



What to Bring

...and What NOT to Bring on your Mission Trip to the San Francisco Bay Area

Five things to remember about the City:

1. The people who live in the city come from many different places, backgrounds and cultures.
2. The people of the city work hard at preserving their cultures. They are proud to be Asian, Latino, African-American, Eastern European, Middle Eastern, Native American, etc.
3. You will bring your suburban/rural culture with you. You will naturally look, act and talk like suburban/rural people.
4. Sometimes these cultures are in conflict. Please remember to respect the cultures of the city that are different from your own. Do not make fun of or put down the dress, actions, food, or music of the cultures that you come in contact with. This also includes different religious groups, ethnic cultures, sexual orientations, political views, etc.
5. The city is inconsistent. Our ministry sites require long pants. Please dress modestly and appropriately. This rule is regardless of the attire others are wearing who are not part of CSM. All ministry sites require close-toed shoes with non skid-soles, long pants, and loose t-shirts. The ONLY exception is if your group is going on a day camp field trip, where shorts may be worn.

Things to bring with you to the City:

- An attitude of FLEXIBILITY! And remember, the San Fran Bay Area is in the Pacific Time Zone!
- Please make every effort to use VANS for your group's transportation. Make sure there is room for your CSM City Host in your vehicle.
- If you are serving on any weekday, you will need proof of TB clearance.
- Sleeping bag, pillow, towel, wash cloth.
- Personal toiletries (Toilet Paper-1 roll/person, shampoo, soap, toothbrush, shower shoes or flip flops, sunscreen, etc.)
- Your Bible, a pen and a journal.
- Warm clothes to sleep in and an extra blanket for warmth.
- One-piece swimsuit for community showers and ministry sites that work with children.
- Work clothes: most sites prefer loose jeans/long pants, t-shirts, closed-toe shoes, non-skid soles.
 - Shirts that expose the shoulders (tank tops, halter tops, muscle shirts, etc.) may NOT be worn.
 - Shirts must be long enough to tuck in or to raise arms without exposing midriff or underwear.
 - Shirts must NOT be low cut. Hats must be worn bill forward.
 - Sandals or flip-flops may be worn around the CSM buildings, but be prepared to change.
 - Sweatshirt or jacket for day or evening. Always be prepared for rain, fog, and wind.
 - NO college or professional sports paraphernalia. NO single color outfits. NO bandanas.
- Church clothes (only if you will be in the San Fran Bay Area on Sunday morning):
 - Men: Dress pants, collared shirt and tie (preferred). No jeans or tennis shoes.
 - Women: Knee-length or longer dress or skirt. Nothing sleeveless. No pants or short skirts
- Flashlight

OPTIONAL: Air mattress (twin), Sheet to lay your sleeping bag on, Flip-flops for showering.

LEADERS: Alarm clock, 1 roll of quarters and \$25/day (in \$5s and \$1s) per vehicle for parking.

Things NOT to bring to the City:

- Radios, iPods, MP3s, portable gaming devices. (Students: cell phones will be confiscated for the week.)
- Anything that is not replaceable or has significant value, like expensive jewelry. Married sponsors may want to wear plain wedding bands only.
- A lot of money (CSM t-shirts are available for \$10 to \$20.) Also, NO Traveler's Checks.
- Hats, bandanas, college or professional team clothing. NO single color outfits.
- Drugs, alcohol, knives, guns, weapons of any kind, etc
- If planning VBS activities, please be creative and **do not** use the "Salvation Bracelet" craft, as the colors can easily be misinterpreted and offensive to certain cultures.



Rules and Guidelines

San Francisco Bay Area

The best attitude to take into this experience is to pretend that you have arrived in a far-away land where the customs, language, food and thinking are very different from your own. Thinking about the San Francisco Bay Area this way will help you prepare for your time in the city. Safety is our number one priority and the following guidelines are to help you understand the culture of the city a little better.

1. While in the city, you will be guided by CSM staff. These are people who know the city and how to make your experience safe and meaningful. Please listen to CSM staff at all times and do not question decisions on the spot (wait until you are out of the immediate situation).
2. It is important that students are never outside of the CSM housing site without an adult sponsor. At night, no one should be outside without a CSM staff person. Within the building, students should travel in pairs or groups of three, if guys and girls are together.
3. There can be no yelling, whistling, gesturing, etc. out of the buildings or vehicles. This can be misinterpreted and may be dangerous.
4. Money should be handled out of sight so we do not create temptation for anyone. In addition, we ask that group members not give money to anyone. If you think that someone has a legitimate need, please refer them to CSM staff. This is for your own protection. If you have money that you want to give to people who need it, it is best to give it to one of the organizations where you will be serving, as money goes further that way. You may make extra sack lunches to give out or even invite someone to a ministry site for lunch.
5. You should always be aware of your surroundings and not so wrapped up in conversation that you don't realize what is going on around you. The best way to avoid danger is to not walk into it.
6. The culture of the city tends to not be as friendly as in suburban or rural areas. Don't look people in the eye because this can be seen as a sign of physical or sexual aggression. People will not be offended if you don't smile and wave at them. However, if someone speaks to you or if you are speaking to them, it is okay and encouraged to look them in the eye.
7. Bathrooms and showers are at a premium. The luxury of showers will only be available EVERY OTHER DAY. Due to limited space, we ask that your showers be five minutes maximum.
8. Lights out will be at 11 p.m. each night.
9. Most ministry sites do not allow photographs to be taken because it takes away from your effectiveness to do ministry. In addition, many people don't want their picture taken and some children cannot be photographed for legal reasons. If you want to take a picture, first check your motivation, then check with your CSM host.
10. Part of your CSM trip is experiencing the many cultures of the city through eating at ethnic restaurants. The people at the restaurants are very proud of their food (its an important part of their culture) so please be open to trying everything and being polite.
11. The key to inner-city ministry is flexibility. We have a schedule prepared for you, but God probably has something different in mind. If plans change, just accept it as God's guidance for your trip and go with it.
12. It is important to remember that wherever you go, you are an ambassador for Jesus Christ. It will be quite obvious to city residents that you are not from the area, and many can also tell that you are with a church. Therefore, you will want to behave well towards each other and strangers. In addition, public displays of affection between men and women (students, leaders and/or CSM staff) such as teasing, roughhousing, and backrubs are inappropriate when with CSM and especially at ministry sites.