



Important Information You Need To Know...Before Your Trip

As you are preparing to embark on this adventure to Harmons, it is important to have accurate expectations for your trip to be successful. These expectations play out in simple things like how and what you pack - and more complex things like mentally arranging yourself to properly serve others and willingly give up perceived rights.

The following (although not exhaustive) are expectations of which you need to be aware:

This trip may involve some of the hardest work you've ever done in your life. Complaining is not profitable; encouragement is contagious. Even when you're dirty, stinky and exhausted, Jamaican kids don't care – they just want your attention. Your living conditions will be different than what you are used to in the States: showers will be very, very short and always cold; the sun will be very hot; and the bus ride from the airport to Harmons will be very long - which is probably the last thing you will want after flying all day. You will be expected to leave virtually everything you brought in Harmons – so don't bring anything you must bring home. Your personal space will be constantly violated because Jamaican kids don't see invisible barriers. Your heart may get broken. You may not want to leave. You may want to come back. Did we mention it will be hot?

As you are gathering items to take to Harmons, keep in mind that you can only take 50 pounds plus what you manage to jam into your carry-ons. That might sound like a lot, but it really isn't. Once you get to Harmons, you will wish that you could have brought everything you own. The following is how we require all teams to pack.

The goal is to pack as much stuff to donate as possible and pack little to none of the stuff that you want to bring home.

1. Each team member is asked to take two carry-ons (a backpack and small rolling suitcase) and one checked suitcase. Don't pack in large duffle or military bags. These types of bags only draw unwanted attention to yourself and your entire team when going through Jamaican customs. This extra attention may cause customs agents to thoroughly search everyone's bags. Another red flag for customs has been wearing camouflage clothing, so please refrain from wearing that through the airport. Good-conditioned, soft-sided suitcases can often be found at thrift stores or

garage sales. Be sure the suitcases are large enough to pack 50 pounds in each of them. Avoid older, hard-sided suitcases. **IMPORTANT:** Please only bring checked-on suitcases that you can leave in Jamaica. Please bring good-conditioned, soft-sided suitcases that have wheels.

2. The one checked suitcase per team member needs to weigh as close to 50 pounds (without going over) as possible and will be **full** of items to be given away. Be sure to only bring suitcases that are large enough to actually hold 50 pounds. Do not guess a suitcase's weight. Take the time to weigh each bag.

Pack the following personal items in your two carry-ons (we recommend a roll-behind, small suitcase that you are willing to leave in Harmons and a backpack):

- swimsuit (modest 1-piece or tankini that touches in the middle for females)
- sleepwear
- socks and undies for 7 days
- Bible, pen, and journal
- flashlight and extra batteries
- snacks for yourself (granola bars, fruit snacks, protein bars, etc.)
- flip flops
- personal medicine (Dramamine, etc.)
- personal hand sanitizer
- personal face mask(s)
- work clothes for 5 days (sleeved t-shirts and shorts/pants)
- casual clothes for 2 days (North Coast and travel)
- work shoes (travel wearing either your work shoes or flip flops)
- work gloves
- hat or bandana
- one towel for showering
- one hand towel
- one outfit for possible school service and/or church service:
Girls: dress or skirt at least knee-length with shoulders covered.
*Fitted shorts under skirt/dress are suggested for comfort/modesty.
Guys: long pants (jeans are okay) with a collared shirt like a polo.

IMPORTANT: All personal items should only be packed in your carry-on luggage and backpack. The only exception is if you have personal toiletries or liquids over 3.4 ounces. These items should be securely placed in a ziplock bag, labeled with your name, and placed in a checked suitcase. **Note:** We need as many donations as possible; so *all other personal items must fit in carry-on bags*. Please plan on donating your work clothes and small carry-on suitcase. You should be able to travel to the North Coast and home with just your backpack.

Pack the following items in your checked suitcases (per person):

- Assigned team food items (you will receive list closer to trip)
- Box of cereal or other personal breakfast food (ie. pop tarts, granola bars)
- 1 can of corn & 1 can of green beans
- 2 rolls of toilet paper
- ½ gallon water bottle (please put your name on duct tape on your water bottle and be sure to stuff items inside it). Smaller water bottles are not large enough.

We encourage breaking up in groups of 4 or 5 and sharing personal items such as sunscreen, shampoo, toothpaste, shower soap, snacks, bug spray, etc. that will be used in Jamaica. Remember not to pack liquids over 3.4 ounces in your carry-on. In addition, the food items that team members are assigned are VITAL. These food items are used to help feed the team while you are in Harmons so it is important that each member bring and pack their assigned items.

