



Relieving Disaster, Promoting Community

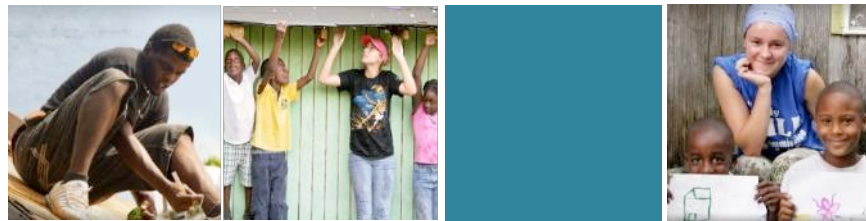
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# Group Leader Packet

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# Group Leader General Information



## **Contact Info:**

Website: [www.MethodistHabitat.org](http://www.MethodistHabitat.org) Email: **Director's Line:** 1-242-823-6891  
MethodistHabitat@gmail.com Skype:  
MethodistHabitat

**Eleuthera Office Line:**  
1-242-823-6892

**Bahamas Mailing Address\***  
**BMH - #30102**  
c/o Agape Flights  
100 Airport Ave E  
Venice, FL 34285

**Grand Bahama Line:**  
1-242-823-6893

**Abaco Line:**  
1-242-823-6894\*\*

*\*Please use this address to mail payments and packages*

*\*\* This # may not always connect & may change in May 2020*

## **Bahamas Address**

Bahamas Methodist Habitat - Camp Symonette  
Symonette Road  
P.O. Box # EL-25803  
James' Cistern, Eleuthera, The Bahamas

## **BMH Staff:**

Rev. Stephanie Gottschalk Executive Director

Alex Rolle Eleuthera Construction Coordinator

Jeremiah Whyte Grand Bahama Coordinator

Pauline Bethel Eleuthera Hospitality Coordinator

Daphne Cambridge Administrative Assistant

## **Bahamas Habitat:**

BMH's US Advisory Board has a 501c3 to support our ministry  
[www.BahamasHabitat.org](http://www.BahamasHabitat.org)

Bahamas Habitat  
103 Dumbarton Court  
Cary, North Carolina 27511

## **Supported By:**

Supported by:  
United Methodist Volunteers in Mission  
United Methodist Committee on Relief  
General Board of Global Ministries -  
Advance Special # 3021928  
Cooperative Baptist Fellowship

## Team Leader Timeline

### **Begin the Reservation process early ... the sooner the better!**

- Complete the **Volunteer Application** and email to: **MethodistHabitat@gmail.com**
  - **Send in Non-Refundable Registration Fee with Application of \$500 per team** Your week is not reserved until we receive your deposit. Download "Volunteer Application" from website

### **3-4 Months Prior to Arrival**

- Send **1<sup>st</sup> Payment (\$400 per person)**
- **Confirm with us all travel to and from your destination.**
  - \*Please include airlines, flight numbers and times.
- Obtain travel medical insurance /UMVIM insurance for your group based on travel dates plus 1-2 days at the end for unforeseen travel changes. Sports insurance suggested.

### **1 Month Prior to Arrival**

- **Email BMH with the following information:**
  - Completed **Volunteer Information Spreadsheet**
    - Available from our website under the Service with Us > Plan Your Trip
- Assess special needs of your group (medical, allergy or otherwise) and inform BMH.
- Fill out the paper Missioner Profiles to submit to the BMH staff.
- Host a BMH Prep meeting with your team to prepare for the trip and collect all necessary forms (See page 10)

### **Due On or Before Arrival**

- Pay **Final Payment (\$400 per person + any remaining balance)**
  - Please bring the final payment with you or pay online ahead of time. You may mail final payment if it can be postmarked one month prior to arrival.
- ALL team members completed **Missioner Profile and Release of Claim.**
  - Bring a copy with you for BMH
- **Parental Consent Form** for team members under the age of 18.
  - Bring a copy with you for BMH.

