$250.00 deposit due by February 5th, 2010.**  
Remainder of cost due on April 1, 2010

**Information meetings** for group leaders on October 1<sup>st</sup> 2009 10:30 a.m. at Sacred Heart Seminary. Parent meeting on November 12<sup>th</sup> Location TBD

**Required Preparation Events for AOD Justice Immersion Experience**

**Global Awareness Retreat - Saturday-Sunday, March 13-14** 9:00 a.m. through-3:00 p.m. The cost for the retreat is \$15.00 to cover food and supplies.

**Thursday, May 20th – Group Gathering**

6:00 – 9:00 p.m. Location TBD  
Developing skills to bring the experience back home

**Thursday, June 24th - Group Gathering**

6:00 – 9:00 p.m. Location TBD  
Logistical Preparation and preliminary presentations will be given

For more information contact Joyce Francois 313-237-5812. To see highlights from the last trip go to [www.detroityouthministers.com](http://www.detroityouthministers.com)

# Purpose of Encounter Ecuador

The Archdiocese of Detroit Justice Immersion Experience is for people who are willing to have their lives touched and forever changed. During your time in Ecuador you will have the opportunity to meet with Ecuadorians, hear their stories, and accompany them for a short time in their daily lives. As a group of North Americans, you will also have the opportunity to reflect together on the challenge this experience offers personally, politically and spiritually. We hope that the stories you hear and the experiences that you have will lead you to continue to work towards justice and peace in Ecuador and in your home community. To participate in the AOD Ecuador Immersion Trip is to enter into an ongoing dialogue with the people of Ecuador and with other North Americans; a dialogue which we hope will challenge and change the heart, mind and spirit.

## Preparation, Logistics and Necessary Information

### Travel Documents

*The following information applies to US Citizens.*

A valid passport is required to enter Ecuador. If you are applying for a new passport in the months before your trip, give your departure date and ask to make sure that your passport will be returned to you no later than May 19<sup>th</sup>, 2010. Customs forms will be given to you by the airline on which you are traveling. If you are using an existing passport make sure it does not expire before January 29<sup>th</sup>, 2011.

- Entering Ecuador – as you pass through immigration at the airport, the agent will ask for your passport, the purpose of your visit (tourism) and the address of where you will be staying, Santa Cruz Center in Riobamba, Ecuador.
- Leaving Ecuador –A departure tax of \$40.00 is charged when leaving the country.
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### Health Recommendations

Many people have concerns about their health while traveling in developing countries. The following are recommendations for staying healthy while in Ecuador from a physician and the Center for Disease Control. Please contact your local travel clinic or consult the Center for Disease Control's website for further information. Remember to bring mosquito repellent. Contact your county Health Department for discounted immunizations.

**Typhoid:** An oral typhoid vaccine (one capsule every other day for four doses) will prevent typhoid fever in most cases, and severely reduce symptoms and risk in case of sickness. Long-term volunteers, especially those in rural communities, should consider this but it is probably not necessary for short-term delegations.

**Other Immunizations:** Remember that travel to a developing nation is a good time to update your other immunizations such as tetanus and measles/mumps/rubella (MMR) vaccine.

### **Altitude Sickness**

The majority of our time will be spent at an altitude of 4,500 meters approximately 14,000 feet. Please check with your doctor for preventative medicine if you are prone to discomfort at high altitudes. One of days will be spent hiking Mount Chimbaraso when we will ascend to 15,000 feet. Last year some of us had difficulty adjusting and stayed back at the bus.

**Traveler's Diarrhea:** The best way to avoid diarrhea is to watch what you eat. Avoid raw fruits and vegetable which are not peeled. Anything that is well cooked and hot is usually okay. Follow the instructions of your delegation leader. Pepto-Bismol tablets are also helpful in case of diarrhea and for general stomach upset, but may not cure diarrhea and should not be taken for more than a 48 hour period. It is recommended that you do not self-medicate, but ask to see a doctor in order to identify what is making you sick (for example amoebas, parasites, food poisoning, etc.) and to treat it with the proper medication.

