

Welcome Packet

Amor 3 Day



3911 Cleveland Ave
PO Box 3279
San Diego, CA 92163
619-662-1200 x 3
tripservices@amor.org

Table of Contents

WELCOME TO THE AMOR 3 DAY	3
REGISTRATION PROCESS	4
About Amor Ministries	5
Our Story	
The Families	
Where We Serve	
The Building Process	
What to Expect	6
Camp	
Bathrooms & Showers	
Worksite	
The Family	7
How the Family is Selected	
Interacting with the Family	
Communicating with the Family	
Tentative Itinerary	8
Border Crossing, La Cocina, Sleeping Tents, Safety	9
Going into Mexico	
Going into the US	
La Cocina	
Sleeping Tents	
Safety & Security	
Packing List	11
FMME Instructions	12
Camp Rules/Worksite Rules	13

Amor 3 Day Trip



Welcome!

We are excited to have you join us on the Amor 3 Day Trip and we look forward to serving with you soon!

Our weekend will start bright and early on Day 1 in San Diego. We will be meeting at the Best Western Americana Inn at 6:30AM . The address is:

**Best Western Americana Inn
815 W San Ysidro Blvd.
San Diego, CA 92173
(619) 428-5521**

For those traveling from out of town, this hotel typically offers discounted rates for our group. Participants often find it easiest to stay at the Best Western the night before we begin to make an easier transition in the morning. If you would like to take advantage of this, please contact the Best Western directly and mention that you are part of the Amor 3 Day Group with Amor Ministries.

Should you need to leave your car at the hotel, they are offering parking for \$20/vehicle/day. They have a large parking area adjacent to the hotel where you can park. Please send your vehicle details to Amor/Emily within 2 weeks of arrival (the hotel asks for this info ahead of time). You will need to arrange payment directly with the hotel the morning you arrive, should you be interested.

As you are making your travel arrangements, please remember we cannot guarantee our arrival time back to the US. We are crossing an international border and the amount of time that it takes to do this is out of our control. We typically are back to the US by 4:00pm but there is no guarantee of this. If you are planning flights, please take this into consideration and leave yourself enough time.

You are responsible for getting yourself to and from the hotel meeting spot. We do not provide airport or hotel pickups. Uber and Lyft are great options in San Diego and can be easily accessed using their app on your phone.

Please read through this packet in its entirety to help prepare you for the weekend.

If you have any questions, please do not hesitate to reach out to Emily at earnold@amor.org or 619-719-8443.

Thank you for choosing to COME BUILD HOPE,

Amor Ministries



Registration Process

Step 1

You'll begin the process by completing a short form on our website. You'll enter your contact information, tell us if you're traveling with anyone else and select the dates for the trip you're attending.

After completing this form, you'll receive an email titled 'Amor 3 Day Registration Link and Welcome Packet'. Check your spam folder!

Register – 3 Day

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.

Which Amor Three Day? *

November 7-9, 2026

Step 2



Amor Ministries Participation Form

① Page 1 ② Page 2 ③ Page 3 ④ Page 4 ⑤ Page 5 ⑥ Page 6

Trip Information

Group Name *

Amor Three Day

Trip Dates *

Emily Arnold Barrial, 11/7/2026 - 11/9/2026

Submit your participation form (the link is in the email you receive after Step 1). This is a longer form that will ask for more details like your passport information, allergies, etc.

Under 'Group Name', you'll select 'Amor Three Day'.

Under 'Trip Dates', you'll select the dates that you will attend. Pay your \$200 deposit at the time of registration.

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.

Step 4

Make a Payment – 3 Day

0

Processing Fee: 0.31

Participant Name *

Please enter the name of the participant that this trip payment is for.

Email *

Please enter your email address.

Address *

STREET ADDRESS

Pay your remaining balance for the trip. This is due 6 weeks prior to your arrival.

If you are traveling with a group who is making your payment on your behalf, you do not need to pay us directly.



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. We provide the support staff to help guide you along in the building process.

Camp

- Our camp is an open space 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. Store 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. If you leave it by the shower structures, it will likely be used by someone else.
- It is required to wear bathing suits in the showers. Please exercise modesty while walking from campsites to the showers.

Worksites

- 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 donating to our Food Bank bucket in the Amor Store. This goes to help fund the pastor's ministry to families through supplying food.



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

- **6:30AM**—Check-in at the Best Western Americana Inn
- **7:00AM**—Load up and head to Mexico
- **8:30AM**—Arrive to camp, grab breakfast, make lunches and drop off luggage
- **10:00AM**—Head to worksite, meet family, begin building
- **12:00PM**—Break for lunch then continue building
- **4:00PM**—Head to camp for the evening
- **5:00PM**—Showers, dinner, speakers, free time, Amor Store open, sleep!

