



ROCA BLANCA MISSION BASE
REACHING THE PEOPLE OF OAXACA, MEXICO & BEYOND

Short-term Teams – FAQ

1. What do we wear?

A general rule for both men and women is to dress conservatively, modestly and for hot & humid weather. Fashion extremes are generally not accepted and can be offensive to locals, especially in villages.

Ministry and work wear:

Women

- Light weight skirts, split skirts, dresses (to the knees or below).
- Shorts to the knees or below, capris, pants and/or jeans.
- Comfortable, flat walking shoes or sandals. Flip flops for beach. Tennis shoes.
- Casual shirts / blouses / T-shirts (no spaghetti straps, tube tops or tank tops). Undergarments and straps should be covered up. Please ensure tops are not transparent when dry or wet (sweat)
- Any make-up used or jewelry worn should be very moderate. • Clothes and shoes for work projects that you don't mind being ruined.
- Light-weight jacket or sweater for cool nights in the mountains

Men

- T-shirts, short sleeve shirts, shorts, light weight pants and/or jeans. Please ensure tops are not transparent when dry or wet (sweat)
- Comfortable walking shoes or sandals. Flip flops for beach. Tennis shoes.
- Collared short-sleeve shirt. • Clothes and shoes for work projects that you don't mind being ruined.
- Light-weight jacket or sweater for cool nights in the mountains

Beach/casual wear:

- One piece bathing suit, conservative. (Women)
- Regular length bathing suit, no speedos. (Men)
- Sandals, sun protection

- Beach towel (bathroom towels are provided but cannot be used at the beach)

2. What else do I bring?

- Personal care items (toothbrush, soap, shampoo, etc.)
- Personal medications (make sure you have enough to cover the length of your trip)
- Insect repellent
- Re-usable water bottle

3. How do I handle personal spending money?

The base cannot change dollars for team members. There are money changing places nearby, but the fees and exchange rate make it so that you don't get a bang for your buck.

We suggest that, if at all possible, you bring a debit card to withdraw at a local bank ATM. While this also carries fees, we have found that it's the fastest and easiest way to get pesos for your dollars. Some things to remember about this:

- You must notify your bank that you will be traveling to Mexico, and the dates of your trip. If you don't your bank may deny your withdrawal and shut down your card.
- You will want to check with the bank about their fees for overseas withdrawals so you're not surprised when they appear on your account. We find that it's best to only do one withdrawal while you're here to minimize costs and trips to the bank.

If you're unable to bring a debit card, please let us know in advance so that we can work out a way to have some pesos ready for you.

4. What if I have diet restrictions?

Our staff is able to accommodate meals for most food allergies or diet restrictions.

- It's important that we know this ahead of time – please notify your team leader so we can prepare.
- We cannot accommodate food preferences (i.e. don't like tomatoes) but are happy to help with allergies or special restrictions.

5. Is it ok to consume alcohol during our time at Roca Blanca?

No. While alcohol consumption is acceptable in some places in the U.S., it is not appropriate culturally for your time here in Mexico.

