



Mission Trip Planning Packet



We are excited to serve with your team. Please fill out this packet & return it to us as soon as possible. We want your team to have a great experience!

Team Leader(s) Name(s): _____

Contact info(cell phone/ email): _____

Church Info(Name, denomination): _____

Preferred Trip Dates: _____

Approximate # of people on your team:_____ Adults----- Teens----- Children-----

Does anyone on your team have allergies, special needs or disabilities we need to plan for/around?

What type of projects interest your team? Construction--- Gardening--- VBS--- Food Distribution---

Other:-----

Please list any special skills your team members have or other areas/ways you'd like to serve

ESTIMATED PROJECT BUDGET:-----

Visitor Housing is \$15 per person per night

Visitor House 1: sleeps 12 Visitor House 2: sleeps 16 (We can host 28 people max)

Visitor Housing includes complete bedding, bath towels & full kitchen

* Each dorm has a \$50 cleaning fee

ESTIMATED LODGING BUDGET:-----

Meal Options: The Visitor Housing has a full kitchen & refrigerator where you can cook & prep all of your meals. There is a Costco & Markets where you can purchase food in Mexico. We also offer options to have meals catered for your team by local cooks. This must be planned 1 week in advance * see menus/ price is per person (All meals are family style, everyone eats the same meal. Once the order is placed, we cannot cancel for any reason.) See attached menus for options or ask us about other possible options if you want something else. You can also eat out at local tacos stands & restaurants, there are many great options!

ESTIMATED MEAL BUDGET:-----

Transportation: We have a large van for teams of 10 or less who would rather have personal transportation rather than driving your own vehicles or rental cars. We will pick your team up at the San Diego Airport & drive you during your stay. Upon return you will walk across the border with your luggage & be picked up in San Diego.

5 days or less: \$50 per person 6-10 days: \$75 per person

*If driving personal vehicles or renting vehicles you will need to purchase Mexico Insurance before crossing the border into Mexico. We also have toll roads here, so it is a great idea to have a Ziplock bag with small bills (tolls are around 45 pesos/2.50 USD, they vary)

Please let us know of any other details or expectations you have for your trip:-----

- \$250 deposit is required to hold your dates for booking. This will be put towards your total balance & can be transferred to another date in case of emergency
- As your trip near we will work together to create a daily itinerary for your team.
- We will send you a packing list & additional information for you to share with your team as your arrival date nears.
- We have a list of other dorms, hotels, Airbnb & RV sites if you would like more lodging options
- Please feel free to ask any & every question as they arise. No question or detail is too small.
- You can also find more information on our website @ www.sowministries.org
- We look forward to serving with you & are excited for what God has instore for your team!

Our contact info:

Travis 916.769.8329
travis@sowministries.org

Amber 916.769.8329
amber@sowministries.org

Pollo en crema de chille poblano	\$12
Chicken in creamy poblano sauce with white rice, flour tortillas or dinner rolls, salad, and hot sauce.	
Machaca de pollo o res	\$12
Shredded chicken or beef with rice, beans, corn & flour tortilla, guacamole, tortilla chips, and hot sauce.	
Fajitas de res o pollo	\$12
Chicken or steak fajitas with rice, beans, pico de gallo salsa, guacamole, tortillas (corn & flour) sour cream, shredded cheese, and tortilla chips	
Bistec Ranchero	\$12
Ranch Style Steak with beans, rice, tortillas (corn and flour), salad, hot sauce, guacamole, and tortilla chips.	
Pescado al Ajillo	\$11
Garlic butter fish with white rice, tortillas (corn and flour) salad, guacamole & tortilla chips.	
Chiles rellenos	\$11
Filled chilies with beans, rice, tortillas (flour & corn) and salad	
Carnitas	\$10
Pork carnitas with beans, pico de gallo sauce, guacamole and tortillas (corn & flour)	
Tamales de res/pollo/queso	\$10
Beef/chicken/cheese tamles with potato salad, beans, and hot sauce	
Carne y papas en chile colorado	\$10
Red chili steak and potato stew with rice, beans, tortillas (flour and corn) and hot sauce	
Enchiladas de pollo o queso	\$10
Chicken or cheese enchiladas with beans, guacamole, salad and hot sauce	
Quesadillas de jamon	\$9
Cheese and ham quesadillas with beans, guacamole, fruit, and hot sauce	
Tacos dorados de carne o pollo	\$9
Crispy fried beef or chicken tacos with beans, sour cream, and hot sauce	

Tamales

Choice of beef, green salsa chicken, green salsa pork, or cheese with jalapeño, with beans and salad.

\$9/4 tamales

Pozole

Soup with garbanzo beans and chicken with onion & cilantro.

\$8

Albóndigas (32 oz)

Meatball soup (around 4 large meatballs) and 5 tortillas

\$8.50

Chile Relleno

1 stuffed chile pepper, rice, beans and tortilla

\$8

Tacos de Camarón

Shrimp tacos with cilantro, onion, and handmade tortillas

\$2.50 / taco

Tacos de Pescado

Fish tacos with cilantro, onion, and handmade tortillas

\$2.50 / taco

Ceviche de Pescado

Fish ceviche with mayo, ketchup, salsa & tostadas

\$10/liter

Tacos Dorados

Fried tacos (1 chicken, 1 ground beef, 1 potato) with onion, cilantro, lettuce, sour cream, cheese & salsa

\$8/3 tacos

Sopes

2 beef & 2 chicken with lettuce, cheese, sour cream, salsa or if you want just beef it is \$9 for 4

\$8/4 sopes

Flautas

Taquitos (3 chicken or 2 beef) with lettuce, cheese, sour cream, and salsa

\$8

Pollo en Crema Chipotle

Creamy chipotle chicken with white rice, beans, and tortilla

\$8