

Packing List for Guatemala

Important:

We request that you try to pack all of your personal clothing and affects in your carry-on bag. There are two reasons for this. First, luggage will frequently get lost on its way to Guatemala and show up several days later or not at all. Second, we like to use the crewmembers' baggage allowances for donations and supplies. The baggage allowance you donate can bring the children much-needed donations (shoes, clothing, etc.). The use of your baggage allowance is greatly appreciated!

Things to pack for 1 week mission trips:

Please bring old clothes that you don't mind getting dirty or ruined because we WILL be in dirty places. Think safety, too! (sturdy shoes, etc). Consider buying items at Salvation Army or Goodwill. Then, you won't worry about things getting ruined. You can even consider leaving your clothes behind as an additional donation!

Clothing:

- ☐ Jeans, pants, capris – 5 to 8
- ☐ short-sleeved shirts for daytime – 7 to 9
- ☐ Long-sleeved shirts – 3 to 4 – or one warm jacket for evenings
- ☐ Rain jacket or poncho
- ☐ Underwear
- ☐ Bra
- ☐ Socks
- ☐ Warm pajamas (some of the locations feel cold and damp in the evening, and the hotels typically do not have heat)

Miscellaneous:

- ☐ Work gloves
- ☐ Camera
- ☐ A couple of power bars or granola bars
- ☐ Bible and/or Journal
- ☐ Watch
- ☐ **Passport**
- ☐ Something to pull long hair back
- ☐ Hat or bandana (some of the kids we are around may have lice so a head covering would be helpful)

Shoes:

Comfortable shoes such as sneakers/walking or hiking sandals. We will be walking on cobblestone streets and in muddy areas, so durability is important. In addition, you **MUST** have closed toe shoes for safety reasons. While one pair would be better for packing, with all of the rain and mud there, we recommend 2 pairs of closed toed shoes, in case one is just wet and nasty. Closed-toed shoes are **absolutely required** for those who will be doing manual labor work projects.

Toiletries:

- | | |
|--|--|
| <input type="checkbox"/> Sun tan lotion | <input type="checkbox"/> Shampoo |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Conditioner (the water seems to dry out hair) |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Soap |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Brush |
| <input type="checkbox"/> Floss | <input type="checkbox"/> Feminine necessities |
| <input type="checkbox"/> Hairdryer (if necessary) | <input type="checkbox"/> Regular medications |
| <input type="checkbox"/> Razor | <input type="checkbox"/> Vitamins |
| <input type="checkbox"/> Shaving cream | <input type="checkbox"/> Imodium or Pepto-Bismol (just-in-case) |
| <input type="checkbox"/> A few band-aids (although the team leaders will all have first aid kits) | |
| <input type="checkbox"/> Bug spray or lotion with high DEET content (no need to worry about anti-malaria drugs; we will be in an area with a high elevation; hence, no concern of malaria) | |

Things NOT to pack:

- X Shorts (these are considered rude in Guatemala as well as immodest)
- X Lots of extra meds (there are pharmacies close to both lodging locations)
- X Extra snacks (there are convenience stores near both lodging locations)
- X Lots of bottled water (this will be provided but you could bring a bottle to drink when we first arrive in Guatemala for the time between airplane to lodging)

Carry-on Baggage Limitations

You can carry on **one bag plus one personal item** per passenger as long as it:

- Weighs less than 22 pounds (10 kg).
- Does not exceed 45 linear inches when you total length plus width plus height.
- Fits in an overhead bin or underneath the seat in front of you.

Here are some examples of personal items:

- Male or female purse
- Briefcase
- Laptop computer
- Camera case
- Diaper bag
- Musical instrument
- CPAP Machine

These additional items are **okay to carry on and don't count towards your allowance**:

- Food items for immediate consumption
- Assistive devices such as wheelchairs or crutches, provided passenger is dependent on them
- One box or bag of duty free merchandise
- A coat or jacket
- An umbrella
- One item of reading material

There may be more limits to carry-on baggage based on available space and additional restrictions on certain flights.

SECURITY CHECK CARRY-ON RESTRICTIONS

Make Your Trip Better Using 3-1-1

(From the TSA website: <http://www.tsa.gov/311/index.shtm>)

3 –1–1 for carry-ons

- 3-ounce bottles or less;
- 1 quart-sized, clear, plastic, zip-top bag;
- 1 bag per passenger placed in screening bin.

One-quart bag per person limits the total liquid volume each traveler can bring.

3 oz. container size is a security measure.

Consolidate bottles into one bag and X-ray separately to speed screening.