### **Suggestions Before Arrival**

- Record prescription and allergy information for all team members.
- Plan devotionals that meet the spiritual needs of your group.
- Review **all items** from the "**Pre-Trip Planning Meeting**" agenda.
  - Help get them in the appropriate mindset for mission work in the Bahamas.
- Establish a way of communicating with folks back home.
- Hold a weigh-in for luggage to make sure team is under the airline weight limit (including Bahamian airline limits if connecting) and remember to save room for donated tools and other supplies.
- Hold a Commissioning Service for team in local church.

## **Tips from other Team Leaders:**

- Distribute forms to team members in a plastic sheet protector made for a 3-ring binder. After collecting completed forms, carry them with you in a binder, so information is together. Have back up copies with you or scanned and saved somewhere accessible.
- Passports, copies of passports, birth certificates, and photo ID's and immigration cards can also be stored in the binder during your travel. When you arrive at BMH you are welcome to store important documents in our safe.
- Minors are not allowed to fill out Bahamas Immigration Cards.  
Store minor's information on a spreadsheet and carry onto the plane to fill out their forms:  
Full Name, Gender, Country of Birth, Country of Citizenship, Country of Residence, Birth date, Passport Number, Home Address
- Make a small card for each team member, with flight info, immigration card info, work team assignments, and responsibilities such as day/time to lead devotionals.

## **Emergency Medical Care on the Islands**

There are local medical clinics & facilities on each island but the only full-service hospitals are in Nassau. The local nurses and doctors can do basic procedures and diagnosis but you will likely be sent to Nassau for anything that requires X-ray or monitoring. Please help keep safety a priority at all times!

- Watch your step - Our islands are rocky with hidden holes and rocks that vary from slippery to sharp.
- Stay aware on work sites - know what / who is in front, behind and next to you.
- No jumping in water unless specific permission from staff. When jumping, always enter feet first - no diving!

## **Travel Insurance**

All teams are required to have international medical and medical evacuation insurance. We highly recommend **United Methodist Volunteers in Mission International Travel Insurance** which is available to non-Methodist groups as well. More information is on your jurisdiction's UMVIM website. Please note that this insurance functions as a reimbursement and you should have access to a credit card with min limit \$5,000 and up to \$10,000 for potential emergency expenses.

## **Housing**

Each of our sites are unique in their housing. Facilities can range from dorm rooms with bunk-beds to air mattresses on the floor. Most, not all, sleeping rooms have air conditioning. (Additional details can be found on website.) Due to conservation and costly price of electricity the air conditioning should only be turned on during sleeping hours.

## **Meals**

Each day, meals are prepared from scratch by our staff and/or local caterers. Morning and evening meals consist of a hot breakfast, and homemade dinner. Lunch consists of a sandwich, fruit and chips at your worksite. Please make sure to contact BMH with any food allergies, concerns, or questions at least one month before arriving. It is advisable to bring snacks if your team members need extra caloric intake or have big appetites. BMH provides water throughout the week and other beverages at meals. If your team would like flavored drinks on site, we suggest you using powder mixes.

## **Internet Access**

Please take this opportunity to "unplug" and connect to the Bahamian community. We strongly discourage participants from bringing laptops, or tablets and smart phone unless placed in airplane mode and protected in some way. There is Internet access to which team leaders will have access.

**Forms Checklist** (all forms are available at: [www.MethodistHabitat.org](http://www.MethodistHabitat.org) under "Serve With Us > Plan Your Trip") Please print and have each participant complete the following forms:

- + Missioner Profile Form
- + Fill in "Volunteer Information" Spreadsheet
- + Covenant Sheet (1 per group)
- + Parental Consent Forms for those under 18

