



2022 Team Member Packet

Dear Team Member	2
Medical Preparation	3
Travel Insurance	3
Travel Resources.....	3
Clothing Recommendations	4
Packing Recommendations	5
Healthcare.....	8
Questions & Answers	9
Team Member BEattitudes and Team Covenant.....	12
Minor Travel Consent Form	14

Dear Team Member

We are so excited that you have expressed interest in joining a mission team to serve with us in Honduras. God is already at work and is orchestrating a plan. Your team leader is our primary point-of-contact and has already been hard at work.

The purpose of this packet is to help you BE prepared well in advance of your departure. We encourage you to attend the pre-trip meetings, to read this entire packet thoroughly, and to prepare yourself spiritually.

We have been serving as full-time missionaries and have lived in Central America since 2009 and have hosted many teams and hundreds of volunteers. We look forward to getting to know you better, working with your team, and most of all, seeing how God works through and blesses your team and the people you serve in Honduras.

BE blessed,

Kelly & Trisha Lawrence
Borders Expanded Ministries, Inc.
www.be-ministries.org

Medical Preparation

We highly suggest that you consult with your medical professional about your state of health, to obtain prescriptions, and to obtain any necessary vaccinations listed below.

Travel Insurance

Using data from your team member application, BE Ministries will obtain a plan for emergency healthcare/emergency evacuation with Gallagher Charitable International Insurance Services (www.aaintl.com).

Travel Resources

Centers for Disease Control (CDC)

<http://www.cdc.gov/travel/>

Information about travelers' health, safety and necessary vaccines. The water and food we consume is safe, but the CDC suggests hepatitis A and typhoid vaccines. Be sure these routine vaccinations are up-to-date: measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis, varicella (chickenpox), polio, and your yearly flu shot.

Zika Virus:

<https://wwwnc.cdc.gov/travel/notices/alert/zika-virus-honduras>

Instituto Nacional de Migración

<http://prechequeo.inm.gob.hn/>

Register your trip with immigration prior to entry in Honduras.

STEP

<https://travelregistration.state.gov/ibrs/ui/>

Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. Your team leader can enter everyone at once.

Transportation Safety Administration

<http://www.tsa.gov>

Follow TSA Guidelines for packing, check-in and security procedures at US airports. TSA will require you to discard or re-pack any items not permitted for travel.

U.S. Department of State

<http://travel.state.gov>

The State Department maintains a list of travel information, warnings and notices about travel to particular countries and regions of the world. They also provide information about traveling safely as a US-citizen outside the country.

U.S. citizen infants and minors born in the United States should possess a valid passport. Honduran entry and exit control laws require that a child under age 21, traveling either unaccompanied or with one parent only, must have written and notarized permission to travel from the non-traveling parent/s (or legal guardian/s). If the minor is traveling with one parent only, the absent parent should sign the authorization. If neither parent is traveling with the minor, both parents must sign the [Minor Travel Consent Form](#) on the last page of this packet.

Clothing Recommendations

Since you are packing for a generally warm to hot climate, we recommend bringing extra of everything since there are no laundry facilities. Depending on the time of year, it could be rainy. During the months of June and July, we could have rain in the afternoon hours.

What clothing items should I NOT bring? Shirts with profanity; shirts with political parties or candidates; shirts from other mission organizations; sleeveless shirts; low-cut shirts; tank tops; tankinis; bikinis; short shorts; mini-skirts; expensive or sentimental jewelry.

Location	Men	Women
Church	Dress pants Cargos, jeans	Dress, skirt Pants, capris, jeans
Clinical-type Projects	Scrubs are encouraged for medical, dental, and therapy-type teams	
Hiking	Hiking boots, gear, and gloves (if outdoor activities team)	
Ministry Outings	Jeans or cargos Polo shirt or nice t-shirt Tennis shoes or sandals	Skirts that fall below the knee Lightweight dress pants, capris, or long shorts Dress with sleeves Nice shirt with sleeves Tennis shoes or sandals
Showers	Flip flops (other items listed below)	
Sleepwear	Lightweight pajamas (other bedding items listed below)	
Weather Items <i>(during months of June-October)</i>	Hat or baseball cap Lightweight rain jacket or poncho with hat Rain Boots (June-November) Sunglasses Sweater Small Umbrella	
Work Projects	Head covering Safety goggles Quality face mask Heavy-duty work gloves Jeans, knee-length shorts or cargo pants T-shirts that you aren't afraid of damaging Comfortable old pair of closed-toe tennis shoes, work shoes, or boots	