Be prepared. Each time TSA searches a carry-on it slows down the line. Practicing 3-1-1 will ensure a faster and easier checkpoint experience.

3-1-1 is for short trips. If in doubt, put your liquids in checked luggage. (you can add to CREW bag)

Declare larger liquids. Prescription medications, baby formula, and milk are allowed in quantities exceeding three ounces and are not required to be in the zip-top bag. Declare these items for inspection at the checkpoint.

Come early and be patient. Heavy travel volumes and the enhanced security process may mean longer lines at security checkpoints.

General Reminders

Arrival in Guatemala

Filling out customs & immigration forms on the plane (airline staff will give them to you):

- Be sure to complete EVERY question. Here are answers to some of the questions:

Flight Number: Put your airline name and flight number here.

Type of Passport:—check “ORD” (which means ORDINARY passport)

Reason for Travel: TOURIST

Place you will be staying in Guatemala: Everyone can use HOTEL CANDELARIA/ANTIGUA (don't need address, just hotel name)

****REMEMBER TO SIGN THE CUSTOMS FORM AT THE BOTTOM. YOU DO NOT NEED TO ITEMIZE CONTENTS OF BAGS--JUST SIGN FORM.**

At airport:

Immigration

- You will need to show your passport and the immigration paper you are given on the plane.

Baggage Claim

- Collect your checked bags. Free luggage carts are available.
- Put your bags and personal items on it cart **and proceed “with confidence”** to customs.

Customs

- **IF** customs stops you, this is what you say:
 - Contents of bags are donations for the orphanage Hogar Miguel Magone and the schools in La Limonada.
 - **Most important—ALL DONATIONS ARE USED ITEMS—NOT NEW.**
 - **You are allowed a value of \$500 for personal items or donations.** Don't let the customs' workers bully you. All of our packed bags have less than a \$500 value; so don't allow them to trick you into paying a tax. Remind them, if necessary, that it is illegal for them to tax you when you are carrying under a \$500 value of items, and that all of your items are used and NOT for re-sale.

After clearing customs, proceed with confidence outside of the airport. Regroup just outside of the doors in the blocked off area and wait to leave airport with the group. Be prepared for what awaits outside of the airport. Many taxi drivers will be eager to offer you their services. You may be bombarded by people offering to carry your luggage, shine your shoes, exchange US coins for dollars, and sell you just about every widget and gadget that exists. At first you may find it hard to say "no". Even though they might be good people, with good intentions, there are always those looking for the right opportunity to take advantage of you. Someone that offers to carry your luggage may in fact do so and never return with it. Someone wanting to exchange US coins for dollars may take all your dollars if they see what is in your wallet. Normally such things do not occur however there is always the exception and you don't want to be it! Just use your common sense, remember you are a guest in their country, and enjoy every minute of it!

Food and Staying Healthy

Drink only bottled water! If you drink the tap water, even if the hotel says it is purified, you may find yourself sicker than you have ever been before.

Only eat fruits that have a peel. **Examples of what to eat include:** watermelon, papaya, bananas, etc. **Examples of what not to eat include:** lettuce, strawberries, grapes, tomatoes, anything sitting on a banana leaf, etc. If it can be peeled or washed thoroughly, you are most likely ok to eat it. Porous fruit such as strawberries are hard to wash and most likely will cause you to become very ill. **HOWEVER**, just because a food is on the "ok to eat" list, does not mean you can eat it anywhere it is sold. For example, don't buy already slices watermelon from the lady that sells it on the bus or on the corner even though it looks fresh. It is not worth the chance of getting sick. All food that is offered to you in the hotel is safe for you to eat. Stick with the restaurants on our approved list, and you will be fine. Be sure to order your drink with no ice in the restaurants as well.

Do not eat food from street vendors. Only eat at restaurants named on the list enclosed in this packet.

Guatemalan Culture

Get ready to be flexible!

Guatemala doesn't run on the tight time schedule we are used to in the United States. Use your waiting time to get to know your teammates better, journal or practice some Spanish phrases.

"Rather than assuming that Guatemalans are irresponsible slackers, it is important to remember that, for most of them, time consciousness is simply not a top priority." Culture Smart: Guatemala

Photography

Don't take a lot of pictures at first - wait until people know you a little better, then ask permission from the locals first. Mayans often don't like their pictures taken. Be sensitive to this. Don't make people feel like they are part of your sightseeing tour or invade their privacy.

Dress Code

Guatemala City and other large cities are more Westernized and casual, but modesty is still important and shorts are not recommended. Rural villages are more conservative and you will often see the Maya in the traditional indigenous dress (traje).

