

Pre Trip Checklist

- _____ Each group member MUST HAVE a valid US passport to travel to Guatemala.
- _____ Members under the age of 18 must have “notarized” permission from both parents/or legal guardians to travel with the group. (Minor traveling with one parents needs permission statement from parent not traveling with the group)
- _____ Specific shots are not required to travel to Guatemala. A current tetanus booster is recommended. Inquiries about health requirements or recommendations by the US government can be reviewed at www.cdc.gov/travel/index.htm
- _____ Housing/transportation/food/project cost (currently \$450) is due as a trip deposit to confirm you participation as a group member (date to be set by group leader)
- _____ Work release and liability waiver signed and submitted to Life of Hope Ministries 60 days prior to departure
- _____ Minor permission forms signed and submitted 60 days prior to departure
- _____ If project is assigned group members will present funds for the project 30 prior to departure

**Group members are responsible for raising all funds required for participation in the group trip. Group members agree to reimburse Life of Hope Ministries for any extraordinary expense due to negligence, medical need or injury, or phone bill that may occur during the trip.

Projected Trip Costs

1. Airline ticket- prevailing rate. Ranges from \$500-800
2. Housing/food/ transportation/project cost \$450
3. Personal spending money for shopping and misc.- \$100 (optional)

Travel Tips

Pack as efficiently as possible. We request one checked bag and one carry on bag. Weight limits of checked luggage and size of carry on luggage vary with airlines. (United Continental-50lbs check/40lbs carry on)

Pack one change of clothes in your carry on to make provision for delayed luggage.

Do not pack valuables in checked luggage. Be aware of strict regulations regarding any items that can be potentially used as weapons. These will be taken by security.

Additional travel information can be found at <http://www.tsa.gov/travelers/airtravel/assistant/index.shtm>