

MEET AT LRBC, THURSDAY MORNING, JULY 20TH, @ 1:00 A.M.

DELTA FLIGHT 849 JULY 20TH 10:10 AM EASTERN TIME 9:10 CENTRAL TIME

ARRIVING IN HONDURAS @ 1:10 CENTRAL TIME 12:10 HONDURAS TIME
HONDURAS IS ONE HOUR BEHIND CENTRAL TIME

► WE WILL NEED TO PRAY, TAKE PICTURE AND LOAD BY 1:30 A.M. WE WILL PULL OUT AT 1:30 A.M. SHARP, WE HAVE TO ARRIVE AT THE AIRPORT IN ATLANTA BY 6:10 AM, (CENTRAL TIME).

RETURNING HOME:

DELTA FLIGHT 552 JULY 27TH 1:10 PM HONDURIAN TIME 12:10 CENTRAL TIME

Returning to Atlanta @ 5:40 P.M central time, we will stop to eat while in route, arriving back at the church around 12:00-12:30 A.M. JULY 28TH.

****** The next Honduras meeting is July 11Th @ 7:15 P.M. ******

\$\$\$ Any questions concerning the money; please check with Jane, the church secretary. \$\$\$

WORK DAYS FOR PACKING MEDICATION, SUPPLIES, ETC., IS:

◆◆◆ JULY 9, 10 BEGINNING @ 9 A.M.◆◆◆ PLEASE BRING A SACK LUNCH

NOTES.....

HONDURAS MISSION TRIP 2018 ITINERARY

○ FRIDAY- PREPARE FOR A VERY LONG DAY——Morning be at the church at 1:00 AM /leaving at 1:30AM Arriving in Honduras 12:48

📍 FRIDAY- afternoon following lunch- walking to a nearby village to hand out flyers inviting children to the Children's event on Saturday afternoon and packing medications, leave for Valle de Angels Friday evening

○ SATURDAY- following breakfast leave for Iglestia Bautista at Los Izotes and possibly El Llanos for AM church service, preparing for children's afternoon

📍 Host Children's Event
Return to Valle de Angels

○ SUNDAY- AM leave for church in Cantarranas afternoon traveling back to Valley of the Angels, shopping 2 hours and settling into hotel to prepare for 3 very long, hard days

○ MONDAY- EARLY AM travel to Cantarranas set up clinic and begin FULL DAY CLINIC

○ TUESDAY- EARLY AM travel to Cantarranas, FULL DAY CLINIC

○ WEDNESDAY-clinic 1/2 day and INVENTORY, BREAKDOWN
and Pack up clinic

○ THURSDAY- R&R day

○ FRIDAY FLY HOME-PREPARE FOR A LONG DAY- We will stop just outside of Atlanta for dinner en route to Crossville arriving back at the church around 12:00-12:30AM Saturday morning.

