



Eagle Pass Mission Trip ▪ October 11-14, 2017

Eagle Pass is a quiet border city where 38% of the population lives below the poverty level. You can make a difference by repairing a home for a family in need, working on light construction projects and participating in evangelistic outreach to those in need of hope.

ITINERARY

Wednesday, October 11: Meet at First Methodist Westchase Campus (Youth Building at 3663 Westcenter Drive) at 9 a.m. Briefing, packing, departure. Travel by 12-passenger vans to Eagle Pass. Lunch on the road. Accommodations will be at Iglesia Bautista Peniel in Eagle Pass. Settle in and de-brief. Dinner and briefing about activities, worship, bed.

Thursday & Friday, October 12, 13: Breakfast, quiet time, work and ministry outreaches in Eagle Pass, lunch on projects, dinner at church. Worship each night.

Saturday, October 14: Breakfast, quiet time, complete projects, pack. Depart Eagle Pass at noon. Lunch on road. Arrive at First Methodist Houston around 6 p.m.

HOUSING AND MEALS

We will be staying at a local church, Iglesia Bautista Peniel. It is camp-style lodging – bring an air mattress or cot, sleeping bag and/or bedding and pillow.

COST

The cost is \$200 per person, includes transportation, lodging, all meals in Eagle Pass (you will be responsible for your lunch on the way to Eagle Pass and a meal on the return to Houston) and ministry supplies. Cost does not include immunizations, incidentals or souvenirs. You will need money for two meals on the road and anything else you wish to purchase.

TRANSPORTATION

12-passenger vans



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PREPARATION CHECKLIST

REQUIRED DOCUMENTS

- Register and pay online at fmhouston.com
- Copy of your health insurance emailed to Paula Niz pniz@fmhouston.com after registration

IMMUNIZATIONS

Talk to your physician and tell them where you will be traveling. The following are suggestions from the CDC. See your doctor 6-8 weeks before traveling.

- Tetanus
- Hepatitis A and B
- Be sure your routine vaccinations are up-to-date.

**Routine vaccines, as they are often called, such as for influenza, chickenpox, polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life.*

VALUABLES

We recommend that you do not bring valuables, such as laptops, iPads, jewelry or other items.

LUGGAGE REQUIREMENTS

Please pack light. One medium-sized bag per person. The less room we take up for personal items, the more room we have for supplies!

EMERGENCY CONTACT INFORMATION

Kristen Jones at kjones@fmhouston.com or 832.647.9008

Paula Niz at pniz@fmhouston.com or 713.962.9915

SUGGESTIONS FOR A SUCCESSFUL TRIP

- Begin praying for the trip and the people we will serve.
- Be flexible and bring a positive attitude.
- Active participation in small group Bible study and worship.



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PACKING LIST

Necessities

- Bible, pen and journal

Clothing

- T-shirts and long sleeve shirt
- Lightweight long pants for work projects
- Long shorts or Capri pants
- Jeans/wind pants
- Socks/underwear
- Jacket/sweatshirt
- Pajamas
- Closed toe shoes/ Shower shoes

Personal Items

- Air mattress/
- Sleeping bag/sheet/blanket and pillow
- Towels/wash cloths
- Toiletries (*including soap for shower*)
- Tissues
- Medicine in prescription bottle/box,
- OTC: Chewable Pepto-Bismol, Imodium, Tums, Tylenol, sinus/cold medicine, antihistamine, anti-diarrhea medicine
- Antibacterial wipes/hand sanitizer
- Bug repellent
- Water bottle (*we have water & Gatorade in 5 gallon drink containers at work sites*)
- Ear plugs
- Camera, telephone with charger and batteries
- Flashlight
- Rain gear
- Sunglasses/sunscreen/hat
- Backpack/day pack/hip pack
- Snack food (individually packaged, if desired)

Outreach Supplies (*These are items are optional...a great way to involve others not going on the trip.*)

- Money
- Small toiletries (razors, shaving cream, lotion, deodorant, shampoo, etc.)
- Toothbrushes/Toothpaste
- Hammer, work gloves