



**NEHEMIAH VISION**  
**MINISTRIES**  
**SHORT TERM TRIP**  
**APPLICATION AND**  
**MANUAL**

**NEHEMIAH VISION MINISTRIES**  
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## NEHEMIAH VISION MINISTRIES APPLICATION AND LEADER GUIDE

Dear Short-Term Trip Leader or Participant,

We thank you so much for your interest in our ministry. Nehemiah Vision Ministries exists to help children, families and their communities in Haiti. NVM believes in providing people an opportunity to live in an environment where they can be trained and equipped to contribute to their own personal development and eventually to the rebuilding of Haiti. Short term trips with people like you are one way to spread and accomplish this vision.

A short term trip is truly an unforgettable life-changing event! We aim to create a safe and yet challenging space for you to grow. Teams will have an opportunity to experience the Haitian culture, share their talents, offer humanitarian aid, make new friends, gain a new awareness for missions and possibly change someone's life forever! Be warned, however, it may be your life that is most changed. You will be the hands and feet of Jesus and see God at work in miraculous ways.

This guide has been created to help acquaint you with the processes and procedures surrounding a short term trip to Haiti through Nehemiah Vision Ministries. Please review this guide carefully. You may make copies for distribution to those interested in attending a mission trip with NVM.

You will be paired with a Missions Team Coordinator who will help walk you through this process but ultimately it is you who will be responsible for most of the details pertaining to the trip. We want to make your stay in Haiti as pleasant as possible. Every individual and team has different expectations, personalities and talents. Please share your trip expectations with you Mission Team Coordinator. We will work with you the best we can to make your visit to Haiti a memorable experience.

Thank you for your interest in partnering with Nehemiah Vision Ministries to help in our vision of rebuilding the nation and people of Haiti.

- Nehemiah Vision Ministries

[www.nehemiahvisionministries.org](http://www.nehemiahvisionministries.org)



## Haiti At A Glance



Haiti is a Caribbean country occupying the western third of Hispaniola, sharing the island with the Dominican Republic. It is about the size of the state of Maryland, 50 miles from Cuba, and 600 miles from Florida.

Haiti has historically been poverty stricken due to a variety of factors such as war, occupations and dictatorships, isolation and racism. These factors are still impacting Haiti today along with current economic and environmental factors such as international aid sanctions, internal political conflict, deforestation that leads to soil erosion and flooding, hurricanes, and most recently the devastating

earthquake in 2010.

The average Haitian earns less than \$1 a day. There have been estimates that 1 percent of the country's 8.7 million people control nearly half its wealth. More than half of the population lacks access to clean water or sanitation. Fifty percent of the population is undernourished, with one in five children underweight or under-height for their age. Twelve percent of Haitian children die before their first birthday, and one third do not make it to their fifth.

Today most Haitians are Christian and 50-60 percent Roman Catholic. The number of Protestants has been growing steadily. Baptists and Pentecostals are the largest registered denominations, although many others are represented. Many Haitians continue to practice Voodoo or incorporate Voodoo into Christianity as has been done for several hundred years.

Even with all the struggles that Haiti faces, there remains a people with open arms and smiling faces. It is a culture rich in music, art, and storytelling. The land is graced with beautiful beaches and breathtaking mountains.

### **Chambrun**

You will be based out of the Village of Chambrun, about 13 miles outside of Port au Prince where the NVM campus is located. The campus includes a hospital, medical clinic, offices, school, church, cafeteria, volunteer housing, team dorms, warehouse, and various storage facilities.

### **Weather**

The climate in Haiti is extremely hot and humid year round with an average temperature of 85 degrees. For a current forecast go to [www.weather.com](http://www.weather.com)

### **Clothing**

Summer clothing is appropriate with the high temperatures and humidity. We ask that you dress conservatively. Please avoid wearing short skirts or short shorts when in public places. Sandals or tennis shoes are appropriate. DO NOT wear any jewelry that is either sentimental or valuable. Simple necklaces, earrings, and wedding bands are fine but avoid large flashy items and gemstones.

### **Bathrooms/Sleeping Quarters**

Bathrooms with running water and toilets are provided. You will share facilities with others and will need to bring your own toiletries. You may also want to bring a pair of inexpensive flip flops to use in the bathrooms. You will want to use unscented items to help cut down on bug attractions. There are very, very few public restrooms available so please plan accordingly. Because of this you will see many people relieving themselves near the roadside. This is culturally common and acceptable for Haitians.

