



CHRIST FLIGHT
ministries

**2022 Team
Member Packet**

Welcome	2
TEAM APPLICATION - 2022	3
GENERAL RELEASES	6
Medical Preparation	7
Travel Insurance	7
Travel Resources.....	7
Clothing Recommendations	8
Packing Recommendations.....	9
Healthcare.....	12
Questions & Answers	13
Team Member Be attitudes and Team Covenant.....	15
Minor Travel Consent Form	16

Welcome

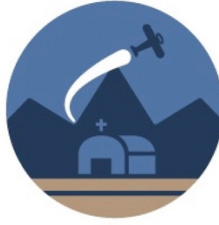
We are so excited that you have expressed interest in joining a mission team to serve with us in Costa Rica. God is already at work and is orchestrating a plan. Your team leader is our primary point-of-contact and has already been hard at work.

The purpose of this packet is to help you be prepared well in advance of your departure. We encourage you to attend the pre-trip meetings, to read this entire packet thoroughly, and to prepare yourself spiritually.

Christ Flight Ministries is actively serving in the United States, Costa Rica, and The Bahamas. Below you will find links to our website and Facebook page that will help you know more about our ministries. We look forward to getting to know you better, working with your team, and most of all, seeing how God works through and blesses your team and the people you serve in one of our mission countries.

Thank you

Damon Whitlow
Christ Flight Ministries
www.christflight.org
www.facebook.com/christflight



CHRIST FLIGHT
ministries

TEAM APPLICATION – 2022

Please Print or Type *(Print name exactly as it appears on your **passport.**)*

Name: _____
Last First Middle

Passport Number: _____ Expiration Date: _____ Issuing Country

Date of Birth: _____ Age: _____ Gender:

Marital Status: _____

Address:

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell: _____ Work: _____

E-mail:

Are you a Christian? _____ Denominational Affiliation: _____

Occupation: _____

Professional Titles (DDS, MD, Rev, RN, RPh) _____

Language Skills: _____ Other Skills: _____

Notes:

HEALTH QUESTIONS

Note: All visitors must be physically and emotionally able to endure possible difficult, strenuous and demanding conditions. A participant may be required to furnish a statement from his/her physician that they are able to withstand these kinds of third world conditions.

Do you have any chronic or current emotional or health problems that might be affected by the environment and living conditions in a third world country? Yes No

If yes, please give a brief description:

*****IF YOU ANSWER YES, TO ANY OF THE FOLLOWING, PLEASE LIST ON A SEPARATE SHEET*****

	Yes	No
Are you currently receiving medical treatment or have any physical limitations?		
Have you ever had any serious injuries or illnesses?		
Have you ever had a heat stroke or heat exhaustion?		
Do you have a prescription for an EpiPen? If so, bring it with you.		
Will you be bringing a CPAP machine? If so, are you able to sleep without it in the event of a power outage?		
Do you have any food or drug allergies? If so, please list on a separate page.		
Are you or your spouse trying to get pregnant? This is important to know to counsel about the Zika virus and you are advised to investigate further with your doctor and the CDC.		
Are your vaccinations up-to-date?		
Have you had a tetanus shot? Provide last date of tetanus vaccine here.		
Have you had the flu shot?		
Have you been vaccinated for Covid-19?		

Have you ever had, or do you have you now, any of the following?

Condition	Yes	No	Condition	Yes	No
Allergies			Food Allergies		
Anxiety or Depression			Headaches		
Asthma			Hearing Difficulties		
Back or Neck Conditions			Heart Problems		
Covid-19			Hepatitis		
Convulsions			High Blood Pressure		
Diabetes			Low Blood Pressure		
Digestion Problems			Skin Disorders		
Dizziness or Fainting			Visual Problems		

Blood Type: _____ :

Medical Insurance Provider: _____ Phone: _____ Policy
 Number: _____ Group Number: _____ Family
 Physician: _____ Phone: _____

Emergency contact names, e-mail addresses, and telephone number(s). Please submit at least one.

Name & Relationship	E-mail Address	Home Phone	Cell Phone
			4

TALENTS & TESTIMONY

Testimonies are very important because they are gifts that God uses to reach others with His grace and love. Please tell how Christ came into your heart as Lord and Savior. Also, please share your reasons for wanting to participate in this mission project. Please write your brief personal testimony and attach it to the application.