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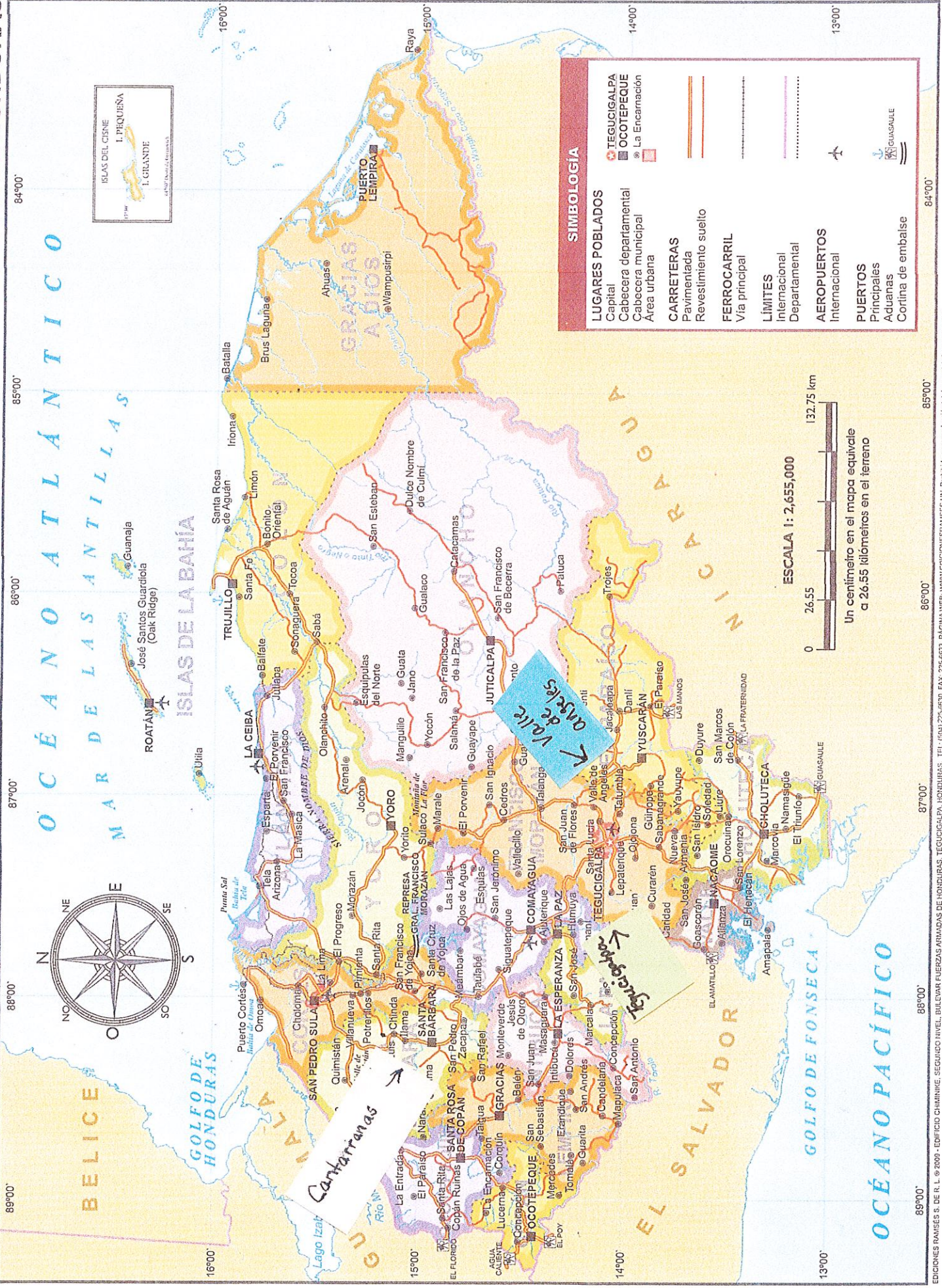
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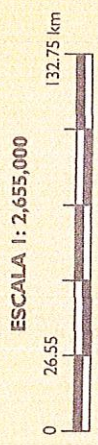
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SIMBOLOGÍA	
	LUGARES POBLADOS
	Capital
	Cabecera departamental
	Cabecera municipal
	Area urbana
	CARRETERAS
	Pavimentada
	Revestimiento suelto
	FERROCARRIL
	Vía principal
	LÍMITES
	Internacional
	Departamental
	AEROPUERTOS
	Internacional
	Principales
	Aduanas
	Cortina de embalse



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NOTES.....

