

Torch Mission Trip Dress Code Policy

If you question whether it meets dress code, it probably does not, so don't pack it!

No tanks tops or any sleeveless tops.

Nothing above the knee.

No tight fitting clothes (pants or tops).

Ladies: You will need a dress for church (2 Sundays). It must have sleeves or a jacket/sweater to go over it. It must be knee length (this means it must hit no shorter than the top of the knee).

Only Tennis shoes or work boots are aloud while we are working. Sandals can be worn in the evenings and outings, but not church.

Clothes you bring for nighttime at Villa Gracia and outings into town must meet the dress code.

Here are some suggestions to help you pack.

- Scrubs are always a favorite article of clothing.
- Jeans are not too hot for most people
- Buy some used jeans at a thrift store and cut them off to capri length or roll them up to the knee
- Capri length pants are great
- T-shirts are ideal for working - just make sure they are not tight
- Bring a couple of pairs of tennis shoes in case one gets wet
- Traveling home is a lot easier if you donate most of your clothing before you leave

La Cieba Amendments:

Our trip to La Cieba is a time to kick back and relax. It is at a resort on the coast and we will be in and on the water. We do make a "few" adjustments for this time but they are minor.

Bathing suits have to one piece or a tankini that meets without exposing midriff

Sundresses are fine. Tank tops and sleeveless are ok in La Cieba

Shorts and shirts need to be respectfully modest. Anything that is too tight and/or too short is not appropriate. If it is form fitting or above mid thigh in length **it is not appropriate.**

2010 Packing List

(2 checked bags each < 70 lbs and 1 carry-on bag per person)

Packing Rule #1: Almost ALL returning Torchers will tell you that they **WAY** over packed the first year. So after you lay out all you are going to bring take out about a ¼!!!!

CLOTHING:

- **Work Clothes:** scrubs, jeans, capris, knee length shorts, t-shirts, work gloves, rain gear
- **Shoes:** tennis shoes and work boots; sandals for evenings
- **Nighttime clothes:** After a long hard day, you shower, have dinner, devotional, and social time. Clothes should be whatever you're comfortable in, just make sure it meets policy. (This is where you can really over pack! Remember you are only in these clothes a couple of hours and you can wear the same thing on more than one occasion.)
- **Sleepwear: 2 lightweight sets**

WORK:

- **Backpack:** Everyone needs a backpack! When we leave Villa Gracia in the morning, we are gone for the day. You need to carry food, water, and other essential items with you.
- **Water bottle:** Every morning you will fill up a water bottle for your day's drinking supply. Bring something that can hold enough. You may want to bring two.
- **Hats/bandanas:** Especially for ladies with long hair. Cases of lice are very prevalent among the village children. Hair kept out of the way is more likely to stay clean.
- **First Aid:** Each person should have a small first aid kit for themselves that includes these items: Imodium AD, Pepto tablets, First aid cream, Band-Aids, Tylenol, Ibuprofen (Optional medications from your doctor: Nausea medication, antibiotics for intestinal bugs such as cipro)
- Playing with the kids in the villages and other places is a huge highlight. You may want to pack: Crayons, coloring books, hair stuff, nail polish, etc. Make sure you bring a separate brush to use with the kids. NEVER use your own hair brush!!! Also, activity-type items are better than "gift" items. The children will appreciate things they can do *with* you so much more than just items you give them.

FOOD:

- You will need food that you can carry with you for lunch during work days (enough for 10 lunches). Here are a few suggestions:
 - Canned fruit, granola bars, trail mix, peanut butter crackers, beef jerky, Vienna sausages, pop tarts, tuna packs, dried fruit boxes

- On occasion, team members will have an opportunity to go to a local “store” near a worksite and buy soft drinks and snacks, but you may want to pack a few nighttime “goodies” to satisfy your sweet tooth

MISCELLANEOUS:

- **Linens:** Towels, wash clothes, and bedding (pillow, sheets, and a lightweight blanket)
- **Toiletries:** Bring only what you NEED. Make sure to include travel-size Germ-ex, **sun block, lip balm, and insect repellent.**
- **Passport in Ziploc bag**
- **Sunglasses**
- **Bible, journal, pens**
- **Wet-ones/hand wipes (lots of them!)**
- **Camera & film (in Ziploc bag)**
- **Small flashlight with new batteries**
- **Travel-size toilet paper**
- **Extra garbage bags/Ziploc bags**
- **Duct tape**
- **\$100-\$200 spending money**

A few things to keep in mind:

- We are in a city, so we have access to most things you may need in a pinch.
- Communication is hard. Prepare your family. Email is possible - those who bring laptops are sometimes able to access a wireless network at Villa Gracia, but this is sometimes unreliable.