



# WELCOME PACKET

MEN'S TRIP 2026

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# MEN'S TRIP



**WELCOME!**

We are excited to have you join us on the 2026 Men's Trip and we look forward to serving with you soon!

Our Men's Trip is hosted by our partners, Amor Europe and Christ's Church of Flagstaff. Their heart is to provide a trip experience that is about rediscovering what it is to be fully alive as a man, while serving a family in need.

We live in a world where many fathers have given up on their families and many families have given up on their fathers! The reality is that all of us carry the wounds of being fathered by an imperfect, absent or even tragically lost dad; which can affect the way we see life. And all men live life imperfectly; sometimes regrettably impacting those closest to us.

As a group of men, we are going to take 8 days out to go on a journey where we will explore what's gone well and what has been less helpful. We will have the chance to consider how experiencing God as our heavenly dad can allow us to receive healing from the wounds we carry and become better equipped to step-up to the amazing privilege and honor of being a dad to someone. Not all of us have or will have physical children but we can all be a father to someone.

We will do our best to figure this out as we:

- Stand shoulder to shoulder building a new home alongside a family trapped by poverty
- Discuss what the Bible has to say through the honest accounts of men
- Sit around the campfire late into the evening enjoying the company of other men
- Talk about our own experiences – our successes and our failures, our good memories, and our pain
- Stand in awe at one of the seven wonders of the world and reflect on the one who made it all

Our prayer for you is that this trip experience will profoundly impact you and transform your relationship with God and the way you see the world around you.

Please read through this packet in its entirety to help prepare you for the trip. If you have any questions, please reach out to Emily at 619-719-8443 or [earnold@amor.org](mailto:earnold@amor.org).

Thank you for choosing to *COME BUILD HOPE*,  
Amor Ministries

# REGISTRATION PROCESS

AMOR.ORG/REGISTER/MENS-TRIP

## STEP 1

You'll begin the process by completing a short form on our website. You'll write your contact information, select which trip option, tell us if you're traveling with anyone else.

After completing this form, you'll receive an email titled 'Men's Trip Participation Form and Welcome Packet'. Check your spam folder!

### Register – Men's Trip

Which trip option? \*

**Option 1:** \$950/person – Full trip from November 8-15. Includes all accommodations (double occupancy on hotel stays) and meals, and trip to the Grand Canyon. Flights to/from Phoenix not included.

**Option 2:** \$600/person – Mexico portion of the trip from November 9-13. Includes all meals, no overnight hotel stay. Flights to/from Phoenix not included.

Option 1

Option 2

Name \*

FIRST

LAST

Email \*

Phone \*

Will you be attending with other individuals or with a group? If so, please list their names or group name here.

SUBMIT

## STEP 2



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### Trip Information

Group Name \*

Men's Trip

Trip Dates \*

Emily Arnold Barrial, 11/8/2025 - 11/15/2025

Next >

Submit your participation form (the link is in the email

you receive after step one). This is a longer form that will ask for more details like your passport information, allergies, etc.

Under 'Group Name', you'll select 'Men's Trip'. Under 'Trip Dates', you'll select 'Emily Arnold Barrial, 11/8/2026-11/14/2026'.

## STEP 3

Everyone who is 18 years and older will have a background check completed prior to the trip. *The exception to this is if you have had a background check run by us in the last 5 years.*

The background check will be run after you complete step 2 and we are within 4-6 weeks of the trip. You will receive an email directly with more instructions, if you need to complete a background check.

Background checks are completed through PeopleFacts. You will have to authorize a background check to be completed.

You'll be looking for an email from Emily first, then an email from support@PeopleFacts.com.

### Mission Trip Payment

If you have any questions about your payments, please contact your Trip Coordinator, or call Trip Services at 619-662-1200 ext 3

Effective September 1<sup>st</sup>, you are responsible for the associated credit card fees. It is 2.2% + 0.30 for non-AmEx cards and 3.5% + 0.00 for AmEx cards.

If you'd like to pay via wire transfer, please request that information from Erin at erin@amorph.org or 619-662-1200 ext 0128.

## STEP 4

When you complete your participation form, you'll need to pay \$200 to reserve your spot. Your remaining balance will be due by September 28th (6 weeks prior to the trip). You can pay via check or by credit card online.

*All registration steps must be complete by September 28th.*

# AMOR MINISTRIES

Est. 1980

## Our Story...

When Amor Ministries began, many of the poorest families were sending their children away to orphanages because they could not provide for them. Orphanages were filling up with children whose parents loved them but lacked the resources to take care of their general needs.

Amor's Founders, Scott & Gayla Congdon, decided to offer an alternative; provide adequate housing to keep families together.