NAME	CLINIC DAY JOB ASSIGNMENT	CHILDREN'S DAY	OTHER
ADAM STRAYER	CHARGE NURSE	PRINTING PICTURES	
CHARIS JOHNSON	CHILDREN	CHILDREN'S GAME-1	
DEBORAH TUCK	DENTAL ASSISTANT	SERVER...FOOD, BEVERAGES CHARGE	
DONNA ARNOTT	DOCTOR'S ASSISTANT	PICTURE BOOTH	
ELIZABETH BREWER	GLASSES/SHOES CHARGE	CHILDREN'S MUSIC CHARGE	
EMALEE BREEDING	CHILDREN-CHARGE	CHILDREN'S LESSON CHARGE	
EMILY GREEN	GLASSES/SHOES	CHILDREN'S MUSIC	
EMILY STRAYER	CHILDREN	CHILDREN'S GAME-1	
JACLYN ILGENFRITZ	PHARMACY/HATS CHARGE	CHILDREN'S GAME-2	
JACOB HAYES	DENTAL INSTRUMENT	CHILDREN'S GAME-3	
JANE SMITH	FLUORIDE (CHARGE)	SERVER...FOOD, BEVERAGES	
JONATHON HAYES	PHARMACY/HATS	CHILDREN'S GAME-2	
KARON WYATT	TRIAGE	CHILDREN'S LESSON HELPER	
KEITH ARNOTT	CROWD CONTROL/FLOATER	PICTURE BOOTH	
MARY BREEDING	TRIAGE (CHARGE)	SERVER...FOOD, BEVERAGES	
MORGANNA SHANK	FLUORIDE/SHOES	PICTURE BOOTH	
RAY BREWER	DENTAL ASSISTANT	CROWD CONTROL	
SCOTT JOHNSON	PASTOR'S CONFERENCE	CROWD CONTROL	
TERESA HAYES	DENTAL ASSISTANT	SERVER...FOOD, BEVERAGES	
TIFFANY JOHNSON	DENTAL INSTRUMENT	CHILDREN'S GAME-3	
YOLANDA HEUSER	DENTAL ASSISTANT (CHARGE)	GATE GREETER/BRACELET/NUMBER	



BAGGAGE & TRAVEL FEES

KNOW THE FEES & DETAILS

When you travel with Delta, we want to help you understand the fees you'll pay. This way, you can make the right choices regarding what bags you bring, flexibility when changing your flight or even what to expect when traveling with children or pets.

BAGGAGE FEES	BAGGAGE FEE EXCEPTION	TRAVEL CHANGES	TRAVEL SERVICES
Common Baggage Fees	Active Military	Same Day Travel Changes	Unaccompanied Minors
Standard Checked Bag Allowance	Medallion Status	Standard Flight Changes	Infant in Arms
Baggage Fee Details & Rules	SkyMiles Credit Card	Award Ticket & Mileage Upgrade Changes	Pet Travel
Baggage Protection			Direct Ticketing

CHECKED BAGGAGE UPDATE

Delta does not currently accept cash as a form of payment for transactions and checked bag fees at Las Vegas (LAS), Oakland (OAK), Portland, OR (PDX) and San Diego (SAN). Customers without an accepted form of payment may elect to purchase a Visa gift pre-paid credit payment card from a kiosk provided by a third party vendor for a nominal fee.

BAGGAGE FEES

COMMON BAGGAGE FEES

The most common fees for traveling in a domestic, Main Cabin seat are:

FREE Carry-on + personal item	\$25 Each way for your first bag under 50 lbs. (23 kg)	\$35 Each way for your second bag under 50 lbs. (23 kg)
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- Visit [Carry-On Baggage](#) to find sizing and requirements for carry-on baggage
- First standard checked bag free for Delta SkyMiles Medallion® Members and SkyMiles® Credit Card Members.
- Checked Baggage Allowance Each Way price varies by route.

STANDARD CHECKED BAG ALLOWANCE

To better assist you with finding baggage information, select from the routes listed. You'll find information on fees and size requirements — sorted by the general routes where you plan to travel. Exceptions for Active Military, Medallion Members, and Delta SkyMiles Credit Card by American Express Members apply. Please reference [Baggage Fee Details & Rules](#), [Baggage Fee Exceptions](#) or the [Regions](#) page for more details.