**Other Health Recommendations:** Avoid dehydration by minimizing consumption of soft drinks and by drinking plenty of water. Purified water will always be made available. Be sure to get plenty of rest, avoid over heating, and eat plenty of fruits and vegetables. The high altitude in the mountains may cause headaches, nausea, altitude sickness and insomnia, so be sure to ascend the mountain gradually. In addition use sun block rated at least 15 SPF, because the risk of sunburn is greater at higher altitudes. Protecting yourself against insect bites will help prevent other common illnesses in the region.

### **At the Airport in Ecuador**

Immigration and customs at the Ecuadorian airport are fairly efficient and straight forward. You will pass through immigration before claiming your baggage. Once you have your bags, you will proceed through customs.

### **Delayed Luggage**

Luggage delays are possible with all of the airlines that service Ecuador. Therefore, you must be prepared for the possibility that not all of your luggage will arrive when you do. Please bring your essentials in a carry-on bag: a change of clothes, medicines, contacts/glasses, camera, etc. If your luggage is delayed, go to your airline's office located in the baggage claim area and explain the situation. Agents will help you fill out the appropriate paper work. Most airlines will not offer to deliver your lost luggage to you. Please do everything possible to try to convince them that you cannot come back to the airport and that they must deliver it. Tell them that you will sign whatever forms necessary for customs purposes and that they should have the luggage delivered to the Santa Cruz Center.

### **Accommodations**

The group will stay at the Santa Cruz Center. The accommodations at the Center are similar to many Michigan retreat facilities.

## Meals

Meals will be simple.

### **Things to know about food:**

- Generally, it is Ecuadorian custom to eat a large meal at midday and have a lighter dinner.
- Ecuadorian food is an adjustment for some people. We will be served large portions of starchy foods and our digestive systems are slower in the high altitude. Typical foods are some meats, plantains, avocado, cheese, fruits and vegetables. Don't expect low-fat or whole grains: they're not part of the average meal plan.
- If you have food allergies or special needs, or are having trouble adjusting to the food, let the delegation leader know and she/he will work with the Santa Cruz staff to make adjustments.

## Local Currency (what local currency?)

The government of Ecuador decided to make the US Dollar valid as of January 2000. For your purposes "Dollarization" means that the US Dollar can be used anywhere in Ecuador. People still quote prices in Sucre (the former Ecuadorian currency), *but they are no longer in circulation*. Since all of your housing, meals, and transportation are paid for in advance, you will only need money for your tourist card, crafts, souvenirs, snacks, evening outings and tips to drivers, guesthouse staff, etc. You will probably not need more than \$50, *unless you plan on buying a lot of crafts*. You should bring small bills: ones, fives, and tens and definitely nothing larger than a \$20 bill, as it may be difficult and sometimes impossible to get change.

## Weather, Clothes and Luggage

The weather will be dry and cold in Riobamba and cold at night and pleasant during the day in Quito. It will be an average of about 55°F. It is best to dress in layers, bring a jacket, casual clothing with one or two nicer outfits for more formal meetings. Ecuadorians make a significant effort to present themselves well and appreciate it when visitors do the same.

### **Clothing to avoid:**

- X Clothes that would attract unwanted attention such as revealing dresses, tank tops, or short skirts.
- X Shorts, unless you are going on a recreational outing that day or are just wearing them around the guesthouse.
- X Flip-flops (they are considered very informal and are not appropriate for visiting offices and formal meetings) – if you wear sandals, please ensure that they are more presentable than the average flip-flop.

## **VERY IMPORTANT**

Airlines continue to have problems delivering luggage with the passenger. PLEASE pack all medications and necessary items plus a change of clothes in a carry-on bag in case your luggage is delayed.

## **Expectations**

- ☞ Put your used toilet paper and any trash in the wastebasket next to the toilet. *Do not flush any Paper product into the toilet or it will clog.*
- ☞ Many public restrooms will not have toilet paper. Carry travel tissue packets or toilet paper with you.
- ☞ Rest rooms in general will not be as “comfortable” as those in the U.S.
- ☞ In the countryside you will use latrines/outhouses
- ☞ Most showers have only room temperature water.
- ☞ Water and electricity go out at random hours in the city
- ☞ Not everything will start on time
- ☞ Nights are noisy and buildings are not designed to shut out noise (i.e. dog barking, rooster crowing, music, firecrackers, loud vehicles).
- ☞ Bring ear plugs
- ☞ Lots of hurry up and wait.
- ☞ Little time and space for individual needs and privacy.