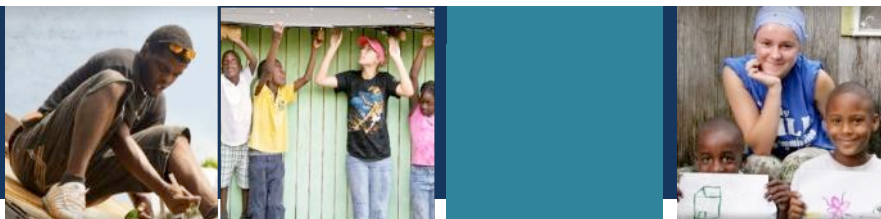
# Individual Packing List

## Things to Pack (EACH volunteer):

- Up to date PASSPORT
- Shower supplies/towel\*/washcloth/shower shoes/flip flops
- WATER BOTTLE** You will need this during the day.
- Basic clothes – Underwear, socks, pajamas
- 1 outfit for Church  
Men: Long pants and nice polo shirt for men. Women: knee length skirts or modest dress for ladies
- Work Clothes: 5 t-shirts, 2 pair of long pants, closed toed shoes such as tennis shoes.
  - **\*NO SHORTS OR LEGGINGS** on the worksite for safety reasons.
- Casual Outfit for evening activities. Long pants will protect you from hungry mosquitoes.
- Work Gloves, safety goggles, any personal tools
- Sun Protection: Sunglasses / Hat/Bandana/Sunscreen
- Swimsuit /Beach Towel: Girls need to have one-piece or tankini. If you have a two-piece please bring a T-shirt or full size tank top to wear over it.
- Bible/paper/pen/journal
- Camera / Phone set to airplane mode
- Tennis shoes or work shoes (you must have closed toe shoes); Hiking sandals for excursion day/beach
- Bug spray (It is hot and buggy - be prepared. Deet repels mosquitoes, Baby Oil or Skin-So-Soft keep sand fleas off the skin.
- Anti-itch Cream or Benadryl Cream
- Flashlight with extra batteries
- Hand Sanitizer, antibacterial wipes, Aloe, Lotion
- Frisbee, lightweight hammock or other small recreation items.
- Small personal fan (battery operated) - Optional
- Personal Funds for: Snacks on island, Souvenirs, Excursion Day lunch (\$12-\$18), Love offerings at church and/or for BMH. (\$30 -\$100 should cover all depending on your shopping & snacking)

## Thing NOT to Pack:

- Video Games or other unnecessary electronics
- Nothing expensive that could get lost
- Very Nice clothes
- Hair Dryers or Curling Iron
- Nothing smelly like perfume, cologne, or scented lotions (attracts bugs)
- Excessive Hair Styling products



## Important Immigration & Customs Notes

- Check with airlines (both US & Bahamian airlines) for allowed number of bags and weight limits.
- Remember to pack necessities (change of clothes, some toiletries, medications, etc.) in a carry-on bag in case luggage gets delayed or lost in transit.
- When entering the Bahamas and filling out forms or if asked, inform **Bahamas Immigration** that you **are entering on Tourist status** (not Missionary) and will be staying with BMH at:
  - Eleuthera - Camp Symonette, James Cistern, Eleuthera, The Bahamas
  - Grand Bahama - New Hope Methodist, Sandcombe Road, Freeport, Grand Bahama, The Bahamas,
  - Abaco - St. Andrews Methodist, Dundastown, Abaco, The Bahamas
  - Nassau - various , Nassau, New Providence, The Bahamas
- Make a Team Leader binder/folder with copies of the Parental Consent, your health forms, insurance cards, copy of passport. Put the copies in a plastic sheet protector for each participant. It is a good idea to scan all documents onto a CD and have a back-up copy.
- Be sure that you have a health form with each participant's medication listed, allergies, and immunization records with you & copies of each person's health insurance registration

## Share Space

The following items may be carried in bulk for use by the whole team, instead of each team member bringing his/her own. Some teams check only the bag with these items to save on baggage fees.

- Basic First Aid Supplies (Band-Aids, antibiotic ointment, anti-itch ointment, Benadryl, etc.)
- Sunscreen and Insect Repellent (Deet repel mosquitoes, Skin-So-Soft & Baby Oil repel sand fleas)
- Towels or heavy items

## Tools and Donated Goods

We are always in need of tools and other supplies. If you would like to help us by bringing donated supplies in your bag please see the **Needs List** (p. 12) or look for our Amazon Wish Lists online (linked from our website. If you have personal tools you would like to bring and use you are welcome to do that. If you have a specialty skill (mechanic, plumber, electrician, etc.) please bring those tools with you.

