



Tijuana Ministry Traveler's Checklist

PAPERWORK DUE NOW

[Link to 2023 Tijuana Ministry Registration Documents](#)

- Pay Travel Fees – Online or check - 400 + 500 Donation for Materials
- Have current Passport – Provide a copy to ministry, jmibach@stsimon.org
 - Expires November 2023 or later.
 - Some resident aliens must apply for visas ASAP
- Complete Online Registration Form which includes Medical History and BASICS Waiver
- Copy Medical ID card.
- Youth Contract and Discipline Policy – to be completed by travelers under 18 years old
- Permission for Unaccompanied Youth if parent is not going – must be notarized.
- Vitrus Online Training Certificate (Replaces Shield the Vulnerable Training).
- Vitrus Online Youth Training Certificate
- Fingerprinting (LiveScan) from Diocese of San Jose for age 18+
- Email completed documents to Joan Mibach jmibach@stsimon.org
- Drivers Only:**
 - Copy of driver's license (you must be 25+ to drive)
 - copy of vehicle registration
 - copy of US proof of auto insurance
 - copy BajaBound Mexican insurance form. or Mexican insurance, if you purchased it on your own.
 - Email to Joan Mibach jmibach@stsimon.org

Transportation: Drivers

- Reimbursement for gas - save receipts.
- Caravan Techniques – Keep in phone contact with Caravan Team Leaders.
- Caravan over border – Otay Mesa border crossing.
- Border Etiquette – no talking, answer only necessary questions. Cover of Binder has mission purpose in Spanish to show if needed.
- Need Mexican Auto Insurance (Baja Bound)
 - BASICS will coordinate
 - Drivers need to complete the Baja Insurance Application

Drivers have copies of passenger's health and emergency records in a special binder in each car. Also contains cell phones of people in other cars. Please notify Joan Mibach if there is someone you wish to ride with that is not a family member. Notify if you are not traveling with the caravan.

WHERE WE STAY – TERRAZAS II

- Both sites are enclosed and gated with 24/7 security
- All travelers will stay at Terrazas II
- T2 has Two 2 story dorms with bathrooms on each floor with 3-4 showers, sinks, and toilets.
- Men and Women sleep on separate floors
- Bring cot with sleeping mat, Only single wide air bed mattresses.

- Construction storage, pre-build and painting done at T1
- The 2 locations are about 1 mile apart
- Sunday is team construction day with all travelers helping with construction prebuild and painting. Safety training will be Sunday morning.



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FOOD: WHAT WE WILL EAT IN TIJUANA

- Most food is purchased in the US with some replenishing locally
- Home Site team prepare breakfast each day with a variety of hot and cold choices
- Lunches are prepared by the Home Site team and delivered to the construction sites before noon. Travelers complete a lunch order form and bagged lunches are prepared to order.
- Local cooks help to prepare dinner to our specifications and standards.
- Any local vegetables are fully cooked, fruit is carefully washed with bottled water. Fruit, salad and vegetables included with each meal.
- We do not buy from local market vendors.
- Only drink bottled water provided by the Ministry.
- Let us know of special dietary restrictions (on application form) and discuss with Joan Mibach before travel.

YOUR GOAL: MAKE THIS THE BEST EXPERIENCE POSSIBLE FOR ALL OF OUR TRAVELERS.

- Be present so you can encounter God in all of us and around us.
- Build community and fellowship with all volunteers on the immersion trip.
- Make it a goal to sit next to people you do not know for meals. Make new friends.
- Have a conversation each day with someone you didn't know before the trip
- Spend time talking to someone of a different generation from you.
- Be mindful of your phone and social media use. Limit calls and texting to before breakfast and before dinner.
- Honor the lights out requirements in the common sleeping areas and be respectful of quiet after these hours.

PERSONAL SAFETY WHILE IN THE COMPOUND

- The compounds are enclosed and gated; 24-hr security provided. Cars also stay within the secure compound.
- Communication via cell phones between sites, compound.
- **Do not leave** compound except for scheduled activities.
- Stay in groups outside compound.
- No 1-on-1 with teens.
- Keep passport on your person.
- Keep the sleeping buildings locked during the day.
 - Keep your belongings together in the sleeping areas and clean up behind yourself. No maid service!
 - Please do not feed the stray animals.
 - No alcohol in the compounds or job sites.
 - Evening meetings are mandatory.
- No toilet paper in the toilets. If you forget, you fish it out – scoopers provided!
- Do not give money or gifts to people on the street – it sends the wrong message.
- Gifts are given by the program to the families we build for.
- Cell phones not allowed during programs except for emergencies or between program leaders.
- Check with your mobile phone carrier for an international plan that includes Mexico. Turn off data roaming when you cross the border to save costs.
- Typical weather is high 80's during the day, 70's at night. May get to the 90's.



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PACKING see complete packing list following

- Pack light, comfortable, reusable.
- No laundry on-site.
- Pack your own toiletries
- Nothing fancy – nice casual for Mass.
- Suggest you bring your own light weight cot or air bed mattress and all bedding
- Bring your own towel, pillow, sleeping bag, or blanket and linens.

YOUR PERSONAL SAFETY WHILE IN TIJUANA

- We are guests. Act and dress conservatively. Be respectful of the local culture.
- Be cognizant of the poverty around us.
- Crime and drugs exist in the area – just like at home. We are about an hour drive from the main border where drug trafficking exists.
We have not had a bad experience in 15 years.
Avoid creating temptation. Don't leave items in visible places including your car.
- Don't bring valuables on the trip (laptops, expensive cameras, credit cards, jewelry, etc). Limited WiFi
- Use fanny-packs or backpacks versus purses or bags
- Bring only enough \$\$ to buy food on drive to/from Tijuana & some light shopping.
We may make a brief stop at the local street market and may invite local crafts persons to show their wares in the compound for sale.

YOUR HEALTH

- Bring your own water bottle.
- Stay hydrated; **drink plenty of water.**
- Don't drink local tap water or eat local food. Risk of getting ill.
- Drink and rinse with bottled water provided only – even brushing teeth.
- Large containers of water provided by home site.
- Modern medical clinic within miles
- First Aid people and kits at each site and compounds. Emergency response instructions at each site.
- Make sure your tetanus is up to date (especially in construction).
- Hepatitis A vaccine recommended by not required.
- Sun protection: sunscreen, hats with neck protection, long-sleeve shirts, bandanas.
- Insect repellent with min. 20% Deet provided.

SAFETY RULES FOR THE CONSTRUCTION PROGRAM

- Shoes or boots with soles that cannot be penetrated by a nail.
- Long pants
- Long sleeves
- Hard hats
- Work gloves
- Safety glasses/goggles
- May want own tool belt
- Min 20 oz. Framing hammer with smooth face, wood handle
- Water Bottle, marked with your name.



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SAFETY RULES FOR THE CONSTRUCTION PROGRAM, continued

- Ride to and from construction sites with the same driver.
- Do not leave work sites without Leader approval.
- Re-apply sunscreen and insect repellent throughout the day. (will be provided)
- DRINK PLENTY OF WATER.
- Take breaks as needed in the shade.
- Ask if unsure of tools, methods, stability of structure, roof, etc.
- Think Safety at all times.
- Watch for signs of heat stroke in other travelers working on the construction site.