Building goals: frame all walls and roof pieces, stand everything up, begin bailing wire, tar paper and chicken wire.



Day 2



- **7:00AM**—Breakfast and pack lunches
- **8:00AM**—Head to worksite, continue building
- **12:00PM**—Break for lunch then continue building
- **4:00PM**—Head to camp for the evening
- **5:00PM**—Showers, dinner, speakers, free time, Amor Store open, sleep!

Building goals: walls and roof on and up, complete bailing wire, tar paper and chicken wire, at least one coat of stucco.

Day 3

- **7:00AM**—Breakfast and pack lunches, begin packing up
- **8:00AM**—Head to worksite, continue building
- **11:30AM**—Break for lunch, house dedication with family
- **12:30PM**—Head back to camp to finish packing up
- **1:30PM**—Take bus back to US
- **4:00PM**—Estimated arrival back to the Best Western Americana Inn**

Building goal: 1 coat of stucco

**Since we are crossing an international border, there is no guarantee on the time that it will take to cross. It can take several hours, depending on traffic and procedures for the day.



Border Crossing

Going into Mexico

1. You'll need to have your passport and printed FMME easily accessible. FMME instructions are on page 12.
2. Everyone will be required to exit the bus with all of their 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 wait for the bus to be x-rayed then you will board back on the bus to go to camp.

Going into the US

1. You'll need to have your passport accessible.
2. Exit the bus with your belongings and get into the pedestrian line. You may need to wait, depending on the line.
3. You'll enter into the US Customs building where you'll present your passport and have your luggage x-rayed.
4. You'll then exit the US Customs building and walk to the bus*. Once everyone is on the bus, the bus will head back to the Best Western Americana Inn.

**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 weekend!

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. Married couples and parents/kids will be put together in a tent unless different arrangements are requested. 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.

Security Information

If you've been on trips with us before, you may have experienced a police presence on your worksite. This is part of our ongoing relationship with the Office of Public Safety in Mexico, and it is planned. This presence is routine and nothing to be concerned about. Additionally, the police may visit our camp from time to time, which is also normal and part of our procedures.

On the same note, you may notice the National Guard stationed at the school near the entrance of our camp. This is entirely normal, as they frequently move around the city. We kindly ask that participants refrain from taking photos of any officers.

You can read more about our safety protocols in the *Safety Procedures* document [found on our website](#).

Safety Information

Due to our proximity to the US/Mexico border, if there is an injury or illness, we recommend seeking medical attention in the US. An Amor rep will take the participant in an Amor vehicle. If possible or necessary (like if the injured party is a minor), a support person may go with the Amor rep.

If you must be taken to the US for medical attention, you may be released when it is too late to safely return to our camp. You will need to secure lodging in San Diego if this happens. Amor will help get you back to our camp the following day.

Amor provides first-aid kits on site and in our camp. We are happy to provide items you would commonly find in a first-aid kit like band-aids or ibuprofen. We recommend bringing allergy medicine and eye drops if you're susceptible to allergies as our camp is dusty.

The most common issue we encounter is dehydration and heat-related sickness. We recommend every participant to take frequent water breaks and stay hydrated. We provide purified drinking water in our camp and worksites. It's important to not drink the water that is used for hand washing and showers.

We recommend purchasing liability and travel insurance. Companies like Volunteer Card offer this for as little as \$30/person.

Personal Packing List

ITEM	HAVE	PACKED
ONLINE PARTICIPATION FORM COMPLETED (no need to print)		
PASSPORT OR PASSPORT CARD		
FMME FORM (completed online then must be printed)		
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 & cover for showers		
Camp/warm clothes for evenings		
Ear plugs for sleeping in camp		
Hand wipes/sanitizer		
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, vapes, fireworks, firearms, large knives, electronic games, blow dryers, curling irons, power tools or valuables.

You will 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



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: Sonoyta

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*' highlighted with a red circle, showing 'El Chaparral'. The 'Personal information' section has 'Name(s)*', 'Surname(s)*', 'Gender*', 'Date of birth*', 'Nationality (Country)*', and 'Country of birth*' fields. The 'Identification document' section has 'Type of documents*' highlighted with a red circle, showing 'Select One'. The 'Place of residence' section has 'Country of residence*' and 'Address of residence*' fields. The 'Trip information' section has 'Reason of trip*', 'Specify*', 'State*', 'Address in Mexico*', and 'Email' fields. The 'Email' section has 'Email*', 'Email (Confirmation)*', and 'Verification code*' fields. The 'Save' button is highlighted with a red circle.

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

2024/2025

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 (smoking must be done by your campfire only, vaping is illegal)

NO PETS NO DRONES

DO NOT EXCEED 4MPH IN CAMP

NO BONFIRES (no fires over 3 feet high)

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.

NO SMOKING OR VAPING on the worksite.

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.

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