"Traditional clothing connects the Maya to their past and is also a major part of their present-day identity. It is the most visible manifestation of the Mayan philosophy and belief system. Each design is associated with a particular village, and more than 150 Guatemalan towns are documented as having distinctly different traje." Culture Smart: Guatemala

Be Accepting of Ways That Are Different Than Yours

Value the Guatemalan Culture. Do not fall into the tendency to think, "I'm going to help these poor, needy people." We are going to Guatemala to share our time, love and resources with our brothers and sisters. The people we serve persevere in the face of extreme hardships. They are champions, and they should be treated as such. The only difference between them and us is our easy access to resources. We must always be sensitive to our posture and our attitude so that when we do offer our resources, others feel the love, respect and dignity they are entitled to.

Keep a sweet and honest spirit.

Find ways to identify with people you meet – accept customs and ways of doing things that are different than yours. Learn a few phrases in Spanish. Greet people with appropriate polite greetings. The locals will appreciate the effort.

We are not on this trip to impose our American culture on the Guatemala people. In the book “I, Rigoberta Menchú: An Indian Woman In Guatemala”, Rigoberta speaks of the Maya people resisting or rejecting the advantages that could result from adopting techniques of other cultures. One example she gave was her refusal to use a mill to grind her maize. The mill would make her work much easier, but it would destroy the traditional way of life for her people. By continuing to do things the traditional way, they are able to preserve the Mayan culture and proclaim their ethnic individuality.

Cultural awareness is more than realizing a culture is different than yours – it is learning to value that culture.

“Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves.” Philippians 2:3

Culture Shock

Culture shock can come from small things like not having access to internet or your morning newspaper, to remembering to use bottled water to brush your teeth and ordering your sodas with no ice. But you may also get stressed or anxious about what you are seeing and experiencing in Guatemala, such as witnessing the poverty, seeing the street children, and meeting children who are faced with a difficult future. Animal lovers may be distraught at seeing the fate and conditions faced by street dogs. Anytime we are taken out of our “normal” it can be stressful.

“We need to continually remind ourselves that on such a short trip we will seldom correctly perceive or completely comprehend everything we see and experience.”

Guidebook to the Road Less Traveled”

“Defend the cause of the weak and fatherless; maintain the rights of the poor and oppressed.” Psalm 82: 3

Working Together

"How good it is when brothers live together in unity." Psalm 133:1

In Steven Covey's book "7 Habits of Highly Effective People" he tells us that "The main thing is to keep the main thing the main thing". All too often we let lesser things obscure our vision.

"Working together is hard. We often have to be willing to lay aside our pride and individualistic mindsets and concentrate on what's best for the team. It means making personal sacrifices because we are responsible to each other."

~ Guidebook To the Road Less Traveled

Every decision we make affects the life of the team. Examples: If one person needs to stop to make a pit stop, the entire team and coaster have to stop. If one person decides not to forgive another, the whole team feels the tension. We need to be patient with each other.

Share ideas, power, expertise, and the floor. You are a partner in ministry. Work with enthusiasm. Think big. Be "me for others" centered rather than "me for me" centered.

Respect your fellow crewmembers. Everyone brings gifts and strengths to the group. We can learn from each other, so share ideas and expertise, and keep your eyes and ears open to see what you can learn from others - your team members and the Guatemalan people as well.

Keep in mind that we are all from different backgrounds and religious denominations. When we treat each other as we want to be treated - we can't help but be united.

Survival Spanish for Guatemala Mission Trips

Pronunciation

A = similar to A in father

E = similar to A in date

I = similar to EE in see

O = similar to O in low

U = similar to U in flu

H = always silent

J = similar H in hospital

Simple grammar

All nouns in Spanish are masculine or feminine. Most nouns that end in O are masculine and most nouns that end in A are feminine. To make nouns plural add S if it ends in a vowel and ES if it ends in a consonant.

libro – libros papel – papeles (book/books; paper/papers)

Articles

To say THE, use el/los with masculine nouns and la/las with feminine nouns

el libro la casa (the book; the house)

los libros las casas (the books; the houses)

To say A/AN/SOME, use un/unos with masculine nouns and una/unas with feminine nouns.

un libro una casa (a book; a house)

unos libros unas casas (some books; some houses)

YOU

There are two forms of you in Spanish. Usted is the formal/polite form used with adults and people you don't know. Tú is the familiar form used with friends and children.

Emergency Situations

Tenemos una emergencia médica. We have a medical emergency.

Necesitamos una ambulancia. We need an ambulance.