## **Spanish and Interpretation/Translation**

You do not need to know Spanish to participate in the Mission Trip. Quechua is the language of the indigenous people we will be working with. Having little or no Spanish will make the experience different for you than for group members who are able to communicate directly with Ecuadorians. However, keep in mind that although you will probably come away with a desire to sign up for the next community college course in Spanish 101, there are actually some advantages to not knowing the language.

- ★ You may approach Ecuadorians with greater humility and awareness of dependence on them. This reverses the usual role of the poor Latino in a position of humility and dependence in relation to the U.S.
- ★ You will be forced to increase your observation skills using all your senses.
- ★ You will probably listen more and talk less, and you will listen for intonation, notice facial expression, and feel people’s reactions as you wait for interpretation.
- ★ Your attempts to convey gratitude, empathy and solidarity will be done at the most basic human level without depending on eloquence.
- ★ You will be able to look speakers in the eye and give them your full attention while you are waiting for interpretation rather than taking notes or thinking of your next question.

## Some Useful Quechua Phrases

Pronunciation and grammar is similar to English, probably more so than Spanish.

However:

“a” is pronounced more like the “u” in “cup”.

“aw” and “au” are pronounced like “ow” in “cow”

“ay” is like “ie” in “pie”

“ey” is like “ay” in “lay”

“iy” is like “ea” in “pea”

“uy” is like “we”

### **General:**

Hello – Napaykuykin

How are you? – Allillanchu?

See you later – Ratukama

Goodbye – Allinllaña

Please – Ama hina kaychu

Thank you – Yuspagarasunki

I'm fine, thank you sir – Allillanmi Wiraqucha

Where are you from? – Maymantatah kankiri?

Yes – ari

No – manna

Good! – Kusa!

What is your name? – Iman sutiyki?

My name is <> - <>mi sutiy

I am from ... - ... manta kani.

America – Estados Unidos

How much does it cost? – Imaynan?

Reduce the price - Chanintaya pisiyachiway

I am hungry – Yarqawashan

I am thirsty – Ch'akiwashan

Thanks, that was a good meal – Yuspagarasunki, sumaq mihuna

Is there a toilet? – Kanchu bañu?

## **Some Useful Spanish Phrases**

Buenos días	Good Morning.	
Buenos tardes		Good Afternoon.
Buenos noches		Good evening or good night.
Como esta? Bien, gracias.		How are you? Fine, thank you.
Como se llama?		What is your name?
Me llama/Mi nombre es		My name is
De donde es usted?		Where are you from?
Soy de ...		I am from...
Muchas gracias		Thank you very much
Por favor		Please
Donde esta el bano/service?		Where is the bathroom/restroom?
Gracias por ...		Thank you for ...
... la comida, su tiempo		....the food, your time.
... haber compartido con nosotros		.... having shared with us.

## **Cultural Considerations**

Just as not all North Americans think alike, not all Ecuadorans think alike. It sounds silly, but people often tend to generalize when in new surroundings. Look at their accomplishments in the context of their suffering, hardship, and poverty. Try not to start thinking about solutions to the problems you see until you have time to process all of the information and experiences you are gathering. It is natural to want to seek resolution, but you will short-circuit your level of understanding if you do not stay grounded in what you are actually seeing and hearing. Even after spending time in Ecuador, try to remember that solutions are very difficult to come by. The deeper your relationship with Ecuadorians, the more likely it is that you will understand the complexity of addressing any of the “problems” you come in contact with.

## **Giving to Individuals**

You are not to independently give gifts to individuals on the street *or in the communities you visit*. Small gifts for the entire community will be coordinated by the group leader. On the street, giving handouts can call unwanted attention to the group and put other participants in a potentially uncomfortable position. In a community, such action could result in long-lasting, unintended jealousy and division. Work with the group framework of what you have to give as a delegation and where you would like it to go. Consult with your delegation leader on the appropriate timing and manner to make donations.

## **Guidelines for Safety and Security**

In order to accompany the people of Ecuador, we must be aware of the many levels at which violence affects their daily lives, especially the lives of the poor. We ask that you follow these guidelines for safety and security.

