

Casa Hogar is getting ready for you – let us help you get ready for Casa Hogar!

We're grateful for your willingness to serve and excited to welcome you into our Casa family. The children are always eager to greet both new and familiar friends, sharing a little piece of their home—and their hearts—with each visitor.

The entire campus will be buzzing with excitement when you arrive, which is wonderful. In the midst of that joy, remember this is ***not a vacation***—it's a ***mission trip***. Our goal is to help you prepare for a meaningful experience, which begins with placing the needs of the children above your own comforts. That starts with how you prepare, what you bring, and the mindset—***and donations***—you carry with you.


To make the most of your time and ensure everything runs smoothly, we ask that you read this guide carefully. Being well-prepared enriches your personal experience and allows your presence to deeply support the Casa community.

We hope this guide answers all your questions before you go—what to pack, what to expect, health tips, weather updates, and more. Our prayer is that your missionary experience will be inspiring, safe, and impactful.

Food at Casa – What's on the Menu?

Casa provides breakfast, lunch, and dinner for your group each day. Many visitors are pleasantly surprised by the delicious food served at the orphanage! Peruvian cuisine is simple but flavorful, with rice and beans commonly featured.


- **Breakfast** – Fresh rolls baked at Casa with butter, jelly, yogurt, fruit, cereal, milk, and coffee or tea.
- **Lunch** – The largest meal of the day, usually includes a protein (chicken, beef, fish, or beans) with vegetables and sides.
- **Dinner** – Typically a lighter meal such as soup with noodles or a rice dish.
- **Snacks** – Not provided – but feel free to bring snacks or try new things when we explore the local market for yummy Peruvian treats.

 **Dietary Restrictions:** Please inform Casa of any dietary restrictions at least one month prior to your arrival. Casa's kitchen prepares meals for over 100 people daily, so while small adjustments can be made (e.g., extra vegetables, avoiding specific fruits, or substituting proteins), it's not possible to accommodate highly specific or medically restrictive diets like fully gluten- or dairy-free menus.

For severe allergies or restrictions, guests must bring or purchase their own food. In these cases, limited kitchen access can be provided for individual food preparation. All dietary restrictions must be listed on your medical form so the kitchen team in advance and support your needs safely.

Weather in Peru & What to Expect

The coast of Peru has two seasons: summer and winter. Sounds simple – but packing can still be a puzzle!

 **Heads up!** Don't rely too much on your weather app. It won't factor in ocean breezes or humidity levels in Lurin. Whatever the app says, nights may feel much cooler than expected.

Winter (May–November)

- Highs around 70°F, lows near 60°F
- High humidity; damp but little to no rain
- Overcast skies and cooler nights
- Comparable to early autumn in the U.S. Midwest


Summer (December–April)

- Highs around 80°F, lows near 70°F
- Sunny, with occasional morning rain
- Very high UV index—sunburn is a real risk
- Evenings are cooler due to ocean proximity

Let's Talk Packing!

Before You Get Started – What you Need to Know

Packing for Casa Hogar is different from packing for a vacation. Focus on practicality, modesty, and generosity.

 **Our BIGGEST Ask** – ALL checked luggage should be reserved for donations, with personal items packed in your carry-on and/or backpack. This ensures critical items like clothing, hygiene supplies, school materials, and household necessities reach the children who rely on them. Traveling light aligns with the mission—you don't need fancy outfits or extra clothing for daily life at Casa.

Making A Difference Before You Go - Impact of Packing for Donations

- Team of 15 participants × 50-pound checked bags = 750 pounds of much-needed items.
- Savings to Casa of \$3,000+ per team or \$21,000+ annually.

Packing lightly and intentionally allows you to put the needs of the children first. Your willingness to make space for donations turns a simple suitcase into a blessing for dozens of young lives—a gift that stays with the Casa family long after you return home.

Clothing

Dress Code – Walking the Mission Together

The way we dress is one of the clearest ways we show respect for the Casa Hogar community. Modesty is *not optional*—it reflects dignity, sets an example for the children, and maintains a respectful environment for everyone.

All visitors are asked to follow the same modesty dress code that the children follow every day. This cooperation shows solidarity, respect, and full participation in daily life at Casa.

Attire Guidelines – Modesty and Respect

- No crop tops; midriff and lower back must remain covered at all times.
- Tops should fully cover the chest and torso; avoid low-cut or revealing necklines.
- No tank or sleeveless tops or dresses unless paired with a sweater or jacket.
- No sheer clothing; undergarments must not be visible.
- Shorts must reach the knees; capris are recommended.

