

# TORCH Missions Notarization Required for Participants

1. Do not wear expensive jewelry, bracelets, or watches and no hoop or dangle earrings.
2. Carry your wallet and money in your front pocket. Girls don't carry a purse.
3. If you are in a crowded area, wear your backpack in front. Never give away items in your backpack unless cleared by your group leader. This is important for crowd control.
4. Do not carry a large amount of money with you and never count your money out in the open. Carry what you need for the day and leave the rest in the TORCH bank.
5. Do not bring valuable or sentimental items with you on the trip. Even though we are in a controlled environment, things can turn up missing.
6. While in Honduras your passport, airline tickets, money, credit/debit cards, and any other important documents will be kept in the TORCH bank.
7. Wear enclosed shoes (no sandals or flip-flops) when away from the Mission House.
8. Dress modestly. No tank tops, expensive clothes and inappropriate fashion are allowed. Short length is a coke can from the knee (or 4.75 inches).
9. Always be in a group of 3 or more (5 or more is preferred) and always have at least one adult male in the group. Do not go anywhere by yourself.
10. Wear sunscreen! The sun is hot and during long days you will get burned if you are not careful.
11. Don't drink the water unless from an approved drinking source. Please double check with your leader if in doubt.
12. Be careful what you eat. Unless approved by your team leader, avoid salads, fruits you can't peel (for example: apples, pre-sliced melons, or pineapples, but bananas and oranges are okay), and raw vegetables, as they may have been washed with unpurified water not cooked properly. Eat only at approved places. Do not eat at local restaurants or street stands without checking with your group leader. Foods prepared at the Agua Viva Mission house are safe to ingest.
13. No use or possession of any alcohol or tobacco products is ever permitted on a TORCH trip.
14. Only the use of approved medications and prescribed drugs is allowed on TORCH trips.
15. If you think you are getting sick, see your group leader immediately (or Gayle-our medical director). Don't assume it is nothing or that it might go away.
16. Gloves and eyewear (sunglasses or safety glasses) are required when working at a construction site.
17. We ask that you do not bring radios, CD players, etc. on the trip. This is a time to focus outward on others and a time of deep reflection within. We ask that music not be brought so that you will not be distracted from the purpose of what you are there for during the trip.
18. Anyone caught exhibiting behavior the leaders feel is dangerous to themselves or others will be put on the first plane home.

**I have read the rules and guidelines for the TORCH Missions trip and agree to follow them. I understand that if I do not obey these rules that disciplinary action could be taken and that under serious infractions TORCH Administration or group leader could send me home at any time at the expense of my parents or myself. TORCH Administration has overriding authority on all trip decisions based on safety of group and any situation that may occur.**

Signature & Date: \_\_\_\_\_

## Notary Information

Name of notary: \_\_\_\_\_

Date of notarization: \_\_\_\_\_

My commission expires: \_\_\_\_\_