Sleeping quarters are “dorm style” and air conditioned. Electrical outlets are available in the sleeping quarters. Internet access is available free of charge but is unreliable and slower than the average access in the U.S.

### **Food/Drink**

Haitians typically eat only two meals a day, breakfast and dinner. You will receive 3 meals daily while on campus. Breakfast is simple and consists of oatmeal, cereal, coffee, and tea. Lunches are usually soup and the Haitian staple of rice and beans. Dinners will vary but are “American” in nature (spaghetti, chicken, etc). Safe drinking water will be provided for you. Please do not drink from other sources besides the ones designated to you in country. You may wish to bring supplemental snacks with you for in between meals and if you do not wish to eat something being served. Unfortunately due to the large number of people on campus and the limited resources available, we are unable to accommodate many dietary restrictions. Please talk with your MTC if you have a dietary concern.

### **Further Resources**

1. CIA World Factbook- <https://www.cia.gov/library/publications/the-world-factbook/geos/ha.html>
2. Haiti at InfoPlease- <http://www.infoplease.com/ipa/A0107612.html>
3. Haiti Embassy- <http://www.haiti.org/>
4. *Avengers of the New World*, by Laurent Dubois
5. *The Uses of Haiti*, by Paul Farmer
6. *Mountains Beyond Mountains*, by Tracy Kidder
7. *Dominican Republic & Haiti* (Country Guide) by Paul Clammer
8. *When Helping Hurts: Alleviating Poverty Without Hurting the Poor... and Ourselves*, by Brian Fikkert
9. *Serving with Eyes Wide Open: Doing Short Term Missions with Cultural Intelligence*, by David A. Livermore
10. *Cross-Cultural Connections* by Dwane Elmer

## Your Trip to Haiti: What You Need to Know and Do

### **The Application Process:**

Before coming to Haiti the following items must be completed. For teams and individuals, all items that need to be mailed to the Mission Team Coordinator (MTC) should be collected and sent all at once or scanned in and sent electronically. If you are traveling alone, you are considered the team leader. If your organization already requires application forms or emergency information contact your MTC about using such forms in lieu of the attached to avoid unnecessary duplication on your part. You will find all necessary forms in this packet:

- Please return pages 9-14 to your Mission Team Coordinator
- Please pack copies of each team member's passport, emergency sheet, and insurance information to take with you to Haiti.

### **Passport:**

You will need a valid passport for travel to and from Haiti. For information on obtaining a US passport please visit [www.travel.state.gov/passport](http://www.travel.state.gov/passport) or visit your local post office. It is required that you make a photocopy to give to your team leader and suggested that you make a second copy to leave at home with a friend or family member in case of emergency. Passports will be collected upon arrival and placed in a safe.

### **Immunizations and Medications:**

Please travel with all necessary prescription medications (packing an extra few days' supply would be wise) as many medications are not available for purchase in Haiti.

Please contact your family physician or a local travel clinic to discuss the need for malaria medication and preventative vaccinations. You should be up to date on regular maintenance immunizations such as; diphtheria/pertussis/tetanus, MMR, polio. Your physician may recommend Hepatitis A, Hepatitis B, and/or Typhoid.

Port au Prince and Chambrun are malaria zones. Malaria medication is recommended. You may also want to use insect repellent, especially in the evenings. For more information on vaccinations, malaria, and malaria prophylaxis please visit the CDC website at [www.cdc.gov](http://www.cdc.gov)

We also suggest that you discuss bringing an antibiotic to treat traveler's diarrhea with your physician. Ciprofloxacin is a great option, and you need a prescription from your doctor in order to fill it. Most likely you will not need it, but we recommend bringing it just in case.

## Trip Cost

The total trip cost will depend greatly on current airfare prices and should be set by the team leader with this in mind. **Money to NVM for all participants is due 30 days prior to trip** and must be mailed in one lump check for all group members together to your Mission Team Coordinator. Please insure payment is received 30 days prior to your departure so we can insure available funds for your team's projects.