1. Stay with your group and be aware of where you are going and the people around you.
2. Leave passports, plane tickets and extra cash locked at the guest house. You need to carry a copy of your passport with you at all times.
3. Don't wear conspicuous jewelry or watches.
4. In the unlikely event of a robbery attempt, stay calm and immediately hand over what is being asked of you.

## RULES AGREEMENT

### Archdiocese of Detroit Mission Trip Policies

It is the desire of the AOD for team members to experience the dynamics of the Body of Christ, to expand their vision of the world and to participate in an effective and fruitful mission trip opportunity. In order to maximize the impact of this mission trip, each team member is asked to agree to do the following:

1. Represent the AOD at all times with a lifestyle that demonstrates the expected spiritual values and moral conduct.
2. Seek to live an exemplary life of holiness and obedience to God's commands.
3. Act as a servant of the Lord, **regardless of age or experience**.
4. Develop and consistently maintain a **servant's attitude** toward **all** nationals of our host country and my teammates.
5. Be patient, understanding, and forgiving toward the actions of the other members of the team. Be an encourager of your teammates.
6. Make the necessary lifestyle adjustments in order to adapt to the culture of the host community.
7. Respect the host's culture and refrain from negative comments concerning the country's politics, people and culture.
8. Respect the direction of the team leader (s) both during training and the mission.
9. Respect and support the leadership of the host country and the work that they are doing.
10. Refrain from complaining and gossip. If there is a misunderstanding or disagreement, the team member will discuss this in private and with the team leader(s).
11. Refrain from use of abusive language, purchasing or drinking alcoholic beverages and using illegal narcotics. No weapons of any kind. Knives of any kind can be used as a weapon on the streets and so they are not to be brought along on the trip. Knives necessary for work will be provided at the worksite.
12. No t-shirts with rock groups, alcohol or smoking advertisements, or abusive language.
13. Dress should be modest at all times. No short shirts/skirts or spaghetti-strap dresses for the girls.
14. Remember not to be exclusive in my relationships with the team. If my sweetheart or spouse is on the team we will make every effort to interact regularly with all members of the team.
15. Refrain from activity or undue interest that could be construed as a romantic interest toward a national. I realize that certain actions that seem innocent in my culture may be inappropriate in another culture.
16. No horseplay in the rooms. **Individuals** will be assessed for **any** damages caused to mission sites.
17. Protect your valuables. The AOD **will not be** responsible for lost or stolen belongings.
18. During free time, for the safety of all, stay within the predetermined facilities and grounds.
19. Travel in groups of three or more with at least one male leader.
20. For everyone's protection, do not go into any rooms belonging to the opposite sex without the express permission of the leader.

Applicant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Archdiocese of Detroit Encounter Ecuador Trip – July 13-22, 2010**  
**Minor Combined Consent and Health Form**

Name (as it appears on valid US Passport) Your passport must be valid through January 2010  
Last: \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_ City and State, Zip \_\_\_\_\_

Gender \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Relationship \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number \_\_\_\_\_ Relation \_\_\_\_\_

**LIABILITY WAIVER and ASSUMPTION OF RISK:**

I have voluntarily decided to join a delegation trip to Ecuador sponsored by the Archdiocese of Detroit from July 14, 2009 through and including, June 29th, 2009. I understand and acknowledge that the current circumstances in Ecuador, including violence, economic deprivation, social unrest, and natural disasters including but not limited to seismic activity and tropical storms/hurricanes present a greater than normal degree of risk to my safety and security while I am a resident in the country of Ecuador. I further understand and acknowledge that such circumstances could result in physical injury to myself or even death. I knowingly and willingly assume the risks involved in my participation in the mission trip and understand that I have the right, at all times, to refuse to participate in any part of the mission trip completely and can request assistance in leaving Ecuador.

I agree and acknowledge that the Archdiocese of Detroit shall not be liable for any damages arising out of my participation in the mission trip, including but not limited to travel to and from Ecuador. I further and forever release, discharge and hold harmless the Archdiocese of Detroit its bishop, pastoral associates, youth ministers, employees, advisors, agents and representatives from any and all claims, demands, damages, actions, or causes of action, present or future, whether the same be known, anticipated or unanticipated, for any bodily or mental harm, injury, loss, illness or death resulting from or arising out of my participation in this mission trip. The Assumption of Risk Agreement and Release shall bind the undersigned and his/hers heirs, executors, personal representatives and assigns.