In which of these areas do you feel God has gifted you? (Please check)

Experience/Gift	Yes	No	Experience/Gift	Yes	No
Agriculture			Medical		
Arts & Crafts			Music Performance or Instruction		
Block Laying			Occupational Therapy		
Cement Work			Organizing		
Childcare			Painting		
Construction			Photography		
Cooking			Physical Therapy		
Creative Design			Plumbing		
Creative Writing			Sewing		
Dental			Speech Therapy		
Discipleship & Evangelism			Sports		
Electrical Work			Tutoring		
Fundraising			VBS		
Marketing			Website Development		
Mechanics			Welding		

Church to which you belong:

Address of Church: _____ City: _____ State:

Pastor: _____ E-mail: _____ Phone:

I believe the Bible was written by men divinely inspired by God. I believe the trinity of God the Father, Son, and Holy Spirit. I believe that salvation is offered freely to all who accept Jesus Christ as Lord and Savior. I believe that Christian baptism is the immersion of a believer in water in the name of the Father, the Son, and the Holy Spirit. I believe that the Lord's Supper is a symbolic act of obedience whereby members of the church memorialize the death of the Redeemer and anticipate His second coming.

Yes No

BACKGROUND INFO

- Do you have a current criminal background check on file with your church? Yes No
- Have you ever completed Cross Cultural Training? Yes No
- Have you ever gone on a mission trip with another organization? Yes No
- Has your name ever appeared on a sex offender registry? Yes No
- Have you ever been convicted of any crime? Yes No
- Are you currently in a gang or have you ever been in a gang? Yes No
- Are you currently suffering from addictions to alcohol, drugs, porn, etc.? Yes No
- Flexibility is a primary pre-requisite. Do you feel you have this attribute? Yes No
- Are you physically able to sleep on the top bunk of a bunk bed? Yes No
- Have you ever had a panic attack? Yes No
 - If so, explain. _____

GENERAL RELEASES

Team Member Application

The facts set forth in my application are true and complete. I authorize Christ Flight Ministries, Inc., to contact my references and to use any information on this application and attached supplements to verify my statements. I acknowledge that I have received and reviewed the Team Member Packet containing important information about the CDC recommendations, packing lists, etc.

Initial here: _____
Participant Parent (if minor)

Team Member Covenant

As a member of this team, I agree to adhere to the policies outlined by Christ Flight Ministries, Inc.

Initial here: _____
Participant Parent (if minor)

Authorization for Treatment

Authorization for Treatment I, the undersigned, for myself and/or on behalf of my child under 21 years of age, give permission for an attending physician or hospital staff to administer medical care if deemed necessary by Christ Flight Ministries, Inc. and the physician or hospital staff during the Christ Flight Ministries, Inc. projects.

Initial here: _____
Participant Parent (if minor)

Release of Claims and Liability

I, the undersigned, for myself and/or on behalf of my child under 21-years of age, do hereby release from all claims and forever hold harmless the directors, employees, and agents of Christ Flight Ministries, Inc., from any and all claims and demands for personal injury, sickness and death, as well as property damage and expenses of any nature incurred by myself or my child.

Initial here: _____
Participant Parent (if minor)

Release of Likeness

Release of Likeness I, the undersigned, for myself and/or on behalf of my child under 21 years of age, give permission for pictures and videos to be taken and used for promotion of Christ Flight Ministries, Inc.

Initial here: _____
Participant Parent (if minor)

Assumption of Responsibilities

I, the undersigned, for myself and/or on behalf of my child under 21-years of age, do also assume personal responsibility for all expenses related to an unplanned early departure and for medical treatment and emergency evacuation. Furthermore, I assume all costs for damages incurred by my child due to his or her negligence of rules and restrictions placed on them by Christ Flight Ministries, Inc. And, should it be necessary for my child to return home due to disciplinary action, medical reasons, or otherwise, I hereby assume responsibility for all costs related to medical treatment or transportation. Initial here: _____

Participant Parent (if minor)

Participant's Signature: _____ Date: _____

Signature of Custodial Parent/Legal Guardian (if minor): _____ Date: _____

Medical Preparation

We highly suggest that you consult with your medical professional about your state of health, to obtain prescriptions, and to obtain any necessary vaccinations listed below. Please indicate any medical conditions or prescription medicines on your application.