IMPORTANT: Please do not pack short shorts or tank tops. After a long, sweaty day of work, even the sturdiest tank tops look pretty risqué. T-shirt sleeves can be rolled or tied up but please do not ruin them by cutting them off. There is no need to waste valuable space or electricity with hairdryers - your hair will be dry within minutes anyway.

Last few important packing tips:

The last thing you want is to open a nicely packed suitcase in Jamaica only to find that your large plastic jar of jelly exploded inside. To prevent this catastrophe from happening, duct tape anything with a lid and put any item that could get squeezed and explode in a gallon-size Ziploc bag. Do not pack items that could puncture or explode near the edge of the suitcase. Protect these types of items with clothes. Be careful packing sharp items or tools near breakables. Canned vegetables do not need duct tape. In addition to food items, toiletry items like shampoo should be protected with duct tape and Ziploc bags.

You will be packing together as a team. Instructions will be given to group leaders as to how to plan and execute a packing party. Remember, there may be higher priority items that other team members brought that need to come down. Don't feel like the stuff you gathered has the highest priority. It is a good idea to weigh your suitcases with an accurate scale. There are expensive airport penalties if a suitcase weighs more than 50 pounds. Try to put heavier items (i.e. cans of spaghetti sauce) in smaller suitcases to help them reach 50 pounds. Make sure all suitcases have names and addresses on them. Don't put the same color yarn or some other "group marker" on the suitcases. This will only draw attention to the large number of bags your group is bringing into the country.

We would appreciate all your work clothes being donated at the end of the week. In addition, please plan on returning to the States with no more than your backpack.

**Donated items to fill your check-in suitcase:
The #1 requested and needed items are children's clothes.
Underlined items are also greatly needed.**

TOOLS

Heavy-duty brick trowels, framing hammers, heavy electrical cords, new power tools, drill bits, screw bits, 25' tape measures, tool bags (Please only bring quality, name brand tools, the cheaper tools will not hold up. It would be better to bring 1 good tool rather than several cheap ones.)

SCHOOL SUPPLIES

Backpacks, hard black composition books, dry erase markers, crayons, loose leaf notebook paper, pencils, pens, markers, school glue, rulers, scissors, tape, construction paper

SHOES

Any shoes in good condition, work boots, black leather school shoes, adult soccer shoes, children's shoes, flip flops, high heels, any type of women's shoes

TOILETRIES

Toothpaste, bar soap, body wash, baby powder, baby lotion, shampoo, 2-in-1 shampoo and conditioner, lotions, children and adult toothbrushes, adult diapers

MEDICINES

Disinfectant wipes, antibiotic creams, muscle rub, anti-fungus cream, adult and children's cold medicine, pain reliever, Band-Aids, bandages, cough syrup and cough drops, first aid kits, adult and children vitamins, alcohol pads, hand sanitizer. (Due to space and restrictions, do not bring anything other than OTC medications without approval of Medical Director).

HOUSEWARES

All sizes of bed sheets, pillowcases, towels (bath and hand) and small washcloths, kitchen wash cloths and dish towels, hard plastic plates and bowls, silverware, sharp knives

CLOTHES

Good and unsoiled used or new clothes, children clothes (especially boys' clothes), new underwear and socks, infant clothes, adult clothes (no winter clothes), any type of soccer gear – especially adult-sized soccer equipment, men's pants, men's cargo and athletic shorts (especially size 30-32, men's sizes can range 26-38 but nothing larger), women's shorts, dresses, capris, nightgowns, t-shirts (avoid primarily white t-shirts)

MISCELLANEOUS

Batteries, flashlights, gallon-sized Ziploc bags, duct tape, watches, toys, padlocks, hats, jewelry, soccer balls (no footballs or baseballs), purses, bag (especially reusable shopping bags), neckties

ITEMS NOT TO PACK (all are items that have come down over the years)

Bowling balls, electric blankets, humidifiers, one shoe, heavy winter jackets, dog clothing

Camera Policy

Participants are allowed to take photos only on the Harmony House property – this includes courtyard time. And we suggest being courteous and asking Jamaicans at the Harmony House if you can take their photo before you do so. You are also welcome to take photos on the North Coast. However, we ask that you do not take your camera around Harmons – to the worksites, on the walking tour, etc. Taking pictures often becomes invasive and a barrier to building relationships. A Jamaican staff member will serve as the team photographer for the week and will continually visit all worksites and take requests, etc. There will be hundreds of photos collected throughout the week and put on a USB flash drive available for purchase at the end of the week, so you will have lots of digital memories of your trip. Thank you for your cooperation.