Courtesy vocab

Por favor.

Muchas gracias.

Mr./sir

Mrs./ ma'am

Miss

Excuse me (sir)

Please.

Thank you very much.

Señor

Señora

Señorita

Perdóneme (señor)

Greetings/farewells

Hola.

Buenos días.

Buenas tardes.

Buenas noches.

Adiós.

Hasta mañana.

Hasta luego.

Hi.

Good morning.

Good afternoon.

Good evening. (Also means "Good night.")

Goodbye.

See you tomorrow

See you later.

¿Cómo está usted?

¿Cómo estás?

Muy bien.

Bien.

Así así.

Cansado/cansada

Enfermo/enferma

How are you? (formal)

(How are you (familiar)

Very well.

Well/good/fine

Okay/ So-so.

Tired

Sick

Names

Me llamo ____.

¿Cómo se llama usted?

¿Cómo te llamas?

Mucho gusto.

¿Cómo se llama ____?

Se llama ____.

My name is ____.

What is your name? (formal)

What is your name? (familiar)

Pleased to meet you.

What is __'s name? (the teacher, your brother, etc.)

His/Her name is ____.

Shopping

¿Cuánto cuesta ____.

¿Cuánto cuestan ____.

¿Tiene usted ____?

Busco ____.

Quetzal

¿Acepta Usted tarjetas

¿de crédito?

How much does __ cost? (1 thing)

How much do __ cost? (more than 1 thing)

Do you have ____?

I'm looking for ____.

the currency of Guatemala

Do you accept credit cards?

Directions

¿Dónde está ____?

el baño
un restaurante
un banco
el mercado
el hotel ____

Where is ____?

the bathroom
a restaurant
a bank
the market
the ____ hotel

todo derecho.

a la derecha

al la izquierda

al lado de ____

straight ahead

(de ____) to the right (of ____)

(de ____) to the left (of ____)

beside, next to ____

Restaurant and menu vocab

Quisiera ____.

¿Tiene usted ____?

La cuenta, por favor

¿Acepta usted tarjetas
de crédito?

I would like ____.

Do you have ____?

The check, please.

Do you accept credit cards?

pollo

carne de vaca

mariscos

ternera

hamburguesa

arroz con pollo

salchicha/chorizo

huevos

frijoles

maiz

sopa de ____

papas fritas

una pizza

una coca cola

un café

un té

leche

hielo

una botella de ____

CON ____

chicken

beef

seafood

veal

hamburger

chicken with rice

sausage

eggs

beans

corn

____ soup

French fries

a pizza

a coke

coffee

tea

milk

ice

a bottle of

WITH ____ (con queso = with cheese)

SIN ____
without ice)

Talking with children

¿Cuántos años tienes?

Tengo ____ años.

¿Qué te gusta hacer?

Me gusta ____

¿Te gusta ____?

la música

el arte

la escuela

bailar

cantar

dibujar

leer

jugar al fútbol

jugar al béisbol

jugar al baloncesto

WITHOUT (sin lechuga = without lettuce; sin hielo =

How old are you?

I am ____ years old.

What do you like to do?

I like ____.

Do you like ____?

music

art

school

to dance

to sing

to draw

to read

to play soccer

to play baseball

to play basketball

¿Quieres (más) ____?

¿Tienes ____?

¿Necesitas ____?

Aquí está ____.

Do you want (more) ____?

Do you have ____?

Do you need ____?

Here is ____.

Numbers

1	uno	20	veinte
2	dos	30	treinta
3	tres	40	cuarenta
4	cuatro	50	cincuenta
5	cinco	60	sesenta
6	seis	70	setenta
7	siete	80	ochenta
8	ocho	90	noventa
9	nueve	100	cien/ciento
10	diez		
11	once		
12	doce		
13	trece		
14	catorce		
15	quince		
16	diez y seis		
17	diez y siete		

26 = 20 + 6 (veinte y seis)

62 = 60 + 2 (sesenta y dos)

36 = 30 + 6 (treinta y seis)

100 books = cien libros

110 = ciento diez

200 = doscientos

250 = doscientos cincuenta

Time

¿A qué hora?

At what time?