## The Families...

Amor partners with the local community of pastors in Mexico, called the Ministry Planning Board. The pastors will nominate the family, present them to the board to decide on them receiving a home. Our Baja pastors are pictured.

The pastors live and work in the communities we build in so they know the need better than we ever could. After the home is built, the pastor is there to follow up with the family and continue a relationship with them.

## Where We Serve...

We serve in the Baja California area and Puerto Peñasco (across the Arizona border). Baja California includes:

- ◇ Tijuana (open year-round)
- ◇ Tecate\* (open for a few weeks in spring)
- ◇ Rosarito\* (open for a few weeks in summer)

We place our groups to build where there is the greatest need, but also do our best to meet a group's needs and requests.

\*These camps will not be open for the foreseeable future.



## The Building Process...

We generally recommend 15-25 people per single worksite in order to complete the home in about 3 days. Our homes are 11' X 22' simple builds that contain two rooms, with two windows and one door.

We recommend checking out our building resources on our website to have an idea of what to expect but we provide the support staff to help guide you along in the building process.



## Camp

- Our camp is an open spaces of gravel and dirt. It's minimal, giving you a taste of the culture of Mexico and some realities of poverty.
- Our camp caretakers, people hired by Amor, are in camp 24 hours/day to prevent unauthorized entry into and departure from the camp.
- You will be given a designated area to camp—do not enter into another group's area without invitation.
- Our camp has an Amor Store where you can purchase snacks, merch, and toiletries. USD and credit/debit cards accepted. Camp hours are 5pm-8pm.



## Bathrooms & Showers



- A bathroom is called a baño (bahn-yo) and it resembles an outhouse. They are cleaned and disinfected daily, stocked with toilet paper.
- Amor camps use bucket showers with separate, enclosed structures, marked “boys” and “girls”.
- Water is provided in water barrels just outside the showers. Bring your own shower apparatus like a camping solar shower or a bucket. **Keep your shower apparatus in your campsite, not near the enclosed shower structures.**
- It is required to wear bathing suits in the showers. Please exercise modesty while walking from campsites to the showers.

## Worksite

- The worksite is the family's property that we've been invited into. Please respect their area and do not invite other community members, neighbors or children onto the worksite.
- Your Amor rep will work alongside your group; they will help make decisions, show more effective ways of working, and generally assist in any way possible.
- A t-shirt, long pants, and a pair of closed-toed shoes are the minimum dress code requirement.
- No power tools are allowed on the worksite. A battery-powered drill for the door is acceptable.
- The building process is important but take time to serve those around you!



## How Families are Selected

- Amor works alongside a team of pastors and community leaders who nominate families in their communities to receive a home.
- The only requirement for a family to receive an Amor home is that they own the property or are making payments to own it.
- Amor then assigns groups based upon need—you may not receive a family you requested (like one with children) but we appreciate your willingness to help anyone in need.
- Families are notified via Amor and the pastors that they'll be receiving a home.
- Pictured: a woman learning that she's been selected to receive a home.



## Interacting w/ the Family

- The Mexican family may not be present or as interactive as you may like. We ask that you respect their boundaries. Remember that this is their space that we've been invited into.
- On the other hand, we encourage you to interact with the family if they are present and invite them to participate in your building.
- ¡Hola! Don't be afraid to try Spanish with the family. Learning a few phrases can be a great way to connect.
- Please do not give monetary gifts to the families; it can create issues for the family and ministry (as it's not fair that all families do not receive similar gifts). If you'd like to give monetarily, we recommend our Pastor's Fund which helps fund the Food Bank and school supply ministry that helps families.



## Contacting the Family

- Many families will want to connect with you after your trip (whether that be through Facebook, sharing email, phone numbers, etc.).
- Communication is great but we discourage conversation about giving money, bringing donations in the future, and setting expectations.
- It's important to remember that we want to support the pastors and their ministry to the family. We don't want our interaction or communication to interfere with the pastor's continued relationship with the family.



# TENTATIVE ITINERARY

## Day 1-2

*The trip will begin on Sunday, early in the morning. We recommend staying in Phoenix the night before.*

### Day 1 (Sun, 8th):

- Meet the team in the morning
- Drive through Sonoran Desert to Puerto Peñasco
- Stop at Organ Pipe Cactus National Monument
- Set up Camp

### Day 2 (Mon, 9th):

- Briefing at sunrise
- House building
- Campfire at night



## Day 3-4

### Day 3 (Tues, 10th):

- Briefing at sunrise
- House building
- Campfire at night

### Day 4 (Wed, 11th):

- Briefing at sunrise
- Finish the house—hand over the keys to the family
- Go to the beach—swim in the Sea of Cortez
- Campfire at night