Packing Recommendations

- Check with the airline provider about luggage costs, restrictions, and embargos during your travel period.
- Check the airline's requirements for baggage weight, baggage size, and restrictions.
- Pack lightly and efficiently.
 - Remove tags and other items from packaging so that you do not have to pay taxes in customs. It is routine to be charged taxes for new items.
 - Don't take items in your wallet or purse that you will not need.
 - Roll your clothing to save space.
 - Use vacuum-type bags to conserve space and to protect gear from water.
- Pack travel-sized containers of shampoo and other toiletries. Pack these and other liquids inside sturdy zip-lock baggies to avoid accidents.
- Your luggage could be damaged or even lost during travel, so be sure leave behind designer luggage and use sturdy older luggage.
- Use the same color ribbons or tape to easily identify your luggage at baggage claim. Also label your luggage.
- Pack one change of clothes and all of your non-liquid medicine in your carry-on bag in the event your checked bag is lost or delayed.
- Do NOT pack any sharp objects such as scissors, knives, or other items that could be construed as weapons in your carry-on luggage.
- Leave enough room in your suitcase for small souvenir items that you may purchase.
- Pack bubble wrap in the event that you purchase a breakable object that has to be placed in your checked luggage.
- Ensure that sports balls are deflated.

Travel-type Documents

- Flight confirmation
- Medical information, blood type, insurance card
- Passport and copy of passport
- Minors: See requirements in the [travel resources](#) section.
- Covid test results
- Covid-19 vaccination record (if applicable)

Bath & Bedding Items

- Mosquito net (we will donate this at the end of team season)
- Pillow (if you have trouble sleeping, please bring your own comfy pillow)
- 2 towels and personal loofa (we have wash cloths)
- ~~Microfiber type blanket that you will leave behind – twin size (disregard 2022)~~

Personal Items

- Small container of anti-bacterial hand sanitizer
- Eye products such as contact lenses, contact solution, contact case, glasses, and glasses case
- Hair products (comb, brush, shampoo, conditioner, & styling creams)
- Insect repellent (35% Deet is most effective for anyone going to villages, hiking or working in the fields).
- Laundry bag (pillowcases work great)
- Medical alert bracelet, if applicable
- Medications, prescription for nausea and diarrhea and OTC's such as Pepto Bismol, Imodium, Dramamine for motion sickness. Prescription medicines MUST be in labeled containers.
- Razor/shaving cream
- Soap
- Sunburn treatment and body lotion
- Sunscreen
- Tampons, panty liners, or pads (*We cannot buy tampons in Honduras*)
- Toothbrush, toothpaste, floss
- Wet wipes

Very Important Items

- Bible (or use your Bible app)
- Masks (N95, KN95, medical, or cloth recommended in that order). No mesh masks, no gaiters, and no vented masks are permitted.
- CPAP and everything needed to operate it, including distilled water
- Camera, charger, etc.
- Ear plugs if you're working with heavy equipment
- Flashlight (ensure it works before you leave, but don't pack with batteries inside)
- Guitar or other small instrument
- Hard hat (if climbing or working on the roof)
- Hat or baseball cap
- Journal
- Pen
- Safety goggles
- Spending money for small souvenirs, snacks, and meals in airports
- Waterproof watch
- Water bottle with large opening
- Work gloves
- Ziploc baggies (some gallon size, some sandwich size)

Security Measures

- Stay with your pre-assigned accountability partner at the airport and have all flight information and contact information with you in case you get separated.
- Keep your passport with you at all times. Plan on giving your passport to the lead missionaries in Honduras. These will be stored during your stay in a locked safe.
- Leave a copy of your itinerary, passport, and emergency contact information with a family member or close friend at home.

Don't skip over this info. We want you to have the best experience possible.

Seriously read these pointers:

- Please get good rest in the days leading up to the trip.
- Don't travel if you're sick, think you have a sinus infection, have any Covid-19 symptoms, or have been around anyone who was positive for Covid-19.
- Wear tennis shoes on the trip to save packing space and to avoid sore feet/blisters from other shoes. Break in new shoes before you leave to avoid blisters.
- Please know that you will not have access to internet or wifi, unless we travel to an area that has free wifi. Please keep your smart phone or cell phone on airplane mode to avoid international roaming fees.
- Family and friends may receive updates that the lead missionaries will post to this Facebook page, <https://www.facebook.com/BordersExpanded/>.
- Please talk with your team leader about the entry and exit procedures as well as the addresses needed for the customs form. Please wear the BE team t-shirt when traveling to Honduras. This way, the missionaries can easily find your group as they arrive at the airport.
- This is **SUPER IMPORTANT** for completing the forms on the plane and for entering the country.
 - Foreseen Address:
Borders Expanded Ministries, Inc.
RV-932, Km 5 hacia Orica
Aldea: El Tomate
Municipio: Guaimaca
Departamento: Francisco Morazán
Phone Numbers: *(People calling these numbers from the USA will need to use the prefix of 011)*
 - 011-504-9926-1090 (Trisha)
 - 011-504-3190-8852 (Kelly)
- If a customs agent requests to check your luggage and asks if you have prescription drugs, they are most likely asking if you are transporting medications to be used for ministry. If these are for personal use, you can answer, "no."