### Airports:

**Additional Travel Tips with links to airlines that come to the islands are updated on our website under Serve With Us > Travel Arrangements. Because direct flight prices can fluctuate a lot, we suggest checking multiple times and always comparing rates to Nassau and then booking a domestic flight via a Bahamian airline (where prices are very stable.) Usually 2.5-3 hours is needed between arrival in Nassau and departure on a domestic flight.**

**Before booking final arrangements, email [MethodistHabitat@gmail.com](mailto:MethodistHabitat@gmail.com) to confirm plans.**

ELEUTHERA: First choice is Governor's Harbour Airport (GHB) Second Choice is North Eleuthera (ELH). Many teams connect through Nassau (NAS)

GRAND BAHAMA: Freeport (FPO) has direct flights from Florida or you can connect thru Nassau.

ABACO: Marsh Harbour (MHH) is the airport to use. There are direct flights although more options will be available connecting through Nassau (NAS.)

## **Hurricane Dorian Affected Islands - Grand Bahama and Abaco**

*Hurricane Dorian (tied for the strongest storm ever in the Atlantic Ocean) struck the islands of Grand Bahama and Abaco enduring three days, Sept. 1-3, 2019, and damaging the homes of thousands of people. BMH has assisted with the repair to church facilities where volunteers are being housed on the islands but many areas are still recovering & people are displaced.*

- \* Expect rougher conditions in many respects. While the housing is
- \* Please be sure team members have updated Tetanus Shots.
- \* Allow extra grace for the work site plans as there is a great deal still being organized with government, homeowners, and other NGOs. Flexibility is key.
- \* Accommodations will be inside a church building (sanctuary or fellowship hall.) Team members will sleep on air mattresses.
- \* Bring twin-sized sheets, pillows, and your own bath towels with you.
- \* Showers are inside the buildings although hot water may not be available 100% of the time.
- \* Be prepared for HOT, HUMID conditions.
- \* Many people are still traumatized. We request that you have one person on each site team prepared to be a "listener" as the homeowner or neighbors may have a strong need to talk about their experience or life before the storm/s.
- \* Bring any items you need for food allergies or special dietary needs with you in order to ensure that you have what you need. We cannot guarantee gluten-free, dairy-free or vegan meals on the disaster-affected islands. Vegetarians can usually get by with sides and protein bars.
- \* Transportation will be provided for group activities. Small trips for odds and ends should be limited or done during lunch.
- \* Be prepared to entertain yourselves some evenings. Bring music, cards, devotions, etc.
- \* Additional funds for materials are appreciated. We have not raised our per person cost but the need on these islands is very great and certain prices are higher. Any additional fundraising (suggestion of \$200/person) towards extra costs would be appreciated and go towards staff, transportation, tool, and materials.
- \* Please bring dust masks, goggles, gloves, and personal hand tools with you for your own use. We will provide more specific gear or requests per group depending on your schedule and likely scope of work.
- \* Worship space and sleeping space often overlap. If you are in place over a Sunday, please be prepared to help set up the space for worship.

### **ABACO SPECIFIC**

- \* Wi-fi and phone connection are more likely to be spotty and inconsistent on Abaco as the cleanup and recovery are moving slower than in Freeport.
- \* We are still using generators for electricity at our host site on Abaco. Conservation of electricity is paramount. Please bring a lantern and battery backup (points for solar) for your phone. Keep phone on airplane mode to conserve power.
- \* Space is tighter in Abaco housing - be prepared to keep your belongings organized and pack light.
- \* No C-Pap machines can be accommodated in Abaco at this time.
- \* Daily schedule is much the same except that daily recreation is more limited at this time due to debris and poor access. There is swimming accessible from the St. Andrews Church site that will be available each day and excursion day will include beaches outside Marsh Harbour.

## What to Expect: Daily Schedule, Group Chores and Conservation Guidelines



### Daily Schedule

**SUNDAY** – BMH staff will meet you at the airport wearing a BMH T-shirt. You can't miss them! You will head back to our facility and get settled-in. There will be an Orientation after dinner at 5:00pm. The rest of the evening will be relaxed with group mixers, group devotions (led by your own group) and early lights out to get rest for the Big Week.