- **Airfare-** Between \$600-\$900 per ticket within the continental U.S.
- **Participant costs-**see table below (charges are based upon number of nights spent at NVM campus)

Days in Itinerary	Nights at NVM	Cost
3	2	\$330
4	3	\$390
5	4	\$455
6	5	\$515
7	6	\$580
8	7	\$650
9	8	\$710
10	9	\$770
11	10	\$830
12	11	\$900
13	12	\$960

Days in Itinerary	Nights at NVM	Cost
14	13	\$1,020
15	14	\$1,065
16	15	\$1,105
17	16	\$1,150
18	17	\$1,195
19	18	\$1,235
20	19	\$1,275
21	20	\$1,325

\* Participant costs may include (but are not limited to) ground transportation, travel insurance, interpreters, room, board, t-shirt, tourist activities, and diesel fuel.

\* Trip costs will NOT include in-transit meals and souvenir purchases.

\* Money sent in to NVM is considered a tax deductible donation. Due to IRS restrictions, no refunds will be issued after receipt of funds for any reason. Any funds above the required team cost that is received by NVM from a team will be considered a tax deductible gift and is non refundable.

- \* Individuals wishing to serve for longer periods of time, please contact Brandon Hutchens at [hutchensinhaiti@gmail.com](mailto:hutchensinhaiti@gmail.com) to discuss internship possibilities.
- \* If you are interested in information about raising support please contact your MTC for a support raising packet or download it online at [www.nehemiahvisionministries.org](http://www.nehemiahvisionministries.org)

### **Airlines/Travel Agents**

American Airlines

1-800-433-7300

[www.aa.com](http://www.aa.com)

Delta Airlines

888-750-3284

[www.delta.com](http://www.delta.com)

Travel Agents (optional)

- *Highpoint Travel*

Jeremiah Bakk

1-800-683-3335 ext. 312

[jeremiah@highpointtravel.com](mailto:jeremiah@highpointtravel.com)

- *Fellowship Travel International*

1-800-2-fly-fti

[www.fellowship.com](http://www.fellowship.com)

- *AFC Travel, Inc*

1-800-599-2925

[www.afctravel.com](http://www.afctravel.com)

### **Travel Medical Insurance**

Travel medical insurance is required (and included in the participant costs for the trip). NVM has a contracted rate and plan through Seven Corners, Inc. underwritten by Nationwide Mutual Insurance Company. If your organization has travel medical insurance you are welcome to use that but you must have travel medical insurance for the trip.

The insurance offered through NVM has a \$100,000 medical maximum with \$0 deductible. A detailed schedule of benefits is available online through your MTC but coverage includes accidental dental, medical, emergency evacuation/repatriation, return of mortal remains, emergency reunion, AD&D, loss of baggage, interruption of trip, hospital stays, and outpatient medical.

\*Please be aware that this is not a general health insurance policy, but an interim travel medical program intended for use while away from your home country or country of residence. The plan does not guarantee payment until Seven Corners determines it is an eligible expense. Please contact Seven Corners immediately if care is needed (they MUST be contacted within 48 hours

for benefits to be paid). It is the insureds responsibility to maintain all records regarding travel history and provide any documents to the administrator which would verify eligibility requirements. Please see the policy online for all limitations and exclusions or email your MTC for a copy of benefits.

### **Packing/Arrival**

Please check with the airline for current packing restrictions and allowances. All airlines have weight and dimension limits for carry on and checked luggage so please check that you adhere to these limits. During certain times of the year totes are prohibited on flights.

\*You may be asked to allow NVM to transport donation items in your luggage. Your MTC will put you in touch with the NVM Procurement Team, *if necessary*, regarding transportation of items. Teams are the easiest and least expensive way for NVM to transport supplies to Haiti from the United States and we appreciate your understanding in this matter. Please contact your MTC if you wish to bring donations so they can suggest current needs.

\*Please see attached Packing List (page 14) in this packet for suggested personal items to bring.

\*You may not bring the following onto the NVM campus: alcohol, cigarettes/tobacco, firearms, explosives, weapons, knives (larger than a personal pocketknife).

\*All teams may be given matching NVM shirts to wear on the trip to Haiti. This allows our staff in Port au Prince to easily locate you and assist you through customs and the baggage area. It is also helpful if you place matching ribbons or tags on all checked luggage. The Port au Prince airport is very congested and this makes locating bags easier. Please gather all luggage and exit the airport. Our staff member will be waiting for you at the end of the covered walkway.