CHECKED BAGGAGE ALLOWANCE EACH WAY

BAGGAGE SIZE MUST NOT EXCEED 62 INCHES (157 CM) WHEN YOU TOTAL LENGTH + WIDTH + HEIGHT

= 50 lbs. (23 kg)
 = 70 lbs. (32 kg)

FOR TRAVEL BETWEEN (TO/FROM)	BASIC ECONOMY, MAIN CABIN, DELTA COMFORT+™	FIRST CLASS, DELTA PREMIUM SELECT, DELTA ONE™
U.S. & Canada	25 USD/CAD ^{1,2}	2 FEE
Mexico, Central America, Caribbean, Guyana, & Bermuda	40 USD/CAD ¹	

CHECKED BAG

TOTAL 62 LINEAR INCHES



SIZE= HEIGHT+LENGTH+WIDTH=62 LINEAR INCHES!

WEIGHT= 50 POUNDS!

OVER SIZE, OVER WEIGHT RESULTS IN AN EXCESSIVE CHARGE AND YOUR BAG COULD BE LEFT BEHIND & IN SOME CASES WITHOUT YOUR KNOWLEDGE UNTIL YOU ARRIVE IN HONDURAS.

PLEASE MAKE SURE YOUR BAG IS THE CORRECT SIZE AND WEIGHT.

CARRY-ON



RELATED LINKS

- [Baggage & Travel Fees](#)
- [Carry-On Liquids, Medication, & Toiletries](#)
- [Baggage Restrictions & Restricted Items](#)
- [How Early Should I Get To The Airport To Check In?](#)
- [Special Items](#)

KEEP CALM AND CARRY ON

Not sure what to check and what to carry? Take a few minutes to learn the can-dos and no-can-dos of carry-ons.

TSA's recently announced changes to its Prohibited Items list, including allowing small pocket knives on aircraft, has been temporarily delayed. For more information, visit tsa.gov.

BAGGAGE DETAILS

ONE BAG. ONE ITEM. NO CHARGE.

We know, you've probably heard it before, but just in case you need a reminder: you're allowed **one carry-on bag and one personal item** at no extra charge. Just make sure they fit into the overhead bin or under the seat in front of you. Cram sessions are not pretty — and they slow things down.

SO WHAT EXACTLY IS ALLOWED?

Approved Personal Items

- 1 purse, briefcase, camera bag or diaper bag
- or 1 laptop computer (computers cannot be checked)
- or 1 item of a similar or smaller size to those listed above

Additional Approved Items

The following items do not count as personal items (they're freebies):

- A jacket or umbrella
- Food or drink purchased after clearing the security checkpoint
- Duty-free merchandise
- [Special items](#) like strollers, child restraint seats or assistive devices such as wheelchairs or crutches

CARRY-ON SIZE RESTRICTIONS

It won't fit. Three words you don't want to hear when trying to board. To avoid delays and possible checked bag fees, follow these size requirements:

- Baggage may not exceed 45 linear inches (or 114 cm) in combined length, width and height, including any handles and wheels, with the exception of small musical instruments that fit in the overhead compartment space or under-seat space available at the time of boarding
- Baggage must fit easily in the Carry-on Baggage Check (approximately 22" x 14" x 9" or 56 x 35 x 23 cm), which is located near the check-in counters

Passengers traveling on Delta Connection flights, and only those flights with fifty (50) seats or less, are only permitted to carry personal items on board the aircraft due to limited overhead space. Personal items must be able to fit securely under the seat in front of the passenger. All carry-on bags within Delta's size restrictions will be gate checked, free of charge, during the boarding process and returned upon deplaning. Please ensure that a pink Gate Claim/Planeside tag is securely attached to the carry-on item. Assistive devices are not subject to this restriction.

If you need information about items such as knitting needles or razors, please consult the [TSA website](#).