#### **MONDAY–THURSDAY: Daily Work Schedule**

6:30 am	Wake Up
7:00 am	Breakfast Bell / Morning Devotion
7:10 am	Breakfast & Make Lunches
8:00 am	Leave for Work Site
Noon	Eat lunch at site
4:00 pm	Leave Work Site for Beach
5:30 pm	Showers
6:30 pm	Dinner
7:30 pm	Evening Activity/Free Time Group
9:00pm	Devotions
10:00 pm	Quiet Time
10:30 pm	Lights Out

**\*Evening Activities options** – Each week there are different options and opportunities for evening activities. They can include Worship and Bible Study at local church, Bahamas Trivia Contest, local music, beach campfire, devotions & worship, informal games, etc.

**\*Group Devotions**–We offer to provide the opening and closing devotions (Sunday night & . The rest of the week there is an opportunity to meet with your teams to gather on your own. You may want to assign leaders before you arrive.

**\*Worksites** - Many variables will affect your project assignment, including the size and skills of your team, the speed of the teams that come before you, hurricanes, and other unforeseen disasters or blessings. We may not be able to assign your project as soon as you commit. Projects include general house and building repairs such as siding, roofing, flooring, concrete, wood structures, basic electrical, painting, etc. We have local on-site leaders to help train, teach, and support you at each worksite.

#### **FRIDAY – Excursion Day**

On excursion day we will spend the day of Sabbath by enjoying God's Creation. We will tour several beaches, check out local landmarks, stop by a local Gift Store, and have a picnic on the beach. There is a **\$12 -\$18 per person** option to eat lunch from a local restaurant on Friday. Please tell your group to bring extra money if you would like to eat out.

Regular lunch will be provided by BMH for those who do not want to order from the restaurant. We hope to offer additional excursion options for repeat teams soon.

#### **SATURDAY – Departure Day**

Packing, cleaning, group pictures, prayer, and head to the airport for your departure.

**Schedule Reminder** – “Blessed are the Flexible, for They will Not be Bent Out of Shape.”

*Note: We are getting more and more requests for Saturday arrivals. While we appreciate the desire to worship on Sunday, we will consider these on a case by case basis. It is difficult for us to do a proper cleaning between groups if we don't have at least 18 hours. We also try to be aware that our hospitality staff need Sabbath and family time between groups in order to avoid burning out in busy seasons.*



# Group Daily Chores

Everyone will be expected to help with daily chores around host sites. We are a community living and sharing the same space. Each person needs to contribute to taking care of our space and cleaning up after themselves.



## **Our Expectations:**

### **Breakfast/Dinner Kitchen Clean-up**

- Wash & Dry Dishes
- Wipe down kitchen counters

### **Cooler Prep (Water and Lunch)**

- Fill coolers each day with ice bottles
- Pack and load lunches
- Unload and clean out coolers

### **Dining Hall Clean up**

- Wipe down all tables
- Put away all food
- Sweep and mop Dining Hall

### **Bathroom Clean up**

- Refill supplies as needed,
- Sweep
- Take out trash
- Wipe down counters

### **Trash, Vehicles, and Garden**

- Pick up and take out all trash
- Check Water Supply
- Assist with landscaping
- Clean out bus

# Conservation Guidelines

Resources in the Bahamas are **limited!** Many of the things that you take for granted at home are scarce and expensive here. Some examples are that a jar of peanut butter here cost around \$20; and a 1 gallon bucket of paint which cost around \$30 in the States costs \$75 here. Please talk with your group before arriving about conservation and not wasting resources such as water, food, toilet paper and building materials



## Water:

- **Drink plenty of water** and be careful not to waste any drinking water.
- Conserve tap water. We collect our rainwater from the cistern. Please use water **sparingly**.
  - Do not let sinks run excessively.
  - **Cowboy or Navy Showers:** Water ON to get wet & rinse, Water OFF to apply soap and shampoo!
    - Showers are to be used only **once a day**, and should be limited to **5 minutes**.
- Turn sink and shower handles gently. Check to make sure toilets have stopped running & faucets aren't dripping

## Electricity:

- Turn lights and fans OFF when you leave a room.
- Do not leave cell phones, and computer chargers plugged in longer than necessary.
- Make sure not to turn on your air conditioning until bedtime and turn off when you first wake up in the morning.

