



## Schedule

### Saturday

2:00 Check in  
6:00 Welcome and Dinner  
8:00 Commissioning Service  
9:30 Youth Group Devotions  
10:15 Snack Shack Open,  
10:45 Quiet Time  
11:00 Lights Out

### Sunday

6:30 Wake Up, Clean Up  
7:00 Morning Devotion  
7:15 Breakfast  
8:00 Leave for church  
12:00 Lunch at host church.  
After lunch tour work sites  
3:00 Return to California Middle  
5:00 Informational Meeting  
5:30 Dinner  
6:15 Group Picture  
7:00 Community Worship at  
United Church of Christ in  
California, MO  
10:15 Youth Group Devotions  
11:00 Lights Out

### Monday - Friday

6:30 Wake Up  
7:00 Morning Devotion  
7:15 Breakfast  
8:00 Leave for work sites  
12:00 Lunch at host church  
3:00 Clean up work sites  
3:30 Leave work sites for  
showers and free time  
5:00 Informational meeting  
5:30 Dinner  
7:00 Worship  
9:00 Youth Group devotions  
10:00 Free time  
11:00 Lights Out

### Final Saturday

6:30 Wake Up  
7:00 Morning Devotions  
7:15 Breakfast  
9:00 Clean Up  
10:00 Final Goodbyes

# WHAT TO BRING TO 3MT

## ESSENTIALS

- Bible
- Pen/Pencil
- Note Paper
- Sleeping Bag (an air mattress, twin size only, is recommended as we will be sleeping on the floor)
- Pillow
- Towels & Wash Cloths
- Soap, Shampoo, Toothpaste/Toothbrush
- Lip Balm
- Hairbrush/Comb
- Hair Dryer/Curling Iron (please get with other members from your church and share dryers/irons- we don't need to bring twenty of each)
- Deodorant
- Plastic bags for dirty clothes
- Sunscreen
- Sunglasses
- Small bottle of Insect Repellent
- Camera
- Small Flashlight
- Only "Christian" music will be allowed.** If you bring music players you are solely responsible for them and you are asked not to bring them or cell phones to the work sites.
- Each participant is asked to bring a 3-4" nylon paint brush.***

## CLOTHING GUIDELINES

You will need to pack jeans (you may be working in areas where jeans are needed), shorts, t-shirts, underwear, pajamas, tennis shoes, sandals, socks, swimsuit, sweatshirt or jacket, and work gloves. At most of our worksites, we paint. Please bring clothing that you can paint in. Short shorts and cut-offs are prohibited so please make sure that your shorts are a modest length. No halter tops, midriffs, tank tops, or muscle shirts are allowed. Please make sure that any wording or graphics on your t-shirt does not take away from your witness for Christ. Swimsuits: Ladies swimsuits should be one piece, no two piece swimsuits will be allowed. Every participant is required to wear tennis shoes or work boots on all worksites. No sandals or flip flops will be allowed on the worksites.

## THINGS NOT TO BRING

Please do not bring bad attitudes, knives guns, tobacco products, large radios, or anything else that is questionable. If you feel the need to ask, just don't bring it. Please consider taking the challenge of leaving your cell phone and iPod/MP3 player at home. These things can be a distraction from a worshipful experience for you and others.

## MONEY

All food and lodging costs are included in the tuition paid by each participant. Snacks are also provided, however, additional money may be brought for extra snacks and souvenirs.

## PLEASE NOTE

Students are required to participate in ALL activities. All missionaries will be expected to stay overnight in the assigned sleeping quarters. NO youth missionaries will be allowed to drive a vehicle until 3MT is over and they have checked out. Keys will be checked in upon arrival and returned to you upon check out. Youth may not ride in ANY vehicle, for any reason, that has not been previously approved by 3MT staff. Adult leaders are responsible for the supervision of the youth assigned to their crew. All drivers must be fully insured.

# 3MT MEDICAL RELEASE FORM 2019

PLEASE PRINT OR USE ELECTRONIC FORM	NAME (FIRST, MI, LAST)			CHURCH
	STREET ADDRESS			
	CITY	STATE	ZIP CODE	DATE OF BIRTH (mm/dd/yyyy)
	INSURANCE COMPANY		INSURANCE/POLICY #	
EMERGENCY CONTACT	NAME (FIRST, MI, LAST)			RELATIONSHIP
	PHONE NUMBER	WORK PHONE NUMBER		CELL PHONE NUMBER
	PREVIOUS MEDICAL HISTORY			
PLEASE CHECK ALL THAT APPLY				<b>VACCINATIONS</b> Date
<input type="checkbox"/> ASTHMA <input type="checkbox"/> DIZZINESS <input type="checkbox"/> KIDNEY TROUBLE <input type="checkbox"/> OTHER: _____			<input type="checkbox"/> CHICKEN POX _____	
<input type="checkbox"/> DIABETES <input type="checkbox"/> HAY FEVER <input type="checkbox"/> STOMACH UPSET <input type="checkbox"/> OTHER: _____			<input type="checkbox"/> MMR _____	
<input type="checkbox"/> SINUSITIS <input type="checkbox"/> BRONCHITIS <input type="checkbox"/> HEART PROBLEMS <input type="checkbox"/> OTHER: _____			<input type="checkbox"/> TETANUS _____	
PREVIOUS ILLNESS/OPERATIONS				
LIST ALL MEDICATIONS				
ALLERGIES - PLEASE LIST ALL	FOOD			
	DRUG			
	INSECT BITES			
	SPECIAL DIET			
	OTHER			
PERMISSION FOR MEDICAL TREATMENT	<p>MY PERMISSION IS GRANTED TO THE YOUTH DIRECTOR OR ANY PERSON IN CHARGE OF MID-MISSOURI MISSION TEAM TO OBTAIN MEDICAL TREATMENT IN CASE OF SICKNESS OR INJURY TO MY CHILD OR MYSELF (NAME) _____ WHILE PARTICIPATING IN THIS MISSION TRIP. I, _____ THE UNDERSIGNED DO HEREBY VERIFY THAT THE ABOVE INFORMATION IS TRUE TO THE BEST OF MY KNOWLEDGE AND I DO HERE BY RELEASE AND FOREVER DISCHARGE ALL SPONSORS, THE PARTICIPATING CHURCHES AND THE MID-MISSOURI MISSION TEAM FROM ANY AND ALL CLAIMS, DEMANDS, ACTIONS OR CAUSE OF ACTION, PAST, PRESENT OR FUTURE ARISING OUT OF ANY DAMAGE OR INJURY WHILE PARTICIPATING IN ACTIVITIES OF MID-MISSOURI MISSION TEAM (3MT).</p>			
	SIGNATURE OF PARENT / GUARDIAN / PARTICIPANT			DATE
<p>_____ PERSONALLY APPEARED BEFORE ME AND PERSONALLY KNOWN BY ME, EXECUTED THE FOREGOING PERMISSION AND RELEASE FORM. WITNESS MY HAND AND OFFICIAL SEAL, DATED THIS _____ DAY OF _____ YEAR _____ STATE OF _____ COUNTY OF _____.</p>				
SIGNATURE NOTARY PUBLIC			SEAL	
MY COMMISSION EXPIRES (mm/dd/yyyy)				
<p>PLEASE PROVIDE A COPY OF YOUR INSURANCE CARD AND POLICY NUMBER ALONG WITH THIS FORM AT REGISTRATION ON <b>JULY 13, 2019</b>. YOU MAY <b>NOT</b> PARTICIPATE WITHOUT THIS FORM PROPERLY COMPLETED AND NOTARIZED.</p>				