I have read and signed the foregoing Assumption of Risk Agreement and Release this day of \_\_\_\_\_ and understand fully its substance and implications.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Printed Name

I am under eighteen years of age and understand that I cannot participate in this mission trip unless my parents and/or legal guardians sign this Assumption of Risk Agreement and Release form and thereby grants me to permission to participate in this mission trip.

\_\_\_\_\_  
Signature of Parent(s) or Guardian

\_\_\_\_\_  
Witness(es)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**STATEMENT OF HEALTH:** I hereby warrant that, to the best of my knowledge, I or my child is in good health and able to participate in all program activities. (Please submit a statement indicating limitations and/or conditions of which we should be aware.)

**Check if no conditions exist:** \_\_\_\_\_

**INSURANCE INFORMATION:** I or my child am traveling overseas to a foreign country; I acknowledge I have reviewed my own or my child's health insurance policy. **I must provide proof of this health insurance.** If I or my child is not insured, I must obtain Temporary Health Insurance for the duration of my mission trip.

Health Insurance Co.: \_\_\_\_\_ Policy No. \_\_\_\_\_ please attach a photocopy of your health card

**MOST RECENT PHYSICAL EXAMINATION** (Provide information on your child's most recent examination)

Date of Examination: \_\_\_\_\_ Physician or Clinic: \_\_\_\_\_

Phone \_\_\_\_\_ Address \_\_\_\_\_

**IMMUNIZATIONS:** Discuss these travel plans and personal health with a health-care provider to determine which vaccinations your child will need. Please contact your local travel clinic or consult the Center for Disease Control's website for further information on how to help you avoid illness and fully enjoy your stay.

I acknowledge that I have been informed of the need of immunizations and/or vaccinations. If have my child any reactions or side effects from the immunizations and/or vaccinations, I and my child will hold the AOD harmless and free from all liability, cost, expenses and fees. If I or my child choose not to obtain any immunizations and/or vaccinations, I and my child will hold the AOD harmless and free from any liability, cost expenses and fees for any illness or disease which I or my child may contract due to or as a consequence of not obtaining immunizations and/or vaccinations.

**ALLERGIES/DIETARY NEEDS:** Please attach a statement noting all known allergies, including how your child has been treated and with what medication. If medications are needed occasionally or regularly, please send them with your child in case of need. If your child has special dietary needs or restrictions, please attach a statement listing these dietary concerns.

**MEDICATIONS:** Any medications brought to the program should be clearly labeled and in their original container. Please list any prescription or approved non-prescription drugs your child is presently taking. Include product name and physician's instructions on dosage and frequency.

\_\_\_\_\_  
\_\_\_\_\_

I understand that all prescription medication will remain in the possession of the adult team leader and be dispensed as prescribed. I grant permission for non-prescription medication (such as ibuprofen, Tylenol, throat lozenges, cough syrup) to be given to my child, if deemed advisable. **If there are any non-prescription drugs you do not want administered to your child please list them below:**

\_\_\_\_\_  
\_\_\_\_\_

**OPERATIONS OR SERIOUS INJURIES:** (Within the past 18 months)

Operation/Injury \_\_\_\_\_ Date \_\_\_\_\_

**MEDICAL EMERGENCY:**

I and my child acknowledge that during my short term missionary service that due to injuries or illness to my child or others, and subsequent medical care and treatment, my child may be exposed to AIDS, hepatitis, or other infectious diseases. This may be due to exposure to tainted, unsanitary or contaminated blood, medical supplies, equipment or unsanitary or infected medical personnel or due to other reasons. Being aware of these risks, I and my child still choose to participate in the short term missionary program and I and my child assume all risks and hold AOD harmless and free from all liability, cost, expenses and fees. In case of medical emergency, I understand that a reasonable effort will be made to contact parents or guardian of participants. In the event that I cannot be reached, I hereby give permission to the physician selected by the Team Leader from the parish to hospitalize, secure proper treatment for, and to order injection, anesthesia, or surgery for my child, as named herein.