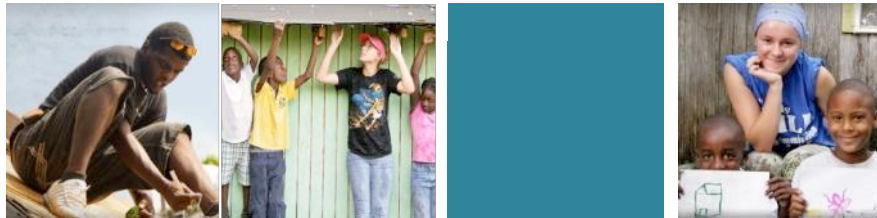
## Resources and Materials:

- Be mindful not to waste materials at the work sites. Measure twice – Cut once!
- Reuse what you can.
- Treat tools, the camp equipment and the camp facility with care.
- Be good stewards of our, yours, and God's resources.

## Food:

- **Portion Control:** There is enough food for everyone but be cautious to only take your fair share.
- Only take food that you will eat during your meal.

# Frequently Asked Questions



**Who is the project sponsor?** BMH is an Outreach Ministry supported by the **Bahamas Conference of the Methodist Church** and their associated churches along with local and international supporters who care deeply about serving others. BMH is also supported by the United Methodist Volunteers in Mission (UMVIM) and UMCOR.

**Who can participate?** BMH is designed to host young and old alike. We host service organizations, church youth groups, Sunday school classes, groups of friends, corporate teams, and anyone else that has a passion for service.

We are able to accommodate 50 volunteers at one time at Camp Symonette and can host smaller groups, up to 20-30, at other locations throughout the Family Islands. Graduated 8<sup>th</sup> graders and above are welcome and younger youth need parents or guardians to accompany them on their week of service.

**Who supervises participants?** Each group participating in BMH is required to have at least one adult for every six youth (17 and under). **When possible, groups should include experienced leaders to aid in the construction projects.** Adult group leaders are directly responsible for their group and must adhere to BMH policies.

**How much does it cost?** The cost is **\$800 per person per week** for participation fees. Your travel to the Island and obtaining travel medical or UMVIM insurance is a separate cost. Those serving on Dorian-affected Islands are encouraged to do extra fundraising.

## What does BMH provide?

- Breakfast, Lunch, Dinner, and filtered drinking water
- Skilled local Site Leaders
- Excursion Day, to see and experience the beauty of the Bahamas
- Construction materials and tools for worksites and projects  
(You may bring your own tools or ones to donate.)
- The opportunity to make an impact and change lives!
- Lodging at local facility
- On-Island transportation
- BMH T-Shirt

**What does BMH expect?** Volunteers must come with a servant's heart and mind that is flexible to change. God may surprise us with new opportunities to serve and we must be willing to follow that calling. Prepare yourself for conditions that do not include all the comforts of home. Respectfully interact with people who are different from you within your group and the community.

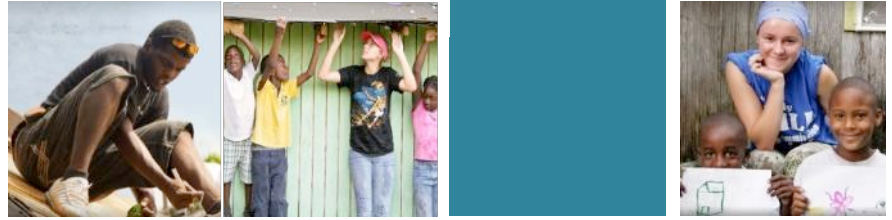
**What about Insurance?** Due to the nature and location of our ministry, and in case of an unforeseen emergency, we **require EACH VOLUNTEER** to have traveler's medical insurance (suggested through the United Methodist Volunteers in Mission progra.) This policy reimburses for medical treatment and transportation cost while abroad (where most US insurance doesn't work.) Access to cash up to \$500 and credit cards up to \$10,000 may be needed as the Bahamas requires up front payment. Other insurances are accepted as long as they include coverage in the Bahamas and medical evacuation costs.