\*If your flight is cancelled/missed for whatever reason please contact your MTC who will in turn contact NVM staff in Haiti.

**\*You will be required to fill out a customs form on the plane before you arrive in Haiti. The address to use is #4 Ruelle Benediction, Tabarre, Haiti, (509)3742-5042.**

### **Team/Participant Expectations**

Participating on a short term trip through Nehemiah Vision Ministries can be life changing! Short term trips can also be difficult, challenging, exhilarating, humbling, awe-inspiring, memorable, community-building, norm-defying, culture shocking, and faith building. Through this trip you will become more aware of aspects of God that, up to now, may have been hidden from you. You will be become more aware of who you are, and perhaps some of your own areas of brokenness. You will become more aware of the amazing diversity that God has designed on His planet that reflects Him. But, in order to gain this wonderful experience you need to be **F.A.T.** (faithful, adaptable, teachable) The Haitian culture is laid back and can be seen by many in the Western world as unpredictable. Things will be different, but not wrong. If you remain open, you will be surprised by what you can learn! **Be F.A.T!!!**

While on the trip we ask that you respect and submit to the NVM staff on the ground. Some things in Haiti may seem strange to you, but the NVM staff that live in Haiti are familiar with local customs and norms and will guide you toward

appropriate behavior. The Team Covenant in this packet lists expectations for your trip. We ask that you read this covenant carefully and respect the items listed. Any behavior contradictory to this covenant could result in an early departure from Haiti at your own expense. By maintaining a servant's attitude, keeping an open mind, and remaining F.A.T., you can show the love of Christ to those you interact with on your team, the NVM staff, and the local Haitian people.

## Application for Short Term Trip

Today's Date: \_\_\_\_\_

Tentative trip dates: \_\_\_\_\_

### Personal Data

(Please type or print legibly.)

Have you been on a trip with NVM before?    YES    NO    Date of visit: \_\_\_\_\_

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

Passport # \_\_\_\_\_ Issuing Country: \_\_\_\_\_ Exp: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

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

Birth Date: \_\_\_\_\_ Sex: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Home Church: \_\_\_\_\_

Church Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Group Leader's Name(s): \_\_\_\_\_

T-shirt Size:    XS    S    M    L    XL    2XL    Other: \_\_\_\_\_

Occupation/Area of Study: \_\_\_\_\_

Any diet restrictions or special needs? \_\_\_\_\_

Please give a statement regarding your general health: \_\_\_\_\_

Languages (other than English) \_\_\_\_\_

How did you hear about NVM? \_\_\_\_\_

Do you sponsor a child with NVM?    YES    NO    Child's Name: \_\_\_\_\_

Please list your top three skills for use in the mission field:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

### Emergency Contact Information

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

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

**Personal Reflection Questions**

Please provide honest answers to the questions below as they will help your team leader and Missions Team Coordinator in preparing you best for the trip. Any information shared will be held in strict confidence.

Please share how and when you became a Christ follower.

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Why do you want to go on this short term trip? What do you hope to get out of it?

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What do you think will be the most challenging part of this trip for you?

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What other overseas travel experience do you have?

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What has God been teaching you over the past year? How has your life changed as a result?

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# Liability Waiver

## **Waiver, Release of Liability, Indemnification, and Consent to Medical Attention**

In exchange for Nehemiah Vision Ministries ("NVM") allowing me to participate in an activity or event sponsored by NVM and described in Paragraph 1 below (the "Activity"), I, and if I am not yet 18 years old, my parent(s) or legal guardian(s) (individually and collectively referred to below in the first person singular), agree to be bound as follows:

1. Activity Description, Location, and Date(s):

Nehemiah Vision Ministries Short term Trip to Haiti \_\_\_\_\_ (date)

2. Voluntary Participation. I understand and confirm that my participation in the Activity is voluntary.

3. Identification of Risks. I understand that my participation in the Activity may involve risk of injury and loss, both to person and to property. I also understand that the risk of injury may include the possibility of permanent disability and death. I understand that this Waiver, Release of Liability, Indemnification, and Consent to Medical Attention is intended to address all of the risks of any kind associated with my participation in any aspect of the Activity, or with the time I am involved in the Activity, including, particularly, such risks created by actions, inactions, carelessness, or negligence on the part of NVM or its Elders, officers, pastors, employees, agents, volunteers, successors, or assigns (collectively, NVM's "Representatives"), including, but not limited to, risks created by the following:

- (a) The use and condition of various modes of transportation, premises, facilities, and equipment;
- (b) The lack or inadequacy of policies, rules, or regulations for the Activity;
- (c) The failure of NVM or its Representatives to foresee or to protect me from actions, inactions, or negligence of any person, or the recklessness, intentional, or criminal misconduct of persons other than those affiliated with NVM;
- (d) The inadequacy or unavailability of medical facilities or treatment; or
- (e) The lack or inadequacy of supervision by NVM or its Representatives.

4. Assumption of Risk. I assume all risks, known and unknown, foreseeable and unforeseeable, in any way connected with my participation in the Activity. I accept personal responsibility for any liability, injury, loss, or damage in any way connected with my participation in the Activity.

5. Release and Waiver. I release NVM and its Representatives from any and all liability for and waive any and all claims for liability, injury, loss, damage, or expense, including attorneys' fees, in any way connected with my participation in the Activity, whether or not caused in whole or in part by the negligence or other misconduct of NVM or its Representatives (a "Claim").

6. Indemnification. I agree to indemnify and to hold harmless (in other words, to reimburse and to be responsible for) NVM and its Representatives from any Claim, or any expense, including attorneys' fees (including the cost of defending any Claim I might make, or that might be made on my behalf, that is released or waived hereby), in any way connected with a Claim.

## Liability Waiver (cont.)

7. Binding Effect. This instrument shall be binding upon my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns and shall inure to the benefit of NVM and its Representatives.

8. Consent to Medical Treatment. I authorize NVM and its Representatives, if present, to provide to me, through medical personnel of their choice, customary medical assistance, transportation, and emergency medical services should I require such assistance, transportation, or services as a result of injury or damage related to my participation in the Activity. This consent does not impose a duty upon NVM or its Representatives to provide such assistance, transportation, or services.

9. Severability. If any provision (or portion of any provision) of this instrument is held to be invalid or unenforceable, that provision shall be enforceable in part to the fullest extent permitted by law, and such invalidity or unenforceability shall not otherwise affect any other provision of this instrument.

10. Applicable Law. Because NVM is located in the State of Indiana, and in order to provide certainty in the law to be applied in the construction of this instrument, this instrument shall be governed, construed, and enforced in accordance with the law of the State of Indiana.

This is a waiver, release of liability, indemnification, and consent. I have read this waiver, release of liability, indemnification, and consent. I understand that I have given up substantial rights by signing it. I am signing this waiver, release of liability, indemnification, and consent voluntarily.

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

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

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

If the person participating in the Activity is not yet 18 years old, both parents or legal guardians of such person also must sign:

In exchange for my/our child or ward being allowed to participate in the Activity, and as the parent(s) or legal guardian(s) of the above-named individual, I/we verify that I/we fully understand, agree to, and accept all provisions of this Waiver, Release of Liability, Indemnification, and Consent.

\_\_\_\_\_  
**Printed Name of Parent/Guardian**

\_\_\_\_\_  
**Signature of Parent/Guardian**

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

\_\_\_\_\_  
**Printed Name of Parent/Guardian**

\_\_\_\_\_  
**Signature of Parent/Guardian**

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

# Emergency Information Sheet

Take a copy of this form with you on your trip. Leave a copy at home with a friend or relative along with copies of your passport.

<b>Personal Information</b>	
<b>Legal Name</b>	
<b>Nickname</b>	
<b>Address</b>	
<b>City, State, Zip</b>	
<b>Home Phone</b>	
<b>Cell Phone</b>	
<b>E-mail</b>	
<b>Birthday</b>	
<b>Passport Number</b>	
<b>Emergency Contact Information</b>	
<b>Primary Emergency Contact</b>	
<b>Relationship</b>	
<b>Cell Phone</b>	
<b>Home Phone</b>	
<b>Secondary Emerg'y Contact</b>	
<b>Relationship</b>	
<b>Cell Phone</b>	
<b>Home Phone</b>	
<b>Medical Information</b>	
<b>Physician's Name</b>	
<b>Phone Number</b>	
<b>Health Insurance Company</b>	
<b>Policy Number</b>	
<b>Blood Type</b>	
<b>Known Medical Conditions</b>	
<b>Current Medications</b>	
<b>Allergies</b>	
<b>In Country Contact Information</b>	
<b>Name(s)</b>	
<b>Phone Number(s)</b>	