Travel Insurance

Trips departing for Costa Rica will require travel insurance for all passengers unvaccinated for Covid-19. Passengers traveling to the Bahamas will have travel insurance added to the cost of their Heath visa.

Travel Resources

Centers for Disease Control (CDC)

<http://www.cdc.gov/travel/>

Information about travelers' health, safety and necessary vaccines. The water and food we consume is safe, but the CDC suggests hepatitis A and typhoid vaccines. Be sure these routine vaccinations are up-to-date: measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis, varicella (chickenpox), polio, and your yearly flu shot.

Bahamas Travel:

<https://www.bahamas.com/travelupdates>

Costa Rica Travel:

<https://cr.usembassy.gov/covid-19-information/>

Zika Virus:

<https://wwwnc.cdc.gov/travel/notices/alert/zika-virus-honduras>

STEP

<https://travelregistration.state.gov/ibrs/ui/>

Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. Your team leader can enter everyone at once.

Transportation Safety Administration

<http://www.tsa.gov>

Follow TSA Guidelines for packing, check-in and security procedures at US airports. TSA will require you to discard or re-pack any items not permitted for travel.

U.S. Department of State

<http://travel.state.gov>

The State Department maintains a list of travel information, warnings and notices about travel to particular countries and regions of the world. They also provide information about traveling safely as a US-citizen outside the country.

U.S. citizen infants and minors born in the United States should possess a valid passport. Honduran entry and exit control laws require that a child under age 21, traveling either unaccompanied or with one parent only, must have written and notarized permission to travel from the non-traveling parent/s (or legal guardian/s). If the minor is traveling with one parent only, the absent parent should sign the authorization. If neither parent is traveling with the minor, both parents must sign the [Minor Travel Consent Form](#) on the last page of this packet.

Clothing Recommendations

Costa Rica teams should dress for summer and rainy conditions. Travel to the Volcano is quite cool and Jacket and long pants may be desired. Pack enough close for the entire trip and your travel back home. **Laundry facilities are very limited.**

The Bahamas trips are packing for a generally warm to hot climate. Laundry facilities are limited. Depending on the time of year, it could be rainy.

What clothing items should I NOT bring? Shirts with profanity; shirts with political parties or candidates; shirts from other mission organizations; sleeveless shirts; low-cut shirts; tank tops; tankinis; bikinis; short shorts; mini-skirts; expensive or sentimental jewelry.

Location	Men	Women
Church	Dress pants Cargos Jeans	Skirts – below the knee Dress pants, capris, jeans Dress with sleeves Dress shirt Dress shoes
Med clinics	Scrubs encouraged	Scrubs encouraged
Showers	Flip flops Travel soap/shampoo Toothpaste Toothbrush Deodorant	Flip flops Travel soap/shampoo Toothpaste Toothbrush Deodorant
Sleepwear	Light Pajamas	Light Pajamas
Weather Items	Hat or baseball cap Lightweight rain jacket or poncho with hat Rain Boots Sunglasses Sweater	Hat or baseball cap Lightweight rain jacket or poncho with hat Rain Boots Sunglasses Sweater

Packing Recommendations

- Check with the airline provider about luggage costs, restrictions, and embargos during your travel period.
- Check the airline's requirements for baggage weight, baggage size, and restrictions.
- If two checked bags are permitted, plan on dedicating one checked bag to team supplies. Pack lightly and efficiently.
 - Don't take items in your wallet or purse that you will not need.
 - Roll your clothing to save space.
 - Use vacuum-type bags to conserve space and to protect gear from water.
- Pack travel-sized containers of shampoo and other toiletries. Pack these and other liquids inside sturdy zip-lock baggies to avoid accidents.
- Your luggage could be damaged or even lost during travel, so be sure leave behind designer luggage and use sturdy older luggage.
- Use the same color ribbons or tape to easily identify your luggage at baggage claim. Also label your luggage.
- Pack one change of clothes and all of your non-liquid medicine in your carry-on bag in the event your checked bag is lost or delayed.
- **Do NOT** pack any sharp objects such as scissors, knives, or other items could be construed as weapons in your carry-on luggage.
- Leave enough room in your suitcase for small souvenir items that you may purchase.
- Pack bubble wrap in the event that you purchase a breakable object that has to be placed in your checked luggage.
- Ensure that sports balls are deflated.