Healthcare

Prepare yourself and your team to handle unexpected medical emergencies. Identify someone on your team with CPR/First Aid certification or consider getting this certification yourself. Brief your team on emergency protocol while on-site, who to contact and in what order, where to go, what to do, etc.

Encourage team members to provide their blood type.

Some First Aid items will be on-site, but here are some items you may want to bring and leave for us to add to our medical clinic.

- Acetaminophen
- Adhesive bandages in several sizes
- Adhesive tape
- Alcohol wipes
- Antibiotic cream
- Antiseptic wipes
- Calamine lotion
- Disposable instant cold packs
- Elastic bandage
- Hydrocortisone cream
- Ibuprofen
- Mouthpiece for administering CPR (obtain from Red Cross)
- Plastic gloves in various sizes
- Safety pins
- Sharp scissors
- Silvadene Ointment for burns
- Sterile gauze
- Thermometer
- Tweezers

This is a list of prescription medications that we highly recommend. **Prescription meds need to be in the original prescription containers.**

- Ondansetron sublingual tablets for nausea (*these are best bc they are fast acting and don't cause drowsiness*)
- Hyoscyamine 0.125 mg tablets for diarrhea
- Phenergan (promethazine) 25 mg tablets for nausea
- Antibiotic prescribed by your medical provider for traveler's diarrhea

In the event that you need emergency medical treatment, bring a credit card and extra cash.

Questions & Answers

- **Where is Honduras?**
 - *Honduras is in Central America. Flights from Houston & Miami are ~3 hours.*
- **How much will it cost to come serve for a week?**
 - *The team fee for 2022 and years past has been \$600/person. BE Ministries will provide accommodations on ministry property, ground transportation in Honduras, emergency medical/evac insurance, and meals onsite. The flight is not included, but a round trip flight could cost \$850 on average.*
- **What airlines fly to Honduras and which airport will we fly into?**
 - *We are only picking-up passengers that fly into Palmerola Interional Airport (XPL). We do not authorize teams to fly on Spirit due to the distance which we would have to travel after dark. Currently, the two options for XPL are American Airlines and United Airlines. We prefer that the latest arrival time be no later than 1:00 pm.*
- **Will someone meet us at the airport?**
 - *Yes, the missionaries will greet you immediately after you exit the secured area of the airport. We will be able to see you once you enter the baggage claim area. We will escort you to the ministry vehicle or team bus. Please wear your mask until you are inside the vehicle.*
- **Will we eat lunch when we land at XPL?**
 - *XPL is a new airport and there aren't many fast-food places currently open. We may offer this option in the future, but for now, we're planning to take a cooler with sandwiches, bagged chips, cookies, and a bottle of water. We will eat in the vehicle en route to our destination.*
- **How long will we have to travel to get to the mission location?**
 - *The road trip will be about 2.5 hours depending on traffic. You'll see extreme poverty and beautiful mountains and scenes on the way. Have your camera ready, but don't hang out of the windows or put your camera outside the window. Please do not photograph police or military.*
- **What language is spoken in Honduras?**
 - *Spanish is the predominant language. Teams can arrange to have translators, but at an additional cost.*
- **What will we be doing?**
 - *The team leader and the missionaries in Honduras will prepare activities based upon the skillsets of the team members.*
- **Will there be an agenda?**
 - *Yes, a daily schedule will be pre-established with the mission team leader, however, flexibility is super important as things could change based upon weather, pandemic, etc.*
- **What is the time zone in Honduras?**
 - *Honduras is on GMT-6.*
- **Will the team have devotions or worship time in Honduras?**
 - *Most definitely. Your team leader will be working on this. Volunteer to help.*
- **Will we be able to interact and have activities with the people or will we be working all day?**
 - *Due to the ever-changing rules regarding the pandemic, we could be limited in what*

we can do offsite. Masks and social distancing are required by the government of Honduras.