- Skirts and dresses must fall below the knees.
- No tight clothing (if undergarment outlines are visible, it's too tight).
- Leggings are only permitted under skirts or dresses.
- No clothing referencing drugs, sex, alcohol, violence, racism, or other inappropriate messages.
- Swimwear: T-shirts and shorts must be worn over swimsuits—no exceptions.
- No visible piercings other than ears; tattoos should be covered if deemed inappropriate.



Attire Guideline Infractions - Resolution Plan

To ensure all visitors follow the same modesty standards as the children, a resolution plan has been designed by the Casa Hogar team:

- If clothing does not meet the dress code, the group chaperone is expected to address it promptly.
- If it is not resolved, Casa may provide appropriate clothing from the Almacen, to be returned before leaving.
- All visitors must comply respectfully.

Following these steps helps maintain a respectful, safe environment and allows you to fully live the mission alongside the children.



What Clothing to Bring – Pack smart – dress in layers, and plan for chilly nights even in warmer months.

- 1–2 outfits for Mass (dress pants, modest skirt, collared shirt)
- 1-2 casual outfits for Lima or excursions
- Socks and underwear for your entire stay
- Comfortable shoes for walking (not new—they'll get dusty)
- Work clothes for service projects
- Clothes for sports or outdoor play
- Layers appropriate to the season
- Pajamas (warm during winter)



Other Essentials

- Washcloth & hand towel (Casa provides bath towels)
- Puppy potty bags 🐾 for disposing of toilet paper – it can't be flushed! (These bags are just a small way to show your roommate you care. 😊)
- Hand sanitizer (keep it handy!)
- Tea tree or rosemary mint shampoo – lice prevention!
- Water bottle (Casa's water is safe & filtered)
- Laundry soap packet (no machines – hand wash!)
- Optional: Bible, rosary, journal, pens, etc.



Medical & Travel Health

All travelers should consult their physician about travel vaccinations and health preparations.



Immunizations

- COVID vaccine: Not required but highly recommended
- Required routine immunizations (listed on your form)
- CDC-recommended: **Typhoid** (oral or shot) and **Hep A**
- **Not needed:** Yellow Fever & Malaria (Lima is desert, not jungle!)



Medications

- Bring all meds in original containers
- Double-check expiration dates
- Pack enough for your trip + 1 extra week
- Carry meds in your **personal bag**, not in a suitcase that could be checked last minute



Stomach Safety Tips

- Drink only Casa-filtered or bottled water
- Fruit from Casa is pre-washed; ask for guidance with market fruit
- Don't eat food outside of Casa without checking with Msgr. Hirsch or the volunteer assistant
- Bring Pepto, Imodium, and request a Cipro prescription from your doctor—just in case!



Medical Insurance

- Each traveler needs proof of coverage (travel insurance *highly* preferred)
- If Casa pays for medical costs in Peru, **reimbursement is required within 30 days**
- Further explanation will be provided by team leader



Power and Devices

- International Outlet Converter – Casa's outlets accept U.S. plugs; 3-prong surge protectors provided.
- Most electronics are dual voltage (110–220V); voltage converters are rarely needed.



Spending Money Suggestions

- Bring \$100–\$300 (souvenirs, snacks, etc.)
- Exchange money at Casa – not the U.S. or airport
- U.S. bills (\$20, \$50, \$100 *only*) must be **new and crisp** (Peru won't take worn or ripped bills)
- ATMs are in the local market (fees apply)
- Notify your bank before traveling to avoid card freezes



Staying Connected & Safe

- Luggage Tags – When traveling to Casa Hogar, label your suitcase with **Casa's address** and bring tag with your home address for return.
Asociación Juan Pablo Magno
Jr. Bolivar S/N
Predio Centinela
Lurín 15823
Lima, Perú
- Register Trip and Location – Register with the **U.S. Embassy** at step.state.gov for emergency alerts
- Communication Plan – Set up a WhatsApp group with family—this free app works with Wi-Fi for calls/texts
- Emergency Numbers for Families
 - Msgr. Joseph Hirsch: +51 999 972 609 (WhatsApp)
 - Noel Furger: 715-297-5139
 - Casa Volunteer Assistant: +51 966 319 822 (WhatsApp)

If you have any questions or concerns, reach out to Noel Furger at **715-297-5139**. We're here to help and so excited to have you on this journey! 🛡️ ¡Buen viaje y nos vemos pronto!