CARRY-ON WEIGHT RESTRICTIONS

No maximum weight applies to carry-on baggage except in the below stations:

- Singapore, Singapore - Changi International Airport (SIN) carry on should not exceed 15 lbs. (7kgs)
- South Korea - Incheon International Airport (ICN) carry on should not exceed 22 lbs. (10kgs)
- Beijing, China - Beijing Capital International Airport (PEK) Civil Aviation Administration of China (CAAC) requires that domestic hand carry bags should not exceed 10kgs. Individual carrier rules apply for international flights.
- Shanghai, China - Pudong International Airport (PVG) carry on should not exceed 22lbs. (10kgs)

*****CARRY-ON*****

TOTAL 45 LINEAR INCHES

Linear Inches

22" + 14" + 9" = 45 total linear inches.



- NO WEIGHT RESTRICTIONS
- MUST FIT IN THE OVERHEAD COMPARTMENT- (WHEELS IN FIRST)
- CHECK TO SEE IF IT WILL FIT USING THE CARRY ON BAGGAGE CHECK, LOCATED NEAR THE CHECK IN COUNTER.

PACKING LIST FOR HONDURAS MISSION TRIP

DOCUMENT/MONEY LIST:

- PASSPORT***** KEEP WITH YOU AT ALL TIMES WHEN TRAVELING, SHOPPING
- PASSPORT, MAKE COPIES, LEAVE ONE AT HOME, PACK ONE IN EACH PIECE OF LUGGAGE
- VACCINATION CERTIFICATE/ (IF YOU ELECTED TO TAKE VACCINATIONS)
- MONEY FOR SOUVENIRS, ETC.*
- MONEY TO EAT ON THE WAY HOME FROM THE AIRPORT

GENERAL LIST:

- BIBLE
- JACKET/SWEATER
- CLOTHES (I WILL HAVE T-SHIRTS AND SCRUBS AT THE JULY MEETING) SHORTS ARE OK, (LADIES KNEE-LENGTH)
- SLEEPING CLOTHES
- CHURCH CLOTHES (MEN NO FLIP-FLOPS IN CHURCH, OTHER TIMES OK)
- SCRUBS
- HAT, SUNGLASSES
- WATCH (CHEAP)
- CAMERA/BATTERIES
- MEDICINE/VITAMINS*
- FIRST AID KIT

- SLEEP- AID
- TYLENOL, IBUPROFEN OR ANOTHER MEDICATION FOR PAIN/FEVER
- ANTI-DIARRHEA*

- ANTI-NAUSEA*
- ANTIBIOTIC* (RECOMMEND GETTING RX)
- INSECT REPELLENT*
- SUNSCREEN
- SNACKS GA'S WILL GIFT YOU WITH A SMALL AMOUNT
- FLASHLIGHT
- BATTERY OPERATED CLOCK
- HAND SANITIZER- GA'S WILL GIFT YOU
- RAIN PONCHOS
- FLIP-FLOPS/SHOWER SHOES
- TOWELS & WASH CLOTHS
- PLASTIC MATTRESS COVERS-SLEEPING BAG
- BATTERY OPERATED FAN
- ALL PERSONAL TOILETRIES

PLEASE LEAVE JEWELRY AT HOME, WEDDING BANDS & SMALL EARRINGS OK, BUT NO FLASH, NO BLING! ANY VALUABLES NOT NECESSARY SHOULD BE LEFT AT HOME. YOU SHOULD KEEP MONEY IN TWO/THREE AREAS AND MAKE SURE ALL VALUABLES ARE AS SECURED AS POSSIBLE.

