

# CSM: What to Bring

## ...and What NOT to Bring on your Mission Trip to Los Angeles

### Dress Code:

- Full-length, long pants** at all times (no capris), unless your CSM Host says its okay at select ministries. Shorts may be worn around the housing site, but they must always extend beyond the fingertips when arms are held straight at your side.
- Loose-fitting T-shirts**, sweatshirts, sweaters (NO tank tops, sleeveless, or cap sleeves). No skin can be showing when you raise your arms straight over your head or when you bend over at the waist.
- No gang affiliated clothing** – solid bright red, navy blue or bright purple shirts (other variations of these colors are fine, i.e. pink, maroon, baby blue, lavender, etc); pro sports team clothing; bandanas (on your head or in your pocket).
- Close-toed shoes.**
- Sunday church services** – Guys: No jeans or tennis shoes; collared shirt and tie preferred. Ladies: Skirt or dress that covers the knee when sitting; sleeves required; no pants.

### Interaction in the City:

- Girls should only start conversations with other females; guys should only start conversations with other males.** Too much friendly attention to the opposite sex may miscommunicate that you want an inappropriate relationship with that person. Remember, the customs are different here. Don't worry about offending someone of the opposite sex for not greeting them as you do at home.
- Be in pairs at all times.** Get permission from you CSM Host before going outside the housing facility or leaving the rest of the group for any reason. ALWAYS go accompanied by a leader.
- Cameras** – Use cameras discreetly. Always ask before you take a picture of anyone who is not in your group. Don't take pictures driving or walking down the street. When in doubt, ask your CSM Host if it is appropriate to take a picture.
- Do not yell, whistle, lean, spit or throw anything** out of housing site or vehicle windows. You will bring your white and/or suburban/rural culture with you, and you will stick out. Doing these things will be viewed as rude and will only damage your witness to others. It can also endanger your safety.
- NEVER give money to people on the streets.** It can easily be used for drugs or alcohol. If you feel you have uncovered a legitimate need, consult your CSM Host before promising assistance. ALWAYS handle your money with caution.
- Always be aware of what's going on around you.** When walking down the street, try not to be too engrossed in your own conversations and jokes. For example, steer away from any arguments or questionable activity you see in your path. Don't hog the sidewalk.
- Cell phones** – All leaders should bring and carry cell phones if they have one. Students should not bring cell phones! If they do, leaders should keep them locked in the housing site. Easily available contact with friends back home can be a huge distraction.
- Avoid sarcasm** – When English is not a person's native language, sarcasm does not translate. If you're sarcastic, your witness as an ambassador for Christ will be damaged. Instead, use language that builds each other up. You never know who's listening!
- No public displays of affection** between guys & girls (includes students, leaders and CSM Hosts) – PDA is inappropriate in many cultures here in LA. Let's be sensitive as we serve!
- Be cautious in any first aid situation.** HIV/AIDS and other diseases are a very real concern when dealing with any bodily fluids, including blood and saliva. If the person is able to help him or herself, let them do so. If not, let someone with gloves handle it. Your CSM Host will be certified in CPR and First Aid.
- No alcohol or tobacco products** are permitted on World Impact grounds.
- Allergies/Special Needs** – Tell us immediately (preferably well before your arrival) if anyone in your group is a vegetarian/vegan, has a food allergy or has a physical/mental/social disability. Those with asthma must carry their inhalers at all times!
- Immediately report any injuries, thefts, or unusual incidents** occurring on your trip to your CSM Host.
- Do not give out your personal address** to people you meet.
- BE FLEXIBLE!!!** Things in the city are constantly changing. Go with the flow when your schedule changes suddenly and unexpectedly. Don't get angry if you see people at ministry sites that are wearing something you are not allowed to. We follow the guidelines the ministry sites give us, even if others around us don't always follow them.

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### Housing:

- No guys in girls' rooms and no girls in guys' rooms.**
- Co-ed space** – Students may hang out in the common room until 10:30pm, as long as a leader from their group is present. Storage closets and the kitchen are off limits unless directed to go there by a CSM Host. . If the devotional room (next to the kitchen) is not being used for a meeting or devotions, students may also hang out there with an adult leader.
- Quiet Hours:**
  - o 10:00pm Quiet Hour begins – You may still hang out in the common room; just try to be extra quiet after 10pm.
  - o 10:30pm Everyone back to your rooms – Get ready for bed.
  - o 11:00pm Lights out – Please respect your neighbors and your roommates by keeping the 11pm lights out time. Also, honor God by getting the sleep you need to serve him best in your days in LA.
- No one is allowed outside the housing site after 10pm.**
- Do not answer the door at the housing site** or let anyone inside.
- Shower Schedule:**
  - o Girls -- Monday, 6 – 8 AM; Tuesday, 8 - 10 PM; Wednesday, 6 - 8 AM; Thursday, 8 - 10 PM; Friday, 6 - 8 AM; *Saturday and Sunday as scheduled*
  - o Guys -- Monday, 8 – 10 PM; Tuesday, 6 – 8 AM; Wednesday, 8-10 PM; Thursday, 6 – 8 AM; Friday, 8 – 10 PM; *Saturday and Sunday as scheduled*
  - o ALL showers must be 5 minutes or less. There are only 3 showers for all students, leaders and staff.
- Overflow Housing** – During weeks when we have a lot of groups in, we may use the Watts Christian School to house some groups. Quiet hours apply here as well. Groups are only allowed in their sleeping rooms, the common room and in the bathrooms. Please do not go out of school grounds when you are in for the night.

### Restaurants:

- Try everything once.** These are foods and customs from other cultures. Different isn't good or bad; it's just different.
- Don't complain!** The people of the city work hard at preserving their cultures. They are proud to be Korean, African-American, Salvadoran, etc. If you don't like something, be quiet about it and discuss it later in the evening. People are excited and proud to share part of their culture with you, and you do not want to offend them.

### What to Bring:

- Sleeping bag & Pillow** – Bunk beds are provided for nearly everyone. Leaders have first priority. Students may bring individual sleeping pads. We do not guarantee space for air mattresses.
- Bible** – pen and journal are good, too.
- Clothes** that are okay to get dirty, torn or stained. See Dress Code for clothing specifics.
- Personal toiletries** (shampoo, soap, towel, washcloth, etc.). We provide toilet paper.
- Warm sweatshirt or jacket** – It gets chilly at night, and you will be outside every evening.
- Alarm clock** – leaders need to bring these, since they are responsible for getting the group up and ready in the mornings.
- Optional items** – flip flops for showering, guitar for devotion or debriefing times, earplugs for sleeping (housing site is right beside the train tracks).

### What Not to Bring:

- Electronic devices** – includes Walkmans, personal CD players, MP3 players, iPods, cell phones, etc.
- A lot of money** – CSM shirts will be available for purchase at the end of the trip for \$20 or less.
- Anything of great value or anything you cannot replace** (includes expensive jewelry and clothing).
- Weapons** of any kind
- Too much stuff** – storage space is limited to half of the space under your bunk bed.