## Day 5-7

### Day 5 (Thurs, 12th):

- Briefing at sunrise
- Drive to Flagstaff
- BBQ
- Hotel stay

### Day 6 (Fri, 13th):

- Drive to Grand Canyon
- Team debrief
- Stay in hotel

### Day 7 (Sat, 14th):

- Drive to Phoenix airport
- Fly home



# BORDER CROSSING

## Going into Mexico

1. You'll need to have your passport and printed FMME easily accessible. FMME instructions are on page 11.
2. You may be required to exit the vehicle with all of your belongings and enter the building. Pack what you can carry!
3. You will walk through Mexican Customs and present your passport and FMME. If you were unable to complete the FMME ahead of time, you'll fill it out while in line. You'll need a pen to write on the form.
4. You'll walk into the next room to have your luggage x-rayed then exit the building.
5. You will load back into your vehicle and then continue on to our camp.

## Going into the US

1. You'll need to have your passport accessible.
2. The line to enter back into the US can be unpredictable—it can range from no wait to several hours.
3. You'll stay in your vehicle in the border crossing but they may ask you to exit the vehicle if you're asked to go to secondary inspection. \*The walk to the bus in the US is going to be a couple blocks—we recommend bags with wheels!

# LA COCINA & SLEEPING TENTS

## La Cocina

Our food program that you'll be eating your meals with is called La Cocina (law co-see-nuh). Our La Cocina team is comprised of local Mexicans who are employed by Amor. They prepare and share some of their favorite meals which allows you to enjoy Mexican cuisine all week!

You will have a designated eating area with tables, chairs and a drink station. The drink station will have water, Gatorade and hot water (for tea, coffee and hot chocolate). We highly recommend bringing your own reusable water bottle or thermos to cut down on paper waste. You will have access to the drinking station at all times—it's important to stay hydrated!

If you have a dietary restriction or allergy, please note it in your online participation/registration form. If you did not put details in your form, please email us directly to ensure we can provide alternative food options for you.

## Sleeping Tents

We will provide tents that sleep 2-3 people. If you would like to be placed in a tent with a friend or family member, please let us know. If you are coming on your own, you will have your own tent.

You are responsible for bringing your own sleeping bag, pillow and sleeping pad.

## PERSONAL PACKING LIST

ITEM	HAVE	PACKED
<b>ONLINE PARTICIPATION FORM COMPLETED (no need to print)</b>		
<b>PASSPORT OR PASSPORT CARD</b>		
<b>FMME FORM (completed online then must be printed)</b>		
Sleeping bag, blanket, & pillow		
Foam or air mattress and/or cot		
Toiletries (toothbrush, toothpaste, brush, soap, deodorant)		
Towel(s) & wash cloth		
Flashlight, headlamp, or lantern		
Water bottle or canteen		
Sunglasses & hat		
Sunscreen & lip balm		
Insect repellent		
Work gloves (two pairs)		
Work shoes (closed-toed)		
Work clothes (no dresses, shorts, capris; must be long pants)		
Bathing suit for showers		
Camp/warm clothes for evenings and days in Phoenix		
Camp shoes		
Solar shower & shower shoes		
Jacket & sweatshirt		
Rain gear		
Spending money (US cash or credit card for the Amor Store)		
Kleenex, handwipes, sanitizer, first aid items		
Personal tool belt (a simple canvas one from Home Depot is helpful)		

**Optional:** Tools are going to be provided for you but if you want to bring your own personal tools, you are welcome to do so. A hammer, wire cutters, hand saw, tape measure and utility knife are helpful options.

**Do not bring:** alcohol, illegal drugs, tobacco products, fireworks, firearms, large knives, electronic games, blow dryers, curling irons, power tools or valuables.

**You may be required to carry your personal bags/cargo when crossing the border.**

**Please only pack what you can carry.**

**YOU CANNOT COMPLETE THIS FORM UNTIL YOU ARE WITHIN 30 DAYS OF YOUR ARRIVAL**

## Instructions for the FMME (Forma Migratoria Multiple Electronica)

### What you will need:

- Internet access
- Passport
- Printer

People entering Mexico by bus are required to present a completed FMME upon arrival at the border. Anyone not traveling by bus will likely be asked to present this form as well. We recommend everyone complete it ahead of your trip.

These instructions will help you fill in the form before your trip and save time at the border.

We have included some information and tips to help you fill in the boxes.

If you have any questions, please contact your group leader.

*If your passport expires within 6 months of your arrival, you cannot fill this out online. You will have to fill it out in person at the border.*



Before your trip visit:  
[www.inm.gob.mx/fmme](http://www.inm.gob.mx/fmme)



First, change the form to English by clicking **EN**.  
Then choose **By Land**.



