

Our time to go to Panama is getting near. Due to the last minute change of locations, the information is a little slower getting out. Jan is in Panama now doing the pre-trip so as soon as he gets back I will hopefully have more information to pass on. Because of the death of my wife's mother and other family obligations, I was not able to do the pre-trip nor the advance trip. I will however meet you in Atlanta on the way down and be in the clinic with you. Here is some preliminary information you will need:

1. Attached is the Standard Operating Procedures for the trip. Down load it and read it carefully. Bring it with you to Panama.
2. Your ETickets were emailed to you by our travel agent, Elaine Johnson of Pilgrim Tours, in the next couple weeks. If there is any questions about them contact me. I know there are some seating assignment duplications and we are working on them. Our travel agent works from her home in Wilmington, NC and going through Hurricane Florence right now. I hope to have this corrected by Oct. 1st.
3. I need headshot pictures or selfies for our ID cards now. If you are new and have not sent me one or if you need a new card, please email the picture immediately.
4. The medical release is available on the "Clinic Links Page" on www.TeamORH.Com. Please fill out 3 copies and have them notarized. Please return the release:
 - a. 1 Notarized original goes to Operation Renewed Hope, 2150 Storm Canyon Road, Winston Salem, NC, 27106.
 - b. 1 Notarized original should be given to me in Atlanta.
 - c. 1 Notarized original stays on your person during the entire trip.
5. Make a couple copies of the passport. Give one to a friend on the trip and you keep the other in a location different from the original. The reason for this is if it were to be lost or stolen. (Also, it would be good to leave a third copy with someone back home.)
6. In the rare case of an emergency it is good to make sure a family member back home has a valid passport. We have never had to but in the event something were to happen to you they may have to come to help you get back home.
7. ORH provides medical and emergency evacuation insurance. Trip Interruption Insurance is not a part of this but is recommended for these trips.
8. All ladies will need to be prepared to wear dresses and skirts when not in the clinic and for all travel. While traveling to and from the clinic sites on the helicopters and boats slacks may be worn. During the clinic, scrub pants are acceptable as they are part of the medical uniform.
9. Do not forget to pack your Malaria medicine and any other vaccines recommended by your doctor.
10. Panama uses the same type electrical plug as we do and also the US dollar. A word of advice is to bring only 10s, 5s, and 1s. they will not have change for larger bills.
11. I will send out another update in the next 2 weeks.