*\*You do not have to be a member of the United Methodist Church to obtain UMVIM Insurance.*

**When can we Serve?** Year-Round. Summer and Spring Break are our busiest seasons but we have wonderful Fall and Winter opportunities which are great ways to beat the cold back home. Work commitments average one week in length. Long weekend or extended period trips are available as well. Volunteer groups arrive **Sunday afternoon** and depart **Saturday morning**. Reserve your dates early to ensure your desired trip.

**Do I need to bring tools?** No, we provide tools and materials for you while you are here serving. However, if you have tools that you would like to bring, we encourage you to bring them. We are in constant need of new or good used tools and accept donations with open arms. We will be in contact with your group within one week of your arrival to tell you about your projects and a suggested tools list. Past groups have transported them in Rubbermaid containers or an extra suitcase.

# Pre-Trip Planning Meeting (Group Preparation)



**Where do groups stay?** Groups will stay together at one of our volunteer sites close to where your project is located. This will either be on Eleuthera, Grand Bahama, Abaco, or New Providence (Nassau). We provide air mattresses or bunk beds at most of our facilities. For most sites, you will **need to bring** beach and bath towels, light twin-sized sheets in the spring, summer and fall and a light sleeping bag during the “winter”. Pillows are provided. Indoor or outdoor showers will be available at each facility.

**Where do groups work?** Groups will perform their service work at homes referred to BMH by community contacts and pre-selected by the staff from Social Services referrals or personal applicants.. This will include homes in need of emergency repair, new home construction, or community events that need service. Our criterion for home selection helps to ensure safe working and living conditions for volunteers and homeowners and provide disaster preparedness/mitigation to decrease the impact of hurricanes and storms.

**How are work crews arranged?** Groups will be divided into work crews by their group leaders, dependent on the size and difficulty of the project. Work teams range in size between 6-10 people per project. **Each work crew must have at least two adults (highly prefer one having construction skills)**

**What is a typical day like?** Our program runs the same at each location, with minor changes in details. See the *Daily Schedule* page.

**What language do Bahamians speak?** Bahamians speak English with local dialect and British influence. You will be able to understand at least 80% of what is said here in the islands. The staff and community members will help you with the other 20%.

**What kind of money is used?** Bahamians have their own currency. Its exchange rate is .005 to the USA so they use it daily at a 1:1 ratio. This is a huge help to tourists and missionaries because there is no need to exchange money before or after you get here. There are ATM's available which dispense Bahamian currency with a fee (Note: these may be 30 min or more from your host facility. )

**What type of electrical service do they have?** We use 110V just like the USA. There is no need for special adapters.

**Can we snorkel?** Yes, there are quite a few good places to snorkel here. We have some equipment for your use but feel free to bring your own and enjoy the gorgeous underwater world that is here. (Donated Snorkel gear would provide for future groups if you would like to leave yours).

**How bad are the bugs?** Depending on the time of year they can range from not too bad to annoying. Individuals reacts differently as well. We suggest cool long pants, socks, and shoes to keep them off your legs during the day and night. They are worse at sunrise and sunset. We have Mosquitoes and No-see-ums/Sandflies. The latter are more of a nuisance but guarded with plenty of bug spray you will be okay. It is highly recommended to bring an ample supply of bug spray per person, the more Deet or Picaridin, the better. You may also want to pre-treat your clothes with Permethrin (available at camping stores, Wal-mart, or Amazon) which will last several washes w/ o odor. While there are not documented cases of Zika or microcephaly on the islands, these are highly recommended for your comfort.

**How safe are the islands?** The Family Islands are extremely safe. As with any country, there is a need to be respectful of cultural differences. You must use common sense while here (don't walk around alone, don't leave valuables out, etc) but in everyday life there is nothing to be worried about. Crime is very low; there is little drug use and very few acts of violence. Your group will be safe here at BMH as long as proper precautions are used. Nassau has a reputation but the statistics there are concentrated at high tourist areas or related to high-risk activities that our volunteers do not engage in (drinking late at night for instance.)

We suggest a scheduled planning meeting with your group at least one month before arriving at BMH. This is a great time to get the team together, pray and prepare for the trip. You should invite your team, their parents, chaperones, and any prayer partners who want to know more about your trip. Also, you should find a notary who will be able to attend the meeting to help complete your Parental Consent Form.

