

# STUDENTS



## LUGGAGE AND PACKING GUIDELINES:

*Remember airline restrictions when packing your bag!*

- No liquids allowed in carry-on over 3.4 ounces
- All liquids must be in a zip lock bag
- 50 lb limit on your *one* checked bag - WEIGH IT!
- Please pay attention to airline baggage size limitations
- Put a change of clothes in your carry-on bag in case your luggage is delayed or lost.

## DON'T PACK:

**-NO T-shirts with inappropriate messages**

(i.e. beer/tobacco ads, suggestive ads, etc.)

**-NO Tank tops or sleeveless shirts**

**-NO Short shorts (Nike/Patagonia style)**

**-NO Drugs, alcohol, tobacco, vapes, juuls, etc.**

Possession of these substances will result in an immediate flight home at your expense.

**-NO Hair dryers, straighteners, etc.**

**-NO Excessive Cash!**

## LABELS:

Please label anything valuable/common for communal living. We will hand out 2 baggage tags on the departure day for your luggage and backpack.

***Please check-in before loading anything on the buses.***

## HOUSING:

SCORE INTERNATIONAL partners with the Rawlings Foundation for housing at the Highlands facility. Housing is bunkbed/dormitory style. The Highlands is a very safe environment with a gated and guarded entrance. Group meals and nightly worship will occur in this facility.

## UPDATES:

We hope to post updates throughout the trip through our social media.

**Website – [www.jfbcdominican.com](http://www.jfbcdominican.com)**

**Instagram - [@jfstudents](https://www.instagram.com/jfstudents)**

## ITEMS TO PACK:

- Casual clothes
- Lightweight jacket/rain jacket (just in case)
- Work/Ministry clothes for 5 days:  
(shorts, pants, t-shirts, **color-of-the-day shirts**, rec. clothes)
- Tennis shoes/closed toed shoes (no sandals at sites)
- Hat, sunglasses, sunscreen, bandana, insect repellent
- Towels, washcloth, toiletries, small mirror
- Pillow and **all** bedding
- Backpack, Bible, pen (**please don't forget!**)
- Reusable water bottle (**very important**)
- Power bars, granola bars, or crackers to snack on
- Hand sanitizer/hand wipes
- Appropriate swimsuit (tankini/one piece for girls)
- Earbuds or headphones for travel
- Personal medications (see back)
- Spending \$ for nightly snack shop, airport meals, etc
- Work gloves and safety goggles for construction
- Combination luggage lock (optional)

## EMERGENCY CONTACT:

Logan Grantham – (478) 397-6850

Erin Smith – (678) 462-1620

Dylan Evans – (229) 886-9276

Courtney Carder – (678) 772-8020

## **TRAVEL INFORMATION**

### **April 1- DEPARTURE**

(Arrive/check-in at JFBC High School Room)

Flight numbers will be given as soon as we receive all flight information.

Students can expect to arrive early on April 1. In previous years, arrival time has been as early as 3:00 AM.

### **APRIL 7 - RETURN**

**REMEMBER: Parents will need to pick up students at the airport on Friday, April 7**

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## MEDICAL INFORMATION

Hannah Rogers and Jenny Brightwell will be our trip nurses this year. Please connect with them if you have any questions or special needs. SCORE maintains a medical clinic within minutes of our location for emergency needs.

### Nurse Contact Info:

- Hannah Rogers – hannahgrogers44@gmail.com
- Jenny Brightwell

1) Each student should carry these medication supplies (in small quantity) in their backpack:

- Tylenol, Motrin, or Aleve (whichever pain medicine they prefer)
- Pepto Bismol or something for upset stomach
- Some type of cold or sinus formula medication, cough drops
- A few Band-Aids & bug spray

2) If your student is allergic to bee stings, ants, peanuts, etc. and has been prescribed an EpiPen, they **MUST** have an EpiPen in their backpack **AT ALL TIMES**.

3) If your student has asthma or Reactive Airway Disease and has been prescribed an inhaler (even if they don't usually need it), please be sure they have their inhaler with them in their backpack **AT ALL TIMES**.

4) If your student occasionally takes medications due to old sports injuries, migraines, reflux, etc. (even if they don't usually need it), please pack the medication.

5) All students should have sunscreen and use it. Keep a small amount with you in your backpack.

6) An American missionary has a medical clinic as part of SCORE's ministry in the DR for any emergent or serious needs that may arise.

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## Guidelines for DR Mission Trip

- Comfortable pants, jeans, long skirts, and 5-in inseam shorts may be worn. Pants must be appropriate and not too tight.
- T-shirts **MUST** have sleeves and cannot have any inappropriate messages or advertisements of alcohol, cigarettes, or drugs.
- *GIRLS*—no short-shorts, leggings, or low-cut shirts (including travel days.) Also, make sure your mid-section is covered. If you have questions, please contact the Student Staff.
- Attitudes should be positive, flexible and cooperative. Ask God to guide your heart and keep you in the right frame of mind.
- “LIGHTS OFF” means go to sleep! You will need plenty of sleep to be effective on this trip. Please respect your leaders when they ask you to be quiet at night.
- **BE ON TIME!** Do not be late for anything. Our schedule is tight and it needs to be respected.
- Respect the facilities as if they were your own. Notify an adult leader if an accident happens.
- Always have a BUDDY! **Never go anywhere alone.** Make sure your leader knows where you are.
- You are not allowed to leave the camp unless we go as a group.
- *RELATIONSHIPS:* While on this mission trip, focus on building relationships within the body of Christ. Your dating relationships should not be your focus and PDA should not exist.
- Student Leaders: Please show respect for them and the decisions they will make during the trip. Pray for them and show your support by following their lead.