- **Will there be a menu?**
 - *Yes, a menu is important for us to have enough food for meals. We will eat some North American-type food initially and introduce a few typical dishes over the course of the week. It is important that we know if you have any food allergies.*
- **What if I have food allergies?**
 - *We ask about food allergies on the team application. We have hosted team members with severe/life threatening allergies in the past, but it can be difficult and expensive to purchase specialty items such as gluten-free items.*
- **What if I am a picky eater?**
 - *We will have a diverse menu, starting everyone off with North American-type food, but we will introduce some typical food into the menu throughout the week so that you can enhance your cultural experience in Honduras. We try to accommodate reasonable requests, but for the most part, we will not have a selection of food like at a restaurant.*
- **Can we purchase snacks and sodas?**
 - *Yes, but a very limited selection and ordered in advance at an additional cost.*
- **Where will we sleep?**
 - *You will sleep in a dorm. If you have a bunk bed in your room, the top bunk will be designated for luggage.*
- **Will I be able to use my CPAP?**
 - *There are several things to consider. We of course encourage you to bring your CPAP machine, but you will need to bring your own supplies such as Distilled Water as this is not readily available. It's extremely important that you realize that the electricity could go out for short periods or longer times. If you cannot sleep safely without your CPAP, this is an important consideration. We need to know in advance if you need to bring a CPAP so that we can arrange to put you in your own room.*
- **Where will we shower? Will there be hot water? Will there be time limits in the shower?**
 - *There are showers adjoining or adjacent to the bedrooms. Since others will be using the same shower, we recommend you pack flip flops for the shower. Yes, unless there is a malfunction or electrical outage, you will have hot water. To conserve water and electricity, as well as to allow others to shower in a timely manner, it is recommended that you shower and dress quickly. Makeup and hair can be done in the dorm room. You will receive 1-2 towels. These will start to have an odor after a few uses if it is damp outside. We can exchange them if necessary, but you won't have a new towel for each day of the week.*

- **Can we flush the toilet paper?**
 - *No, all toilet paper must be deposited in the trash can. Yes, it's gross. We will have someone empty your trash and clean your room/bathroom each day.*
- **Can we drink the water? Can we brush our teeth with the tap water?**
 - *No, you cannot drink or brush your teeth with tap water. We filter water with a professional filter system. You should use the filtered water for brushing your teeth and for rinsing your toothbrush.*
- **For the ladies, should I take feminine hygiene products? Can I buy tampons or pads?**
 - *Yes, even if you are not anticipating the need, please pack these items. Tampons are almost impossible to purchase.*
- **Is it appropriate to buy items from street vendors?**
 - *No, we do not recommend that you buy food or other items from street vendors.*
- **Can I give things away to people?**
 - *No, if you would like to leave something to donate, please leave the items in your room or see the missionaries on-site.*
- **Will we be in danger?**
 - *We will be present to pick up the team at the airport and will accompany the team at all times. As with in any country, even the USA, there are dangers. We do not travel at night and we avoid dangerous areas.*
- **Can we take photos?**
 - *Yes, but it is best to ask permission first. Never take any photos of Honduran police or military.*
- **How do we greet people?**
 - *During the pandemic, a fist bump followed by hand gel is acceptable. Please do not hug or shake hands (easier said than done). If you must shake hands, please use hand gel immediately afterward.*
- **Will we have access to the internet?**
 - *No, not unless you have an international plan on your US cell phone.*
- **Can we give tips to the luggage handlers, cooks, pastor, driver, maid, etc?**
 - *We will pay a set rate to the luggage handlers. The team leader will collect the tips and present these to the cooks and maid on the last night of your stay.*
- **What if I get sick?**
 - *If you become extremely sick or have a minor injury, we will take you to a nearby hospital operated by another North American mission organization. If you are injured or require specialized care, we would need to take you 1.5 hours away to a private hospital in the capital city. All expenses will be your responsibility.*
- **What happens if I get lonely or want to go home?**
 - *First of all, let us know if you are sad, scared, sick, or want to go home for some reason. We will not be able to return to the airport for an unscheduled return flight unless there is an emergency. Our organization will not be responsible for additional costs related to an unexpected return.*
- **Are Covid vaccines required or Covid tests required to enter Honduras?**
 - *Vaccines are not required, however, if you are not vaccinated, Honduras requires a negative Covid test 72-hours prior to arrival in Honduras and the USA requires*

everyone to have a test 1 day (not 24-hours) prior to travel to the USA.