\*Before the meeting please ask everyone to bring two copies of their passport and Photo ID.

### **Agenda for the Meeting:**

- Welcome and Introductions
- Distribute Handouts (all can be found and printed from: [www.MethodistHabitat.org](http://www.MethodistHabitat.org))
  - Missioner Profile
  - Parental Consent Form
  - Expectations, Rules and Regulations (in Volunteer Application)
  - Individual Packing List
  - Covenant Sheet (1 copy per group to be signed by each member)
- Show the YouTube video to introduce BMH.
  - “Bahamas Methodist Habitat – The Power of Together”
- Go over the “What to Expect”: Daily Schedule (and flexibility), Group Chores and Conservation Guidelines (included in this packet)
- Share about self-care with water breaks, sunscreen, and bug spray
- Explain any optional additional costs:
  - Lunch on Friday (\$15); ice cream/snacks (\$3-5)
  - Merchandise (hats, shirts, waterbottles, stickers)
  - Donation to church or BMH
- Questions and Answers
- Notarize Forms
- **Collect from EACH participant:**
  - Necessary medical information and list of food allergies from participants
  - Completed Missioner Profile
  - Completed Parental Consent Form (under 18 yrs)
  - Any final payments
  - Copy of passport and photo ID (for team leader to keep)
- End in Prayer

# BMH Needs-list



Getting supplies in the Bahamas is complicated and expensive. We depend on God's grace and generous donations from our volunteers. If you have extra room in your luggage consider packing additional supplies for BMH. The list below explains the types of supplies we generally need. Contact our office to determine suitability of donations.

## **Equipment**

- Extension Cords (25', 30', 50')
- Measuring Tapes (30')
- Circular Saws
- Circular saw blades (7-1/4" wood cutting)
- Corded & Cordless Drills and bits (Phillips #2)
- Drill Bit sets (wood and metal)
- Concrete Drill Bits all sizes
- Compressor Hose with Accessories
- Compressor staple nail gun with nails
- Level 2' & 4'
- Router Bits
- Pry bars 16" or Flat bars
- Utility knives and extra blades
- Paint brushes/rollers and covers- 9"
- Paint Pans (Disposable and regular)
- Caulk Guns
- Box Fans
- Tarps (all sizes) used for Disaster Relief
- Hammers
- Electric planes with Blades
- Duct Tape
- Packing Tape
- Gallon of WD-40 (not spray)

## **Office Supplies**

- File Folders and peel-to-seal envelopes
- Any old GSM unlocked Smart phones
- Laminator sleeves
- Printer paper and ink or toner
- Sharpies, Pens, Dry Erase Markers & Cleaner

## **Garden Supplies**

- Miracle Grow – Organic all-purpose plant food
- Garden Hose
- Garden Gloves
- Plastic pots or starter trays

## **Kitchen Supplies**

- Sandwich Bags
- Gallon size Ziploc bags
- Laundry Detergent Pods
- Dish Soap
- 50 Plastic Plates (reusable)
- 50 Forks, spoons and knives (metal)
- 20 Plastic Bowls (reusable)
- Liquid Hand soap (refill)
- 2 Ice Chests
- 2 igloo 5 gallon water coolers
- 30+ Gallon Trash bags (heavy duty)

## **Recreation Equipment**

- Board Games, Cards
- Basketball
- Volleyball and net
- Soccer Goals
- Snorkel, fins, mask
- Frisbees

## **Cleaning & Health Supplies**

- Epi Pen,
- Disinfecting wipes
- Dish towels or Rags
- Large dust mop
- Shower Curtains/plastic Hooks
- Plastic mattress protectors
- Wasp, ant and roach spray
- Pillows

## **Car Parts**

- Always needed – Ask for specific needs if you are willing to donate.

*Check out our website and Amazon Lists for the most up to date list and other items - all can be found at [www.methodisthabitat.org/needs.html](http://www.methodisthabitat.org/needs.html)  
We have both a Current Needs for particularly urgent items and Wish List for things that would help us to improve our ministry.*