Scroll down and check the agreement box. Have your passport ready for the next section.

### Entry Information:

Point of entry: El Chaparral (for charter buses only)

Point of entry: Mesa de Otay

### For Puerto Penasco Only:

Point of entry: Sonyota

### Identification document:

Type of document: You must use a passport or passport card

### Trip Information:

Reason of Trip: Tourism

Specify: Recreational Activities

State: Baja California

Address in Mexico: Valle Redondo

### For Puerto Penasco Only:

State: Sonora

Address in Mexico: Puerto Penasco

Click Save

And **PRINT** document.

The screenshot shows the 'gob.mx' website with the FMME form. The 'Entry Information' section has 'Point of entry\*' set to 'El Chaparral'. The 'Personal Information' section includes fields for Name, Surname, Gender, Date of birth, Nationality, and Country of birth. The 'Identification document' section has 'Type of document\*' set to 'Passport'. The 'Place of residence' section has 'Country of residence\*' set to 'Mexico'. The 'Trip Information' section has 'Reason of trip\*' set to 'Tourism', 'Specify\*' set to 'Recreational Activities', and 'State\*' set to 'Baja California'. The 'Address in Mexico\*' field contains 'VALLE REDONDO'. The 'Email' section has 'Email\*' and 'Email (Confirmation)\*' fields. The 'Verification code\*' field contains 'NECB3U'. The 'Save' button is circled in red.

**YOU MUST BRING YOUR PRINTED FORM AND PASSPORT TO PRESENT TO BORDER OFFICIALS.**

# CAMP RULES

**QUIET HOURS ARE FROM 10pm to 6am.** Be respectful. Please have campfires and pre-bed bathroom trips completed by 9:45 to be back in your camp area and quiet by 10pm. No generators are to be used during quiet hours.

**NO DRUGS OR ALCOHOL**

**NO PETS**

**NO DRONES**

**DO NOT EXCEED 4MPH IN CAMP**

**NO BONFIRES**

**NO FIREWORKS**

**NO RIDING IN THE BACK OF TRUCKS OR ANYWHERE OUTSIDE OF A MOVING VEHICLE**

**DO NOT PLAY WITH OR TOUCH ANY ANIMALS**

**VISITORS IN CAMP:** All visitors in camp must be approved by your Amor Trip Coordinator or Amor Field Rep. All visitors must fill out a participation form prior to entering Amor's camp. As the Trip Coordinator, you assume responsibility for any visitors.

For your safety, please notify an Amor rep where you are at all times. All groups must be in camp by sundown. The camp gate is locked at 10pm. If for some reason you are not returning until after 10pm, you must inform an Amor rep.

Stay in the Amor camp as demarcated by the fence. The surrounding area is the private property of others and we are not permitted to enter.

Notify an Amor rep immediately if you see something/someone out of the ordinary.

**Showers:** Swimsuits are required. 2.5 gallons of water per person per day. Do not use this water to brush your teeth. Please cover up when walking to and from the showers.

**Baños:** In camp, please use the toilet paper provided. Lock doors during use.

**Trash:** Please bag and tie all trash and put in the designated area. Burn paper products only.

# WORKSITE RULES

**IN CASE OF EMERGENCY,** contact an Amor rep immediately. (i.e. theft, injury, accident)

**NO POWER TOOLS!** The only exception to this rule is a battery-powered drill for the door.

Be off the worksites by 5:30pm during daylight savings time (after early March) and by 4pm after daylight savings time (after early November).

**DO NOT PLAY WITH ANIMALS!** If someone is bitten, apply necessary first aid and contact an Amor rep immediately. If it is safe, keep track of where the animal goes.

Follow all posted speed limits and do not exceed 15 mph in the communities you are building.

Each person should drink around 2 gallons each day. If you have a dehydrated group member, have them drink small amounts of water slowly, put them in the shade and contact an Amor rep. The first signs of dehydration are normally headaches and nausea.

Be aware of yourself and those around you while working with tools and lumber. Take your time and work smart.

Wear gloves when handling cement. Protect your skin from chemical burns.

You must wear long pants on the worksite. If you are not, you will be asked to return to camp to put long pants on.

**LOCK YOUR VEHICLES AT ALL TIMES.** Park as close to your worksite as possible. Do not leave bags or valuables lying in plain view.

Utilize the buddy system on the worksite. Notify your group leader if you want to leave the site to go to the store.

**VISITORS:** All visitors must be approved by your Amor Trip Coordinator or Amor Field Rep. Prior to coming onto the build site, all visitors must fill out a participation form. Do not invite community members to join on the worksite.

**AMOR'S EMERGENCY LINE: 001-619-662-1200 X 2**