

**Casa Hogar is getting ready for you; let us help you get ready for Casa Hogar!**

We appreciate your desire to help at Casa Hogar and are looking forward to getting to know you better throughout your stay. The kids are always eager to meet those who make their life at Casa possible. For the benefit of our kids, families, and staff, and so your stay goes smoothly we ask that you follow certain guidelines while you are at Casa Hogar. We want you to make yourself at home, so please feel free to ask questions at any time.

Following you will find some basic information about Peru, Casa Hogar and the guidelines that we mentioned. Finally, we have provided medical information and a suggested packing list. All intended to make your missionary experience as fruitful as it can possibly be.

**Food in Peru**

Casa will provide a basic breakfast, lunch, and dinner for you and your group every day. Many groups are pleasantly surprised with the quality of the food at the orphanage. Peruvians are known for their cuisine, with rice and beans being a staple in almost all meals. In Peru lunch is the largest meal for the day, with dinner being a light meal.

- **Breakfast** - fresh rolls with butter and jam, yogurt, fruit, coffee/tea.
  - Note: peanut butter is a luxury in Peru and very expensive, it is nice if each member in the group brings a jar of peanut butter. One jar to share during your stay and the rest left for Casa.
- **Lunch** - Meals vary, but usually include chicken, beef or fish for lunch.
- **Dinner** - Traditionally they have soup or a small dish of rice, potatoes and beans.
- **Snacks** – can be brought with you or picked up at a store to try more of the local foods (safely packaged).

If anyone has dietary requirements, other than an allergy to a food(s) that can be kept out of a recipe, we ask that team members bring food options. As the kitchen prepares food for more than 100 people each day, a dietary specific menu is difficult to prepare, manage, and costly. An example that cannot be accommodated is a fully gluten free menu. If this is the case for any team member, they should bring food options for themselves.

**Weather in Peru**

Packing is one of the most fun parts of getting ready for a trip, but it can also be one of the most stressful. Knowing what it will be like is always helpful.

The weather in Peru varies greatly depending on the time of the year you are visiting Casa Hogar.

**Winter months in Peru (May – August)**

- Daytime highs around 68 and lows around 55 – nights can be cooler.
- Can feel much colder than it actually is.
- High humidity, air is very damp but it rarely rains.
- Most days are overcast and cool
- Comparable to early fall in the US.

**Summer months in Peru (January – March)**

- Daytime highs are around 85 and lows around 75.
- Even in the hottest months it cools down at night.
- Most days are very humid and hot.
- UV index is normally over 10.

## GET YOUR SUITCASE AND LET'S GET STARTED

### 1. Clothing - What will you need?

We ask that all mission team members comply with our dress code. As part of our model of care, we try to instill modesty in our youth as well as respect of self. Please remember that when you pack and while you are at Casa, you are a role model for the kids as well as a reflection of your organization. *Mission teams often leave clothing, shoes, etc. as donations for the orphanage. It is totally up to you but you may want to keep that in mind while packing!*

#### Be sure to bring

- One outfit (or 2) for daily Mass (dress pants, modest skirt, button-up shirt for guys)
- Enough socks and underwear for your entire stay.
- Good (not new) shoes or boots for walking (they will get dusty).
- Work clothes for team project.
- Clothes and shoes for sports and outside activities with the kids.
- Layers – t-shirts, sweatshirts, etc.
- Pajamas for the season. Recommend warm pajamas for the winter months in Peru; it gets chilly.

#### Guidelines

- Clothes should not be too tight or too baggy.
- No short shirts. Midriff and back may not show when you lift your arms.
- No tank tops or low cut shirts. No spaghetti strap dresses or jumpers. Bra straps should never show.
- There should be no reference to drugs, sex, alcohol, violence, racism, etc. on anything.
- Skirts, shorts and dresses MUST be a minimum of two inches below your fingers when hands are at your sides. *This is very important to keep in mind as it is often overlooked when packing. Sport shorts, while acceptable when playing soccer at Casa, may not be worn any other time unless meeting the length test.*
- Yoga pants or leggings can only be worn only with a shirt or top that fully covers your bottom. This is a big thing for our mission teams as it is not the practice in the states but must be adhered to at Casa.