Cell Phone Policy

Your week in Harmons will be a cell phone-free environment. You are welcome to bring one to use during travel in the U.S. However, once you arrive at the Harmony House, all cell phones will be collected and put in the safe. Please don't plan on using your cell phone as your Bible or your camera, as you will not have it with you throughout the week.

Spending Money

Do NOT exchange money at the airport. We suggest each person bring between \$150 and \$250 cash for personal spending. There will be soda, smoothies, coffee and craft items for sale throughout the week in Harmons. We do accept personal checks on Craft Night if you want to bring your checkbook for that purpose. In addition, a challenge is given at the end of each week for the team to participate in an individual project by donating money. We suggest bringing some smaller bills for soda and smoothies. When buying coffee, crafts and donating to the challenge, credit cards are accepted (a 4% fee is added to credit cards), but checks are preferred. On the North Coast, you will have the opportunity to enjoy one of the destination treasures of Jamaica (YS Falls, Dunn's River Falls, Blue Hole, etc.). This excursion will cost \$20/person as well as the additional cost of lunch. Once we arrive to Montego Bay, you will have free time where you can shop, swim, and enjoy the Jamaican beach. Entrance to the beach is \$3. Dinner will be provided by WBOTJ. The morning we leave for the airport, a continental breakfast will be provided free of charge by the hotel. Don't bring Traveler's Checks or ATM cards.

IMPORTANT: Don't forget you may need money at your departing airport for luggage fees, which are not covered in the cost of the trip. Fees vary from airline to airline and can be paid for on a credit card at the airport the day you leave for Jamaica.

IMPORTANT (PANDEMIC ADDITION): The current COVID-19 travel regulations require each team member to take a PCR test and provide the negative results to return to the States. COVID tests will be approximately \$65/person and are not covered in the cost of the trip.

Health Issues

If anyone on your team has a significant health issue, please email our Trip Coordinator, Christa Benito, at christa@wonbyonetojamaica.com at least a month before your trip so appropriate precautions can be taken on the ground in Jamaica.

Daily Updates

Be sure to direct your friends & family to view team pictures that will be updated daily throughout the week at www.wonbyonetojamaica.com. These pictorial updates will be done through our Facebook page, but can be accessed through our home page under "Current Photos."

Information team members need regarding Jamaican Immigration forms that are completed on the plane – Please also see the document detailing this process, which your group leader will have. You should have a copy of that with you on the airplane.

Intended Address in Jamaica:

Harmony House, Harmons, Manchester Parish

Purpose of Visit:

Write "Missions" in the blank space by "other"

If asked for a Jamaican Contact by the Immigration Officer:

Mr. Donald Wright – Harmons, local phone number 876-817-2118

Customs

After collecting your checked suitcases, you will need to exit through a Green Customs line. Minors need to go through this line with an adult and be listed on the back of their form, even if they are not related. If asked by Customs officials what is in your bags, reply that you have food and clothes. If they ask if you have anything to give away, they are concerned that you personally may be bringing new items to sell. You are not, so reply that everything is used and is being donated. Again, details for customs procedures are in another document.

Phone numbers in Jamaica for Extreme Emergencies

Trip Coordinator, Christa Benito

Toll-Free: 1-(866)-376-9289

Loyd Jackson's Jamaican cell phone: 1-876-419-1718

Don Wright (Jamaican): 1-876-817-2118 or 1-876-356-7487

Harmony House phone: 1-210-610-4486

Sample Trip Itinerary

Events and their order are subject to change

Sunday

Team departs home airport and arrives in Montego Bay, Jamaica
Transport team and luggage to Harmons
Dinner upon arrival – Welcome, Unpack, Leaders meeting

Monday

Breakfast, Orientation, Harmons walking tour
Lunch, Serving opportunities
Dinner with House Family, Team building/games, Devotion

Tuesday

Breakfast, Morning devotions, Serving opportunities
Lunch, Serving opportunities
Dinner, Jamaican Culture Night

Wednesday

Breakfast, Morning devotions, Serving opportunities
Lunch, South Coast Beach Trip
Dinner, Meals on Heels IN, Worship Night

Thursday

Breakfast, Morning devotions, Serving opportunities
Lunch, Serving opportunities
Meals on Heels OUT, Craft Market

Friday

Breakfast, Morning devotions, Complete serving opportunities
Dedicate houses, Lunch, Free time activity with the community
BBQ Send-Off, Pack up, Team Gathering, Debrief

Saturday

Breakfast, Cleanup, Depart from Harmons
Excursion Experience
Check-in to hotel, Team dinner, Free time

Sunday

Continental breakfast at the hotel, possible free time depending on flight time
Transport team to the airport
Team departs Montego Bay (MBJ) and arrives home