# Team Covenant

## As a member of this team, I agree to:

1. Remember that I am representing Jesus Christ as well as NEHEMIAH VISION MINISTRIES. I will model Jesus in my behavior and attitude.
2. Remember that I am a guest working at the invitation of my hosts.
3. Remember that we have come to learn, as well as to teach. I'll resist the temptation to inform our hosts about "how we do things." I'll be open to learning about other people's methods and ideas.
4. Respect the host's view of Christianity recognizing that Christianity has many faces throughout the world and that a purpose of this trip is to experience faith lived out in a new setting.
5. Develop and maintain a servant attitude towards all.
6. Respect and follow my team leader(s) and his or her decisions.
7. Respect the people and culture of Haiti in my actions and appearance.
8. Refrain from gossip.
9. Refrain from complaining. Knowing that travel can present numerous unexpected and undesired circumstances; remember the rewards of conquering such circumstances are innumerable. Instead of whining and complaining, be creative and supportive (Phil 2:14).
10. Attend all team meetings before, during and after the trip.
11. Remember not to be exclusive in my relationships. If my spouse is on the team, we will make every effort to interact with all the members of the team. If I am attracted to a teammate, or my boyfriend/girlfriend is on the team, I will not attempt to pursue that relationship until after we return home.
12. Refrain from any activity that could be construed as romantic interest in a national or teammate.
13. Refrain from illegal drugs and abstain from consumption of alcoholic beverages or the use of tobacco while on this trip.
14. Refrain from the teaching or practice of any belief that would not be endorsed by NEHEMIAH VISION MINISTRIES.
15. Remember that I can be sent home at my own expense if I do not adhere to this Covenant or if my Team Leader believes it is in my best interest or that of the team.
16. BE F.A.T. (faithful, adaptable, teachable)!

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Packing List

**\*You must follow the 3-1-1 rule for liquids in carryon items. (3) ounces or less (1) quart sized ziplock (1) 1 ziplock per person.**

- **Passport!!!**
- Copies of passport, identification, and credit/debit cards (front and back)
- Comfortable walking/working shoes (*old* tennis shoes are fine)
- Sandals (comfortable shoes to lounge around guest quarters and to shower in)
- Socks
- Clothing: Dress is conservative. (bring long skirts/dresses for women and slacks for men to wear to church on Sunday).
- Bathing suit (modest, a one-piece for women)
- Sleep wear (there is AC in the guest quarters)
- Bag for dirty clothes (ie trash bag/laundry bag)
- Sunscreen/sunglasses/hat/bandana (the sun is very direct and very strong)
- Bug Spray
- Purse/backpack/daypack/fannypack (to carry your stuff on day trips)
- Toiletries (toothbrush, toothpaste, lotion, shampoo, soap, makeup, lip balm, contact solution, razor, etc. Use unscented items to avoid attracting bugs)
- Toilet paper/tissue packs (no public restrooms)
- Ear plugs
- Medications (ie. Immodium, Pepto, Antihistamine, and any personal medications- try to keep in original, labeled containers)
- Camera/film/memory cards/batteries
- Bible, pen, journal, reading books
- Hand sanitizer
- Water bottle (nalgene type work great) or camelback
- Powdered drink mixes (if desired... ie. Crystal light, propel, etc). Only water and juice is provided.
- Snacks (you will NOT have open access to food anytime you want it so pack wisely)- trail mix, jerky, granola bars, peanut butter, crackers, etc.
- Any chargers/converters/batteries needed for devices (computer, phone, camera, mp3) if you bring them.
- Flashlight/headlamp/extra batteries
- Spending money- in US dollars (credit cards are rarely accepted).
  - *Things to leave at home: short skirts/shorts, valuables/jewelry (if you don't want to lose it, don't bring it). Your diamond wedding/engagement ring. A plain band is suggested. Big/expensive necklaces and earrings.*
  - *Things to take at own risk: mp3, cell phone, computer (again, if you don't want to lose it, don't bring it). NVM is not responsible for lost/left items.*