- **What safety protocols will be in place during our stay?**
 - *We will adhere to and respect the law of Honduras. Currently this means that we wear an appropriate mask offsite while in public, that we socially distance, and use hand gel when prompted. While onsite, we will ask about your health each morning. We will also ask that you quarantine if you exhibit any Covid symptoms and we will take you to be tested.*
- **Why are you so strict about Covid?**
 - *Access to healthcare in Honduras is not the same as in the USA. Since so many Hondurans have co-morbidities such as diabetes and high blood pressure, if we were to infect someone, they could possibly die due to lack of Covid treatment options. Hondurans who test positive are secretive about their status due to discrimination.*
- **Can we go site-seeing or buy souvenirs?**
 - *We may not have time to go site-seeing. We may be able to go to Guaimaca, a city about 20-minutes away, where you can buy pine needle baskets or other small items. We have some t-shirts, vanilla, hot sauce, and coffee for sale. T-shirts and many other items will also be available at the airport in Palmerola.*
- **Is it safe for a pregnant woman to go to Honduras?**
 - *No! More info @ <https://wwwnc.cdc.gov/travel/notices/alert/zika-virus-honduras>*

Team Member BEattitudes and Team Covenant

As a Christ follower, I commit to the policies and team member covenants set forth by Borders Expanded Ministries, Inc. (BE).

1. Discipline myself and to put a priority on growing deeper in my walk with Christ during the preparation process and during our project assignment.
2. Participate in and actively support the whole team to accomplish the established goals.
3. Conduct myself in a manner that brings glory and honor to God, to my church, to my family, to both my home and host countries, and to BE Ministries.
4. Conserve energy and water and help keep my sleeping area tidy.
5. Possess a servant attitude at all times and embrace the guiding principle of, "What can we do to serve God and His ministry?"
6. Possess a spirit of flexibility and realize that many factors can alter the pre-established schedule and that plans often change.
7. Share the person of Jesus through my words, actions, deeds, and dress. I will not judge nor criticize the culture, efficiency, work habits, food, traditions, ministry practices, etc.
8. Refrain from any activity or behavior that might be a stumbling block to any team member or to the people I am serving or seeking to influence.
9. Avoid romantic relationships with another team member or a national throughout the entire trip process.

10. Avoid political conversations with team members, missionaries, and nationals. Do not engage in any conversation about who you supported or voted for in the USA.
11. Abstain from using or possessing alcohol, tobacco products, e-cigarettes, and illegal drugs during the trip.
12. Submit to the authority of the team leader(s) and missionaries in Honduras.
13. Respect and follow decisions made by the mission team leader and missionaries in charge.
14. Follow all import and export laws and will be aware of the airline's guidelines for luggage. I will not attempt to bring any item or good into the host country or back into my country of residence that is banned.
15. Communicate all concerns, conditions, or other issues to the team leader(s).
16. Refrain from giving cash, personal gifts, or making promises to a national while on my trip and following my trip. I understand that doing so may create an unhealthy dependency and sense of entitlement. I agree to adhere to this policy no matter the circumstances in order to protect the health of the relationships with BE.
17. Accept that if I break any of the policies listed above, at the discretion of a BE representative and in conjunction with my Team Leader, my mission trip can be terminated, and I can be sent home at my own expense.

Minor Travel Consent Form

To Whom It May Concern: I/We, _____
(Full Name(s) of Custodial and/or Non-Custodial Parent(s)/Legal Guardian(s)) am/are the
lawful custodial parent and/or non-custodial parent(s) or legal guardian(s) of:

Child's full name: _____

Date of Birth: _____ Place of Birth: _____

U.S. Passport Number: _____ Place of Issuance: _____

Date of Issuance: _____ Date of Expiration: _____

_____, (Child's Full Name)

has my/our consent to travel with:

Full name of accompanying person: _____

U.S. Passport Number: _____ Place of Issuance: _____

Date of Issuance: _____ Date of Expiration: _____

to travel to: _____ during the period of: _____

During that period, _____ (Child's Name) will be residing with _____

_____ at the following address:

Number/Street address: Borders Expanded Ministries, Inc., RV-932, Km 5 hacia Orica

City, State/Province, Country: El Tomate, Guaimaca, Francisco Morazán, Honduras, C.A.

Cell Phone: +504-9926-1090 Home Phone _____ Office Phone: 270-495-5952

Parent(s) or Legal Guardian(s):

Full Name: _____

Signature: _____

Date: _____

Parent(s) or Legal Guardian(s):

Full Name: _____

Signature: _____

Date: _____

Notary Public:

Signed before me,

this _____ (Date)

at _____ (Location)

Notary Public:

Signed before me,

this _____ (Date)

at _____ (Location)

Minors under the age of 21 who are traveling with only one parent may be required to have additional documentation if leaving their country of residence. Please contact the nearest Consulate of the country to which you are traveling for additional information.

Please have a notary public in the USA witness the signature of the parents/legal guardians and plan to travel with the birth certificates of all minors.