Travel-type Documents

- Flight confirmation
- Medical information, blood type, and insurance card
 - Vaccination card
 - Negative Covid-29 test results
- Passport and copy of passport
- Minors: See requirements in the [travel resources](#) section.

Personal Items

- Small container of anti-bacterial hand sanitizer
- Eye products such as contact lenses, contact solution, contact case, glasses, and glasses case
- Hair products (comb, brush, shampoo, conditioner, & styling creams)
- Insect repellent (35% Deet is most effective for anyone hiking or working in the fields).
- Laundry bag (pillow cases work great)
- Medical alert bracelet, if applicable
- **Medications, prescription for nausea and diarrhea and OTC's such as Pepto Bismol, Imodium, Dramamine for motion sickness. Prescription medicines MUST be in labeled containers.**
- Razor/shaving cream
- Soap
- Sunburn treatment and body lotion
- Sunscreen
- Tampons, panty liners, or pads
- Toothbrush, toothpaste, floss
- Wet wipes

Other you may consider Items

- Backpack or small duffel bag
- Battery-operated alarm clock (or simply use your smart phone)
- Bible (or use your Bible app)
- Binoculars (if you like bird watching)
- Flashlight (ensure it works before you leave, but don't pack with batteries inside)
- Hard hat (if climbing or working on the roof)
- Hat or baseball cap
- Inexpensive waterproof watch
- Journal
- Pen
- Safety goggles
- Spending money for small souvenirs, snacks, and meals in airports
- Sunglasses
- Water bottle with large opening
- Work gloves
- Ziploc baggies (some gallon size, some sandwich size)

Security Measures

- Stay with your pre-assigned accountability partner at the airport and have all flight information and contact information with you in case you get separated.
- Keep your passport with you at all times. Plan on giving your passport to the lead missionaries in The Bahamas/Costa Rica.
- Leave a copy of your itinerary, passport, and emergency contact information with a family member or close friend at home.

Don't skip over this info. We want you to have the best experience possible.

Seriously read these pointers:

- Please get good rest in the days leading up to the trip.
- Wear tennis shoes on the trip to save packing space and to avoid sore feet/blisters from other shoes. Break in new shoes before you leave to avoid blisters.
- Please know that you will not have access to internet or wifi, unless we travel to an area that has free wifi. Please keep your smart phone or cell phone on airplane mode to avoid international roaming fees.
- Please talk with your team leader about the entry and exit procedures as well as the addresses needed for the customs form. Please wear the team t-shirt and long pants/capris when traveling to The Bahamas or Costa Rica. This way, the missionaries can easily find your group as they arrive at the airport.
- This is **SUPER IMPORTANT** for completing the forms on the plane and for entering the country.

The Bahamas

96 Young Husband Ave
Freeport, The Bahamas
912.396.1958

Costa Rica

Residential Loma Verde
Casa 11
Curridabat, San Jose
Pablo Lavalle +506 8347-5520

- If customs wants to check your luggage and asks if you have prescription drugs, they are most likely asking if you are transporting medications to be used for ministry. If these are for personal use, you can answer, "no."

Healthcare

Prepare yourself and your team to handle unexpected medical emergencies. Identify someone on your team with CPR/First Aid certification or consider getting this certification yourself. Brief your team on emergency protocol while on-site, who to contact and in what order, where to go, what to do, etc.

Encourage team members to provide their blood type.

Here are some items you may want to bring.

- Acetaminophen
- Adhesive bandages in several sizes
- Adhesive tape
- Alcohol wipes
- Antibiotic cream
- Antiseptic wipes
- Calamine lotion
- Disposable instant cold packs
- Elastic bandage
- Hydrocortisone cream
- Ibuprofen
- Mouthpiece for administering CPR (obtain from Red Cross)
- Plastic gloves in various sizes
- Safety pins
- Sharp scissors
- Silvadene Ointment for burns
- Sterile gauze
- Thermometer
- Tweezers

This is a list of prescription medications that we highly recommend that you have on hand for your team members. Again, prescription meds need to be in the original prescription containers.