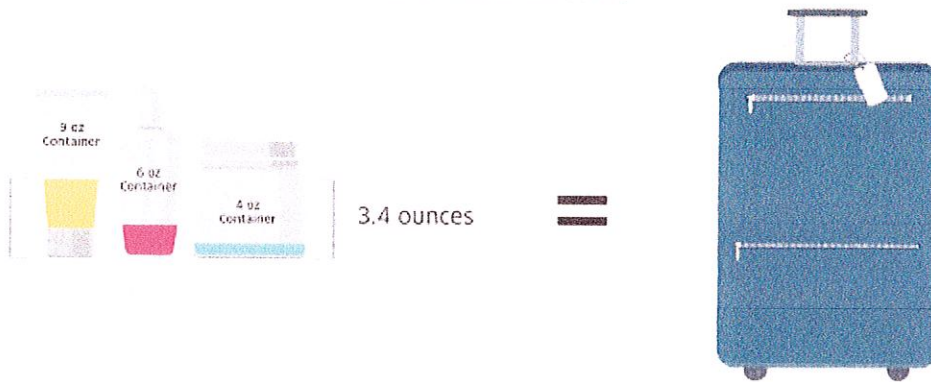
Carry-On Bag

3.4 ounces (100 ml) or smaller sized containers that fit in 1 quart-sized, resealable bag may go in carry-on and through checkpoint security.



Checked Bag

Containers that are **larger than 3.4 ounces (100ml)** regardless of amount inside must be in checked baggage.



3-1-1 for Carry-Ons

Play Your Part →

3 3 ounce or smaller containers of liquid or gel
More than 3 ounces permitted in checked baggage

Container size is a security measure



1 1 quart-size, clear plastic, zip-top bag holding 3 ounce or smaller containers

Bag limits total volume per person



1 1 bag per traveler placed in the security bin

Isolating liquids speeds screening



Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

Find Out Why

Protect Yourself

All travelers

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

✓ Routine vaccines

Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

Most travelers

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.

✓ Hepatitis A

CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Honduras, regardless of where you are eating or staying.

✓ Typhoid

You can get typhoid through contaminated food or water in Honduras. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

Some travelers

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

Hepatitis B

* Doctor
Dental

You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.

Malaria

?

Talk to your doctor about how to prevent malaria while traveling. You may need to take prescription medicine before, during, and after your trip to prevent malaria, especially if you are visiting low-altitude areas. See more detailed information about malaria in Honduras.

Key

Get vaccinated

Take antimalarial meds

Eat and drink safely

Prevent bug bites

Keep away from animals

Reduce your exposure to germs

Avoid sharing body fluids

Avoid non-sterile medical or cosmetic equipment

Note: Zika is a risk in Honduras. Zika infection during pregnancy can cause serious birth defects. Therefore, pregnant women should not travel to Honduras. Partners of pregnant women and couples planning pregnancy should know the possible risks to pregnancy and take preventive steps (<https://www.cdc.gov/zika/pregnancy/index.html>) (more information).

Stay Healthy and Safe

Learn actions you can take to stay healthy and safe on your trip. Vaccines cannot protect you from many diseases in Honduras, so your behaviors are important.

Eat and drink safely

Prevent bug bites

Stay safe outdoors

Keep away from animals

Reduce your exposure to germs

Avoid sharing body fluids

Know how to get medical care while traveling

Select safe transportation

Maintain personal security

Suggested Use for Adults:

As a dietary supplement, take one (1) capsule per day to support digestive and immune health. Continued daily use is suggested. If experiencing occasional digestive upset, two (2) capsules daily (take one (1) in the morning and one (1) at night) until discomfort subsides.

When traveling, take two (2) capsules daily (one (1) in the morning and one (1) at night) throughout the trip. Best results if started two to three days prior to travel.

I suggest, after consulting with your doctor that you start taking either one of these brands of probiotic 6-8 weeks daily, or as directed on the label or by your physician.

If you are pregnant or breast-feeding, ask a health professional before use. **KEEP OUT OF REACH OF CHILDREN** Do not use if cap drop ring is broken or missing.

Store at room temperature. Avoid excessive heat. Replace cap after use.

Questions or comments? 1-800-353-3343 (Mon-Fri 9-5 EST) or www.trubiotics.com

Made in Denmark
Distributed by:
Bayer HealthCare LLC
Consumer Care
P.O. Box 1910
Morristown, NJ 07962-1910 USA
Bayer (reg'd), the Bayer Cross (reg'd), TruBiotics, TruBiotics design, and One A Day are trademarks of Bayer. BB-12 and LA-5 are registered trademarks of Chr Hansen.