### 2. Personal Care Items to Bring

- Washcloth & Hand towels - Casa provides bath towels, sheets and blankets.
- Puppy Potty bags - toilet paper cannot be flushed anywhere in Peru. There are small garbage cans next to the toilets at Casa. Tying up your paper makes it more sanitary and pleasant for your roommates.
- Hand sanitizer - small bottles to keep with you at all times.
- Green Tea or Rosemary Mint shampoo/conditioner are recommended for lice prevention.

### 3. Incidentals

- Sport Water bottle – Bring bottle; filters are not necessary as Casa provides clean drinking water.
- Laundry Soap (small packet) - There are no laundry facilities available for mission teams. Plan to make your clothes last until you leave or it's *lavar a mano* (wash by hand!).
- Bible, rosary, journal, pens, paper, etc.
- Spending money - typical amount is \$100-\$300 dollars
  - When deciding the amount to bring, keep in mind there will be opportunities to shop for traditional Peruvian craft items, religious items, and other souvenirs.
  - To exchange money in Peru, all U.S. currency must be new, crisp bills. Peru will not exchange folded, worn or torn bills. It is recommended that exchanging is done in Peru and not in the states.
  - ATM's are available in the marketplace. Each ATM charges for withdrawals in addition to any charges your home bank may assess.
  - If you plan to use a debit or credit card, be sure to notify your bank or credit card company before traveling or they may put a freeze on your card.
- Outlet or voltage converter – Casa outlets accept all 2-prong plug (phone, tablet chargers), but you will need an outlet converter for 3-prong plugs.

- Many electronics are set up to work with both 110-220V. If the charger does not say 110-220V you will need a voltage converter. NOTE: a voltage converter is different from an outlet converter.

#### 4. **Medical Preparedness and Illness Prevention**

International travel requires preparation in more ways than packing. It is important that every traveler contact their doctor to ask for their recommendations before traveling to Peru.

##### Immunizations

- Covid vaccinations are no longer required to enter Peru, but are highly recommended by Casa Hogar.
- All routine immunizations must be up to date. *Per Rene, Casa Nurse, no one is allowed to be part of a mission team without having received all routine vaccinations and boosters.* Dates must be provided on the vaccination record.
- The CDC recommends that anyone travelling to Peru receives:
  - Typhoid – available by shot or oral. Make sure you do not wait until the last minute to get this as it has a “complete by” date before traveling.
  - Hepatitis A
  - Yellow Fever and Malaria – are **NOT** needed as Lima is not in a tropical region.

##### Traveler’s Upset Stomach and Diarrhea

- Traveling to other countries involves exposure to new germs and bacteria. To help avoid things like upset stomach or diarrhea, you should:
  - Only drink bottled water or water provided by Casa. All water used for cooking/washing food is either boiled or bottled at Casa so it is safe.
  - All fruit should be washed before eating. Fruit from Casa has already been cleaned for safety. If you purchase fruit from the market, please ask someone from Casa the best way to wash it.
  - Be **extra** careful with food outside of Casa. Never eat anything that is not sealed or approved by Msgr. Hirsch or the volunteer.
- Even with the fullest of precautions, some travelers may have difficulties like upset stomach or diarrhea.
  - Be sure to bring things like *Immodium* or *Pepto Bismol* for those symptoms.
  - Ask for a prescription of *Cipro* (an antibiotic) from your doctor to have on hand, just in case!

##### Prescriptions & over-the-counter medicines

- All must be in original bottles with labels.
- Make sure you have enough medications for your trip.
- Should be in backpack or purse, not in your carry-on suitcase as airlines often ask you to check your carry-on suitcase and could be lost or arrive late.

##### Sun Screen and Bug Repellant

- Sun screen is definitely needed during the summer in Peru. During the winter months the sun does not usually come out much but it is still a good idea to have sunscreen in the event you have an unusually sunny week.
- Bug spray is needed during the summer months in Peru. Bugs are not usually a problem in the winter months, but it is recommended that the group brings bug spray to share.

#### **Required forms and/or copies to be submitted to Noel Furger no less than 1 month before travel.**

*Other forms or documents may be requested by group leader – see group leader for full list.*

1. Passports – Legible copy of passport
2. Medical, Immunization and Event Release forms for each adult and child. – Use latest revision of form which can be found on the Casa Hogar or by requesting copy by email.