



2020 BOLIVIA MISSION TRIPS

Thank you for your interest in serving with the Bolivia Missions Foundation!

Whether this will be your first mission trip, or you are an experienced world traveler, we are grateful for your interest in being a part of God's story for Bolivia. This packet will contain everything that you need to know as you pray about your involvement in this trip. As you read through these items please reach out if you have any questions.



**ENCLOSED IN THIS
INFORMATION
PACKET...**

**2020 TRIP
BREAKDOWN**

PACKING LIST

**MEDICAL
CONSIDERATIONS**

**SAMPLE TRIP
BUDGET**

CONTACT US

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2020 BOLIVIA MISSION TRIPS BREAKDOWN

This year, we are excited to go to Bolivia on two distinct teams with two distinct purposes. Read below for basic trip information and please reach out to the leaders listed with any questions or to request a trip application. Acceptance is not guaranteed though all are welcome to apply.

Evangelism Team: Santa Cruz Church Plant

This team will serve the needs of a new church plant in the tropical city of Santa Cruz, by doing outreaches, evangelistic activities and other tasks of a new church plant.

TRIP DATES: June 28-July 6, 2020

TRIP LEADER: Chris Deloglos

CONTACT: cmcscs6@hotmail.com, 804.357.0405

Medical Team: Casa de Esperanza

his team of medical personnel and assistants perform health screenings for all children at Casa de Esperanza orphanage in the village of Caranavi. Though some medical training would be beneficial, it is not required.

TRIP DATES: July 26-August 3, 2020*

TRIP LEADER: Ted Williams

CONTACT: tedwilliams4@verizon.net, 804.335.9884

Bolivia Missions Trip: Packing List

Luggage Regulations

Below are the regulations that must be followed when packing for Bolivia. Please ensure that your luggage fits within these requirements.

- 1 Checked Bag Allowed
 - + Maximum weight is 50 pounds
 - + Maximum dimension (Height + Length + Width) must be less than 62 inches each
 - + Rolling bags are preferable
 - + All locks must be TSA approved
 - + Identification sheet must remain inside bag
 - + Identification tag must be on outside of bag

- 1 Carry-On Bag Allowed
 - + Maximum weight is 22 pounds
 - + Maximum dimension (Height + Length + Width) must be less than 45 inches
 - + Identification sheet must remain inside bag
 - + Identification tag must be on outside of bag
 - + Liquids inside carry-on must not exceed 3 oz each. All 3 oz. containers must fit inside 1 clear quart sized bag

- 1 Personal Item (Purse/Laptop Bag/Backpack) allowed. Please keep the following items in your personal bag at all times:
 - + Passport
 - + Passport holder
 - + Photo ID
 - + Photocopy of Birth Certificate
 - + Photocopy of First Page of Passport
 - + Medical Release Forms
 - + Personal Medications/Prescriptions
 - + Cash (crisp/new bills)
 - + Prepaid credit card
 - + Money belt if desired
 - + Cell phone and charger
 - + Camera and any other technological devices
 - + Bible
 - + Journal, Writing Utensils
 - + Water bottle

Toiletries (Pack in a sealed bag)

- Toothbrush
- Toothpaste
- Soap
- Shampoo
- Shaving Cream
- Deodorant
- Any other personal toiletries

Clothes

Due to the nature of the places where we are serving, please ensure that all clothes err on the modest/conservative side

- Jeans/Long Pants
- Shorts
- Sweat pants (not leggings or yoga pants)
- Pajamas
- T-shirts
- Sneakers/comfortable shoes
- Flip flops for showers
- Dressy outfit for church
- Personal undergarments and socks
- Rain coat/windbreaker
- Hat
- Shorts and t-shirt to swim in

Other Suggested Items

- Sunglasses
- Tissues/Wipes
- Written Testimony, ready to share!
- Any personal notecards and gifts to give away
- Plastic grocery sacks for dirty clothes
- Travel games and snacks
- Hand towel/micro-fiber towels
- Travel pillow
- Extra contacts/glasses

Bolivia Missions Trip: Pre-Trip Medical Considerations

Overview

Any trip abroad can be particularly taxing if not adequately prepared. A missions trip in particular requires careful preparation on the side of the participant as they get ready to serve. In addition to meeting with your doctor and discussing your personal plan for your individual health needs, see below for our recommendations on how to best prepare your body for a trip to Bolivia.

Required Vaccinations

- Be up to date on routine vaccinations:
 - Measles-mumps-rubella (MMR)
 - Diphtheria-tetanus-pertussis
 - Polio
 - Varicella (Chickenpox)
- Travel Vaccines
 - Hepatitis A – Recommends this vaccine because you can get hepatitis A through contaminated food or water in Bolivia, regardless of where you are eating or staying.
 - Typhoid - You can get typhoid through contaminated food or water in Bolivia. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.
 - Yellow Fever – While this is only a risk in certain parts of Bolivia, it is recommended that you receive this vaccination before traveling.
 - Malaria – Some organizations recommend this, but it is unneeded in the regions of the country that we will be serving in. Still, we recommend that you consult your physician for advice.

Bug Bite Prevention

We do insist on bug bite prevention. We want to avoid mosquito bites. Cover exposed skin by wearing pants, socks, and long sleeves and use **bug repellent** with DEET (20% or more).

Altitude Sickness

El Alto airport is where we fly into Bolivia if your trip is traveling to the city of La Paz or to the orphanage in Caranavi. It is 13,325 feet above sea level. You then descend to La Paz which is still 11,942 feet above sea level. From there we travel to Caranavi which is 3,200 ft. This can be difficult for some travelers. It affects everyone differently. You may want altitude pills or take Excedrin migraine to help ward off severe headaches. You will need to stay hydrated and take it slow and eat light, easy digestible food.

Bolivia Missions Trip: Sample Trip Budget

Overview

Going on a missions trip is a significant financial investment. To help you to anticipate the costs associated with the trip we have provided a sample budget below. While exact expenses vary per trip, this should provide you with a good starting point for planning.

Airfare - \$700-\$900

Taxis - \$100 total

Travel Meals - \$50

Passport (if you don't already have one) - \$145

Hotel expense - \$180

Meals in Country - \$125

Team Gift to Bolivian Ministry- \$200

Project Funding - \$100

Other Spending Money - \$200

TOTAL TRIP COST: \$1600 - \$1900