

## **“General Group Guidelines”**

1. Groups are typically limited to 10 individuals. The minimum age is 15, unless accompanied by a parent and prior approval has been received.
2. You will be able to exchange US currency to Guatemalan currency upon arrival in Guatemala.
3. **BE SURE TO BRING AN ADEQUATE SUPPLY OF ANY MEDICATIONS YOU ARE CURRENTLY TAKING!** Also bring a copy of your prescription (or pharmacy container) to satisfy any customs questions.
4. Please advise the Life of Hope staff of any special health concerns or dietary problems ahead of time.
5. CLOTHING Weather conditions vary seasonally. It is best to have clothes which can be layered should it be cool. A rain jacket which also can be used as a light jacket would be appropriate. **Shorts should not be worn because of varying weather and they would not be appropriate for some work projects.** Casual clothes are appropriate for most non-work activities. Dress casual would be good for church activities. **Please dress conservatively as we are representing US Christians to the people in Guatemala.**
6. Pack enough clothes for the whole week as laundry facilities are limited.
7. You should bring **your Bible, sunscreen, insect repellent, personal toiletry articles, sunglasses, a hat, and a flashlight.** (**All liquids must be 3 oz containers & fit in one clear plastic bag (quart size)**)
8. Our housing will be arranged to house males and females in separate areas.
9. Activities and projects will be done as groups. **Please stay with the group and do not leave the group area without prior approval of the group host.**
10. You will be responsible for personal items such as cameras, spending money, purchased gifts, etc. The group host will have an orientation to give tips for safety. (**Please do not bring items of high value**)
11. Should you take candy, gum, etc to share with the children in the homes **please check with the ministry staff before giving the items to the children.**
12. During the trip we will get to spend time with the staff and children of the ministry. **Do not make special effort to build “more than a friendly” relationship with them.**
13. **Personal Behavior:** Again, we are in the country representing Christians from the US. Christian behavior will be expected at all times. We request the following activities be excluded from your conduct—use of alcohol, use of tobacco products, use of profanity, inappropriate secular music, and tee shirts with any non Christian information. Well groomed hair, mustaches, or beards. **Please no body piercing jewelry for men and modest items only for ladies.**
14. We request each group member, or responsible party, to sign a “release form” and acceptance of the group guidelines prior to leaving the US.

We desire the visit to the ministry to be positive for everyone involved. A common sense approach to behavior and dress should be sufficient. We encourage questions regarding these guidelines prior to leaving the US so misunderstandings will not come up.