

BECAUSE WE CARE MINISTRIES, INC.

PO BOX 14132
ROANOKE, VA 24038

INFORMATION

Emergency Numbers to reach the team in Nicaragua

Donald Gillette Cell: 001-505-556-9183

Pam Gillette Cell: 001-505-580-9183

WHAT TO BRING LIST

<input type="checkbox"/> Passport	<input type="checkbox"/> Bible — Journal—Pen
<input type="checkbox"/> \$10 Bill - to get into the country. Clean, unmarked with <u>NO Tears</u> around the edges.	<input type="checkbox"/> 2 Water Bottles — 32 oz. Must have crew top lid.
<input type="checkbox"/> Hand Sanitizer x2 - small bottle to carry with you and a refill bottle.	<input type="checkbox"/> Lightweight jacket or sweatshirt for use on the airplane.
<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Sweat Towel or Bandanna.
<input type="checkbox"/> Insect Repellant. EpiPen if needed.	<input type="checkbox"/> Hat
<input type="checkbox"/> Closed toed shoes must be worn at all times outside the Casa De Shelly.	<input type="checkbox"/> Sandals, crocks or flip-flops are fine at the Casa.

APPROPRIATE CHURCH ATTIRE

Men: Long Pants Please! Khaki's or Jeans are fine with a collared shirt. Sandals are fine to wear to church.	Women: Lightweight dress or skirt - Modest length please. Sandals are fine to wear to church.
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You DO NOT need an adapter for your curling iron or hair dryer.

Bed linens, pillow, towel and washcloth are provided at the Casa.

There is NO WIFI at the Casa.

You'll have access to wash clothes—Authentically! Hand washing. Dry Lines provided.

AttentionVery Important***

**Please read the attached documents concerning
DRESS CODE & HYDRATION.**

With integrity sign the BWCM Release waiver stating that you've read, understand and to the best of your ability plan to follow.

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DRESS CODE

Please read & with integrity sign the BWCM Release waiver.

As vast as the miles between you and Nicaragua are, so it is with everyone's personal definition of modesty. Therefore, to help your packing process as well as to avoid awkward conversations we've made it real simple.

Please wear T-Shirts, with sleeves — everyday! Accept for Church Attire — see Information sheet for specific details on Church attire.

No low cut v-neck shirts, tank tops, spaghetti string or shirts without sleeves.

No exceptions. Collared shirts are certainly welcome but not necessary. Please don't bring shirts promoting alcohol, tobacco, or with obscene words or gestures.

Shorts should be worn at arms length. Please be aware that we are climbing in and out of a truck bed. Females: If your shorts are loose around your leg please wear something equivalent to a volleyball style spandex under your shorts. If you plan to wear yoga pants/leggings, please make sure your T-Shirt is long enough to cover your backside.

Basic Options: (It's very simple)

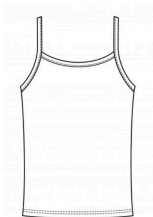


T-Shirt.

Yes, a *slight* V-Neck is acceptable.

However, be careful to maintain modesty with all of your shirt choices.

Poor Options: (Not acceptable)



Packing light and little is certainly doable. Many are able to come with only a small backpack and roller style carry-on. Feel free to bring T-Shirts that you wish to wear and leave in Nicaragua. We will wash them and give them away in our distribution ministry.

Thank you so very much for helping us stay appropriate with our dress as we share the gospel within our culture here in Nicaragua.

Cotton shirts are less desirable as they hold moisture and do not dry quick.

Dry-wick material is ideal but not necessary. Please do not bring your best clothing when coming to serve in Nicaragua. You will get dirty and hot and so will your clothes.

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Most all of the sickness we deal with in Nicaragua is from teams coming from the U.S. with **Hydration issues**. Please read carefully and sign the BWCM Release form stating that you understand will do your best to follow these simple steps towards appropriate Nicaragua Health.

Studies indicate that the average American walks around on a daily basis in a mild state of dehydration. Regularly!

Did you know that the human body is composed of 60% life-giving water?

Brain and heart	73% WATER
Lungs	83% WATER
Muscles & Kidneys	79% WATER
Skin	64% WATER
Even our Bones	31% WATER

Doctors recommendation for adults:

— Males 3 Liters per day.

— Females 2 Liters per day.

That's approximations as height, weight and age will vary. This is **PER DAY in your normal USA rhythm of life.**



1 Liter is basically
1 Nalgene Water Bottle.
Which is approx.
32 fl oz of water.

HYDRATION

With that being said...

traveling to the **HOT and DRY**
climate of Nicaragua
(close to the equator)
you WONT BE in your normal
U.S.A. Rhythm of life!



Therefore, it is **vital** that you begin to increase your water consumption **WEEKS before** your travel to Nicaragua. Give your body time to HYDRATE.

Lay off the sodas and sugary drinks. Many of which have the adverse effect upon the body and actually act as a diuretic — thus, causing you to loose the much needed water from within.

Plan to bring something that can be added to your water to make it more palatable for you. There are many options to choose from that are not filled with sugar.

Please plan to bring 2 Screw Cap bottles with you that are clearly marked. One can be in the freezer and one can be on your person — thus allowing you something cold to drink.

One of the best indicators of good WATER infused Hydration is clear urine. Darker than normal urine output is a sign of dehydration. Along with lightheadedness, dizziness, headache, fatigue and sleepiness.

**So... Hydrate...
you'll be healthier because of it!**