**SIGNATURE OF PARENT OR GUARDIAN:** I certify that the above information is correct and give permission for my child to be transported in privately owned vehicles and/or via public transportation for approved the AOD Pilot Mission Trip program activities; and for the release of medical records to an attending physician in case of illness.

I fully understand the consequences of the foregoing statements and sign this form knowingly, freely, and willingly. (Your signature must appear below or your child will not be permitted to participate in the AOD Pilot Mission Trip program.)

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**USE OF PHOTOS:** I hereby grant the Archdiocese of Detroit Pilot permission to use photos or videos of my child taken during program activities, or quotations from my child for future program promotion purposes.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Your signature and your parent's/guardian's at the end indicate your/their consent and acceptance of the provisions included in this document.

Applicant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Legal Guardian's Signatures \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

## Application

Name: \_\_\_\_\_ sex: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Birth Date: \_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_ Age: \_\_\_\_\_

Citizenship: \_\_\_\_\_

Youth applicants are asked to please answer the following questions on a separate sheet of paper.

1. What are you involved with within your parish community?
2. What are your hopes/plans for your future after high school?
3. What interests you in traveling to Ecuador at this time?
4. After your trip to Ecuador what do you hope to bring back to your parish? Your family? Friends?
5. What is your level of Spanish comprehension and verbal communication skills? (Note: Being able to speak Spanish is not required for this trip.)
6. Ecuador is a country with a different culture and living conditions. How flexible do you consider yourself?
7. Why do you feel you are spiritually ready to be a part of Encounter Ecuador Justice Immersion Trip 2010?

Parent/Legal Guardian Information:

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Alternative Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Please attach a photocopy of the applicant's VALID US Passport

Archdiocese of Detroit **Justice Immersion** Riobamba, Ecuador  
July 13-22, 2010  
Agreement Form

**Student**

I understand and agree with the requirements listed for this trip including on-time attendance at all listed meetings. To the best of my ability, I will meet them.

I understand that once airline tickets are purchased I will be held responsible for paying the full amount of the trip even if I withdraw.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Parents**

I agree with and support my child's decision to participate in this mission trip. I understand that my child must attend all listed meetings on-time.

I understand that once airline tickets are purchased, I and my child will be held responsible for paying the full amount of the trip, even if my child withdraws.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Please include with this agreement form a check for \$250  
made out to the Archdiocese of Detroit  
Office for Youth Ministry  
305 Michigan Ave.  
Detroit, MI 48226**

Apart from whatever toiletries you may need, you should consider bringing along the following items: **(Don't forget this manual!)**

### THINGS TO BRING

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- \_\_\_ Casual, but neat shirts, lightweight pants or skirts
- \_\_\_ Loose, comfortable clothing
- \_\_\_ Comfortable and sturdy walking shoes
- \_\_\_ Heavy jacket and/or warm sweater or sweatshirt
- \_\_\_ Mass clothes (casual would be fine, nothing formal)
- \_\_\_ Underwear
- \_\_\_ Flip-flops for showering
- \_\_\_ Toothbrush, Toothpaste, Disposable razors, small shampoo, soap, deodorant
- \_\_\_ Sunscreen, insect repellent and a hat
- \_\_\_ Water bottle (20 oz. or more)
- \_\_\_ Splenda or Sweet 'n' Low (if you use them)
- \_\_\_ Over the counter pain medication, anti-diarrhea medicine
- \_\_\_ Handi-wipes (optional) anti-bacterial hand-gel
- \_\_\_ Prescription medication (in the original bottle) Copies of any prescriptions you are taking
- \_\_\_ Tissues
- \_\_\_ Personal bath/hand towel
- \_\_\_ Notebook/journal and pen
- \_\_\_ Camera, extra camera battery
- \_\_\_ More film than you think you can use (film is more expensive in Ecuador)
- \_\_\_ Sunglasses, Personal spending money (ATM's and credit cards will not work in Ecuador)
- \_\_\_ Travel alarm clock
- \_\_\_ Small flashlight and extra batteries
- \_\_\_ A Bible
- \_\_\_ Photos of your family
- \_\_\_ Photocopy of your passport (2 copies)
- \_\_\_ Copy of your insurance card (provide for Group Leader)