C2530 Bayer

LOT: 36658
EXP: 12.15

TruBiotics™
daily PROBIOTIC supplement from the makers of **ONE A DAY®**

Naturally Supports Your Health Every Day.*

- Replenishes your body's good bacteria
- Supports digestive health
- Plus - supports the 70% of your immune system found in the digestive tract

45 CAPSULES

Directions: Adults and children over 3 years - Take one capsule daily with a meal.

Supplement Facts

Serv. Size: One capsule, Amount Per Capsule: Proprietary Blend: (*Lactobacillus acidophilus* LA-5®, *Bifidobacterium animalis* BB-12®) 1.5 billion cells* (**).
*Prior to Expiration.
**Daily Value not established.

Other Ingredients: Anhydrous Sugar, Skim Milk, Hydroxypropyl Methylcellulose, Yeast Extract, Sodium Ascorbate; Less than 2% of: Inositol, Magnesium Stearate, Sodium Glutamate, Titanium Dioxide (color).
Contains: Milk.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

New

MAKE A CHANGE

MetaBIOTIC™
PROBIOTIC SUPPLEMENT

With Bio-Active 12™, a **2 in 1 MultiHealth PROBIOTIC** that naturally helps:

- Promote a healthy immune system*
- Maintain digestive balance*

6 WEEK SUPPLY

Actual Size **45 CAPSULES**

MULTIHEALTH PROBIOTIC BENEFITS

WELLNESS BEGINS WITHIN!

Did you know that approximately 70% of your immune system is located in the digestive tract? Probiotics help maintain a healthy digestive tract.* MetaBiotic™, from the makers of Metamucil®, is a once daily probiotic supplement that you can add to your wellness regimen today.

Naturally helps promote a healthy immune system.*

MetaBiotic™ contains a celebrated bacteria strain, known as Bio-Active 12™, which when included as part of your daily wellness routine, helps maintain a balanced and healthy immune system.*

Naturally helps support digestive health.*

Bio-Active 12™ fortifies your digestive system with healthy bacteria and helps maintain digestive balance.*

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 45

	Amount Per Capsule
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> , BB-12®†	6 mg‡

† Contains 5 x 10⁹ (five billion) live bacteria/CFU when manufactured and provides an effective level of bacteria (1 x 10⁹ CFU) until at least the "best by" date.
‡ Daily Value (DV) not established.

OTHER INGREDIENTS: Maltodextrin, microcrystalline cellulose, hypromellose, sucrose, water, magnesium stearate, sodium ascorbate (antioxidant preservative), titanium dioxide (color), gellan gum
Distributed by: Procter & Gamble, Cincinnati, OH 45202
MADE IN DENMARK
BB-12® is a registered trademark of Chr. Hansen

SUPPLEMENT INFORMATION

DIRECTIONS: Take one capsule per day. Store at room temperature. For best results, we recommend you store MetaBiotic in the original blister package.
CAUTION: Parental supervision is recommended for use of MetaBiotic by children.
KEEP OUT OF REACH OF CHILDREN. TAMPER EVIDENT: Carton sealed for your protection. Do not use if capsule blister unit is open or torn.
QUESTIONS? 1-800-953-4237



Digestive Health
Daily Probiotic Formula



Church Address: *Iglesia Bautista Los Izotes Marcial Pavon*

Col. La Sosa

Tegucigalpa, Honduras

Purpose: *Mission Trip* Carrier: *Delta Airlines* Inbound Flight #: *849 V*

Passport # _____

Outbound Flight#: *552 X*



Make a copy of your passport and leave it along with these papers, which include your flight schedule and numbers along with your itinerary for your family. In addition make a copy of your passport for each piece of luggage you are taking, including your backpack and place a copy in each piece of luggage.