

TIJUANA TRAVELER'S CHECKLIST - 2022



PAPERWORK DUE NOW

- Pay Travel Fees – On line or check - \$400 + 500 Donation for Materials
- Have current Passport –
 - Expires November 2022 or later.
 - Some resident aliens must apply for visas ASAP
- Complete On Line Registration Form
- Copy Medical ID card
- Fingerprinting (LiveScan) from Diocese of San Jose for age 18+
- 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.
- Vitrus Online Training Certificate (Replaces Shield the Vulnerable Training).
- Youth Forms: Under 18**
- Registration Forms & Copy of medical insurance ID Card
- Youth Contract and Discipline Policy
- Vitrus Online Youth Training Certificate
- Permission for Unaccompanied Youth if parent is not going
- <http://tijuanaminsty.org/content/2018-registration-docs>
- Thrill your Parish Coordinator by turning in your complete paperwork package by June 30. Thank you!***

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.

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WHERE WE STAY – TERRAZAS II

- Both sites are enclosed and gated with 24/7 security
- All 26 travelers 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
- Some cots provided, urge you to bringing your own. Only single wide mattresses.
- T1 is a second site for Children's, Teen's and Mother's outreach programs during Week 2.
- T1 has a 1 story building with kitchen area, chapel, classrooms, outdoor shaded tables.
- Construction storage, pre-build and painting done at T1
- The 2 locations are about 1 mile away from each other.
- Sunday is team construction day with all travelers helping with construction prebuild and painting. -

FOOD: WHAT WE WILL EAT IN TIJUANA

- Most food brought from US; some food bought locally
- Home Site / Cook Team prepares breakfast each day (variety of hot & cold choices)
- Home Site / Cook Team prepares lunches for Building Teams
- Sack lunches of sandwiches, fruits, snacks, drinks).
- Also prepares daily snack for children. Program staff on site prepare own lunch.
- Lunches delivered to build sites about 10:30 a.m.
- Some dinners cooked by local parish women under Cook Team guidance and direction
- Local vegetables are fully cooked; fruit is carefully washed with bottled water. US purchased fresh fruit and vegetables included in the menus.
- Do not buy from local market vendors
- Drink only bottled water we provide
- 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 different people at meals. Make new friends.
- Have a conversation each day with someone you didn't know before the trip.
- Spend time talking to someone who is a different generation from you.
- Be mindful of your phone and social media use
- Limit phone calls, texting, and social media connections to:
 - Before breakfast
 - Between 4:30 – 6 PM
 - Before lights out phone calls in the dorm sleeping areas.
 - Phones on Airplane Mode during the day for occasional photos only

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PERSONAL SAFETY WHILE IN THE COMPOUND

- The compounds are enclosed and gated; 24-hr security provided. Cars also stay within the secure compound.
- Site has a local parish caretaker living on grounds.
- 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!
- Don't give money or gifts to people on the street – it sends the wrong message.
- Gifts are only given through the programs, e.g:
 - to the families for whom we are building
 - the kids in the Children's Program
 - families who participate in our community talk as thank-you.
- Cell phone usage not allowed during programs except for emergencies or between program leaders.
- Get an international plan, or turn off data roaming when you cross the border.

PACKING see complete packing list following

- Pack light, comfortable, reusable.
- No laundry on-site.
- Pack your own toiletries.
- Nothing fancy – nice casual for Mass.
- We have some cots – suggest you bring your own light weight cot.
- Bring own towel, sleeping bag, pillow, blanket, 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.
- 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 & may invite local craftspersons to show their wares on compound for sale.



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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

CONSTRUCTION TEAM TRAVELERS SHOULD

BRING:

- 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.

SITE SAFETY

- Ride to and from construction sites with the same driver.
- Teens do not leave work sites without Leader approval.
- Re-apply sunscreen and insect repellent.
- DRINK PLENTY OF WATER.
- Ask if unsure of tools, methods, stability of structure, roof, etc.
- Think Safety at all times.

Personal Packing List and Construction Items



NOTE: Please do not bring anything you can't or don't want to lose. Label items with your name

- Photo ID & **PASSPORT**
- Prescriptions in original bottles, Pepto Bismol
- Sleeping bag, blanket, pillow
- Cot or single wide foam or air mattress. Please do not bring double wide, limited space
- Toiletries, only soap provided. (Toothbrush, toothpaste, brush, shampoo, lotion, etc.)
- Towel and washcloth
- Flashlight, batteries
- Water bottle marked with your name
- Sunglasses, and hat/visor
- Sun block, lip balm, insect repellent with Deet 20%
- Work gloves
- Work shoes, closed toes and thick soles
- Work clothes, long pants required for construction sites, no tank tops or short shorts for programs
- Camp clothes, shorts and dresses ok
- Jacket or sweatshirt for cool evenings
- Camp shoes
- Ear plugs
- Camera & charger (same electricity as USA)
- Journal and Pen
- Spending money for meals on the road when driving to TJ

FOR THE CAR RIDE

- Water, snacks, wet wipes, motion sickness medicine if needed, cards, games to share

CONSTRUCTION TOOLS TO BRING IF YOU WORK CONSTRUCTION – Mark with your name

- Hard Hat. Bandana to cover your neck.
- Safety glasses and or safety sunglasses
- Long sleeve shirt and long pants
- Work boots or hiking boots so nails don't penetrate sole
- Work gloves
- Nail apron or tool belt
- Framing hammer, 20 oz with smooth face
- Tape measure
- Utility knife
- Sharpie or construction pencil
- Water Bottle

Bring these tools only if you have them

- Small pry bar (wonder bar)
- Nail Puller
- If you are going to work on electrical: Wire Cutter, Needle Nose Pliers, Screwdriver

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Calendar



Date	Time	Meeting	Location
June 30		All Paperwork due	See site Coordinator
July 10 Sunday		All Hands Meetings 4:00 PM	Holy Family Parish
July 14 Thurs.	9 – 10 am	Set Up Team departure	St. Simon Church
July 15, Fri		Travelers take First Covid Test At Home	
July 16 Sat.	6 am	Week 1 Departure Passport Check before departure.	St. Julie to San Diego to Tijuana
July 23 Sat.	5 am	Week 1 return	Tijuana to bay area