- Ondansetron sublingual tablets for nausea (*these are best bc they are fast acting and don't cause drowsiness*)
- Hyoscyamine 0.125 mg tablets for diarrhea
- Phenergan (promethazine) 25 mg tablets for nausea

In the event that you need emergency medical treatment, bring a credit card and extra cash.

Questions & Answers

- **Where is Costa Rica anyway?**
 - *Costa Rica are in Central America. Flights from Atlanta are ~3-hours.*
- **What language is spoken in Costa Rica?**
 - *Spanish is the predominant language. We will have translators to assist you.*
- **What will we be doing?**
 - *The team leader and the missionaries in The Bahamas and Costa Rica will prepare activities based upon the skillsets of the team members.*
- **Will someone meet us at the airport?**
 - *Yes, the missionaries will greet you immediately after you exit the secured area of the airport. We will escort you to the bus.*
- **How long will we have to travel to get to the mission location?**
 - *The bus trip will be about 1.5 hours depending on traffic. You'll see extreme poverty while exiting the city and beautiful mountains and scenes on the way. Have your camera ready, but don't hang out of the windows or put your camera outside the window.*
- **Will there be an agenda?**
 - *Yes, the agenda will be pre-established with the mission team leader, however, flexibility is super important as things could change based upon weather, etc.*
- **Will the team have devotions or worship time?**
 - *Most definitely. Your team leader will be working on this. Volunteer to help.*
- **Can we purchase snacks and sodas?**
 - *Yes, but this will be in addition to any trip costs. Many times we will pass stores and there may be time to stop.*
- **Where will we sleep?**
 - *You will sleep on a bunk bed and will share a room with others of the same gender.*
- **Where will we shower? Will there be hot water? Will there be time limits in the shower?**
 - *There are showers adjoining or adjacent to the bedrooms. Since others will be using the same shower, we recommend you pack flip flops for the shower. Yes, unless there is a malfunction, you will have hot water. To conserve water and electricity, as well as to allow others to shower in a timely manner, it is recommended that you shower and dress quickly. Makeup and hair can be done in the dorm room.*
- **Can we flush the toilet paper?**
 - *No, all toilet paper must be deposited in the trash can. Yes, we know this is gross.*

- **Can we drink the water? Can we brush our teeth with the tap water?**
 - *No, you cannot drink or brush your teeth with tap water. We filter water with a professional filter system. You should use the filtered water for brushing your teeth and for rinsing your tooth brush.*
- **For the ladies, should I take feminine hygiene products? Can I buy tampons or pads?**
 - *Yes, even if you are not anticipating the need, please pack these items. Tampons are almost impossible to purchase.*
- **Is it appropriate to buy items from street vendors?**
 - *No, we do not recommend that you buy food or other items from street vendors.*
- **Can I give things away to people?**
 - *No, if you would like to leave something to donate, please leave the items in your room or see the missionaries on-site.*
- **Will we be in danger?**
 - *We will be present to pick up the team at the airport and will accompany the team at all times. As with in any country, even the USA, there are dangers. We try not to travel at night and we avoid dangerous areas. It is important to be keenly aware of your surroundings.*
- **Can we take photos?**
 - *Yes, but it is best to ask permission first. Never take any photos of Bahamian or Costa Rican police or military. There will be some cases where we will ask that you not post photos of certain people living in the refuge for victims of domestic violence and human trafficking.*
- **How do we greet people?**
 - *It is customary for females to greet females with an air kiss (cheek to cheek kiss in the air – do not kiss the cheek).*
 - *It is best for men to shake the hand of the female that they are greeting to avoid any type of misunderstanding by the female.*
- **Will we have access to the internet?**
 - *No, you will not. Yes, you may go into withdrawals, but you will survive.*
- **Can we give tips to the luggage handlers, cooks, pastor, driver, maid, etc?**
 - *We will pay a set rate to the luggage handlers. The team leader will collect the tips and present these to the cooks and maid on the last night of your stay.*
- **What if I get sick?**
 - *If you become extremely sick or have a minor injury, we will take you to a nearby hospital. If you are injured or require specialized care, we would need to take you 1.5 to a private hospital in the capital city. All expenses will be your responsibility.*
- **What happens if I get lonely or want to go home?**
 - *First of all, let us know if you are sad, scared, sick, or want to go home for some reason. We will not be able to return to the airport for an unscheduled return flight unless there is an emergency. Our organization will not be responsible for additional costs related to an unexpected return.*
- **Is it safe for a pregnant woman to go to Central America?**
 - *No! More info @ <https://wwwnc.cdc.gov/travel/notices/alert/zika-virus-honduras>*