A las

At ____ o'clock.

a las dos

at 2:00

a las dos y diez

at 2:10

a las dos y media

at 2:30

18 diez y ocho

19 diez y nueve

Good and safe restaurants in antigua

- ✓ **#1 Papasitos Pizza** – close to the hotel; excellent stone oven-baked pizzas (tomatoes on top are fine), grinders, soup, etc for a reasonable price
- ✓ **#2 Casa Santo Domingo** – very close to the hotel; 5 star restaurant in the ruins of an old convent, probably THE MOST romantic atmosphere anywhere, with excellent food; you can eat anything here and the ice is even fine; they even have vegetarian dishes
- ✓ **#3 Café Condesa** – right on the park; one of Jenn's favorite lunch spots with indoor and outdoor seating; great breakfast food available all day, quiche, sandwiches, traditional food and very reasonable
- ✓ **#4 Le Cinq** – a couple of blocks from the park; this is one of the most expensive restaurants, but very good; you can even eat the salads here
- ✓ **#5 Fridas** – close to the arch; named after the artist and with prints upstairs; very good traditional food with a twist
- ✓ **#6 Fast food** options include Pollo Campero (do not eat the Telepizza here), McDonald's, and Dominoes Pizza but why go when there is so much other good food!
- ✓ **#7 Meson Pansa Verde** – another 5 star restaurant with a very extensive menu; a little far but the food is worth the effort
- ✓ **#8 Hotel Antigua** – relaxing hotel restaurant with impeccable service and a great view of Volcan Agua; they also have a pool
- ✓ **#9 Tre Fratelli** – near the markets and La Bodegona; excellent Italian cuisine; great value; never had a bad meal here

- ✓ **#10 Casa Escobar** – very good steakhouse; about 2 blocks from the park
- ✓ **#11 Café Flor** – close to the park; very good Thai food

Places to see in Antigua

- ✓ **#10 The Cross** – there is a cross on top of a hill overlooking Antigua; the tourist police lead groups up two times per day from their office next to the park; highly recommended not only for the spectacular view of Antigua, but also for the rewarding experience of the hike; a taxi can also drive to the top of the hill for those who do not wish to hike
- ✓ **#11 Ruins of convents or monasteries** – you should tour at least one as they are amazing; my favorites in order are Las Capuchinas, the ruins at Casa Santo Domingo, La Merced (with adjacent church), San Francisco, Hermano Pedro, but there are a TON and maybe you will find a hidden treasure
- ✓ **#12 Markets** – I will arrange for Ruth and her clan to come to the hotel and sell their wares, but you should also visit the main outdoor and indoor market on the other side of Antigua
- ✓ **#13 Shopping on 4 Calle Oriente** – many many Jade shops, but I recommend the House of Jade; also souvenirs and manufactured goods and textiles
- ✓ **#14 Shopping on the street of the arch (5 Avenida)** – lots of very unique shops, textiles, a great “market-style” shop, with ice cream, Fridas restaurant, and La Merced ruins right there
- ✓ **#15 La Bodegona** – if you did not get a chance to go grocery shopping here, you really should visit to see what a non-US grocery store looks like and how it is organized or rather disorganized 😊
- ✓ **#16 The Central Park** is a great place to just sit on a bench, relax, and take in the sites; also it is right next to the taxi lot where you will find our favorite taxi driver, Julio, in his

blue station wagon No. 1



Contact Info for Family and Friends of Team Endurance Crew Members

****If you need to contact a member of Team Endurance crew during the mission, please try to contact via the people below, in order:**

To Call Guatemala from the U.S.: First, dial 011 then 502 (country code for Guatemala), then number (example 011-502-78-32-18-98)

Jenn Crist

4396 3178

jennifer@tree4hope.org

George Crist

717-379-9371 (US cell)

gcrist@pcpartsinc.com

Hotel Candelaria Antigua

Contact at hotel: Rodolfo Diaz or Brenda Alvarez

Colonia El Carmen, Avenida Dolores del Cerro No. 5

Esquina con Calle de Candelaria, Antigua, Guatemala.

(502) 78 32 18 98/ (502) 78 32 84 20

<http://candelariahotel.com/>

Hogar Miguel Magone, Orphanage where team will be, Mixco

<http://www.hogarmiguelmagone.com/index.html>

Team Phones (cell phones on ground w/ group in Guatemala)

5294 5969

4410 0890

***THESE PHONES SHOULD ONLY BE CALLED FOR SERIOUS EMERGENCIES; OTHERWISE, PLEASE CONTACT JENN OR GEORGE CRIST FIRST.

Keeping in Touch with your loved ones from afar:

Please visit Tree 4 Hope's Blog, accessible from our home page: www.tree4hope.org. You will be able to receive live updates from the crew in Guatemala. They will be sharing descriptions of their days, so check it out!! Feel free to also email your loved one at Jennifer@tree4hope.org with their name in the subject line, and we will be happy to deliver your messages to them.