Team Member Beattitudes and Team Covenant

As a Christ follower, I commit to the policies and team member covenants set forth by Christ Flight Ministries, Inc.

1. Discipline myself and to put a priority on growing deeper in my walk with Christ during the preparation process and during our project assignment.
2. Participate in and actively support the whole team to accomplish the established goals.
3. Conduct myself in a manner that brings glory and honor to God, to my church, to my family, to both my home and host countries, and to CFM.
4. Conserve energy and water and help keep my sleeping area tidy.
5. Possess a servant attitude at all times and embrace the guiding principle of, "What can we do to serve God and His ministry?"
6. Possess a spirit of flexibility and realize that many factors can alter the pre-established schedule and that plans often change.
7. Share the person of Jesus through my words, actions, deeds, and dress. I will not judge nor criticize the culture, efficiency, work habits, food, traditions, ministry practices, etc.
8. Refrain from any activity or behavior that might be a stumbling block to any team member or to the people I am serving or seeking to influence.
9. Avoid romantic relationships with another team member or a national throughout the entire trip process.
10. Avoid political conversations with team members, missionaries, and nationals. Do not engage in any conversation about who you supported or voted for in the USA.
11. Abstain from using or possessing alcohol, tobacco products, e-cigarettes, and illegal drugs during the trip.
12. Submit to the authority of the team leader(s) and missionaries.
13. Respect and follow decisions made by the mission team leader and missionaries in charge.
14. Follow all import and export laws and will be aware of the airline's guidelines for luggage. I will not attempt to bring any item or good into the host country or back into my country of residence that is banned.
15. Communicate all concerns, conditions, or other issues to the team leader(s).
16. Refrain from giving cash, personal gifts, or making promises to a national while on my trip and following my trip. I understand that doing so may create an unhealthy dependency and sense of entitlement. I agree to adhere to this policy no matter the circumstances in order to protect the health of the relationships with CFM.
17. Accept that if I break any of the policies listed above, at the discretion of a CFM representative and in conjunction with my Team Leader, my mission trip can be terminated, and I can be sent home at my own expense.

Minor Travel Consent Form

To Whom It May Concern: I/We,
(Full Name(s) of Custodial and/or Non-Custodial Parent(s)/Legal Guardian(s)) am/are the
lawful custodial parent and/or non-custodial parent(s) or legal guardian(s) of:

Child's full name:

Date of Birth: _____ Place of Birth:

U.S. Passport Number: _____ Place of Issuance:

Date of Issuance: _____ Date of Expiration:

_____, (Child's Full Name)

has my/our consent to travel with:

Full name of accompanying person:

U.S. Passport Number: _____ Place of Issuance:

Date of Issuance: _____ Date of Expiration:

to travel to: _____ during the period of:

During that period, _____ (Child's Name) will be residing with

_____ at the following address:

Number/Streetaddress: _____

City, State/Province, Country: _____

Cell Phone: _____ Home Phone _____ Office Phone:

Parent(s) or Legal Guardian(s):

Full Name: _____

Signature: _____

Date: _____

Parent(s) or Legal Guardian(s):

Full Name: _____

Signature: _____

Date: _____

Notary Public:

Signed before me,

this _____ (Date)

at _____ (Location)

Notary Public:

Signed before me,

this _____ (Date)

at _____ (Location)

Minors under the age of 18 who are traveling with only one parent may be required to have additional documentation if leaving their country of residence. Please contact the nearest Consulate of the country to which you are traveling for additional information.

Please have a notary public in the USA witness the signature of the parents/legal guardians and plan to travel with the birth certificates of all minors.