

PROJECT HAWAII TEEN MENTORING 2023

Tentative Itinerary



Date	Time	Activity	Notes
July 5 -Wed	Open	Teens Scheduled to Arrive throughout the day	Pick up at the Hilo International Airport
July 6- Thurs	8a 9a 10a 12p 4p ~ 7p	Breakfast Orientation/ Teen Building Activities Zipline Adventure (tentative as it is still closed for covid) (picnic lunch at site) Teen Workshop / Cultural Event making Spam Musubi for camp buddies Dinner	This section will have what to bring, what to wear and other important information for teens to follow daily. SEE NEXT PAGE for packing information

Date	Time	Activity	Notes
July 7- Fri	8a 10a ~ 12p 2p 7p	Breakfast Meet your camp buddies at the Pana'ewa Zoo. Tour zoo with your buddies. Lunch at zoo with buddies Service Project/Marketing/Fundraising Dinner	
July 8-Sat	7a 11a 2p 4p 5p 7:30p	Breakfast (scenic drive to Kona 2 hours) Awareness Event/ Back to School Collection in Kona Celebration Luncheon Workshop/Team Building Activities Back to Hilo side Dinner	
July 9 -Sun	8a 9a 12p 2p 7p	Breakfast Teen Workshop Lunch (Picnic at the Beach) Water Sports/Stand up paddle/kayak, etc. Dinner Laundry Night	
July 10-Mon- July 12-Wed	8a 10a 12p 1p 4p 7p	Breakfast Day camp with your buddies Onekahakaha Beach Lunch with buddies Activities with buddies Teen Activity (workshops or cultural events) Dinner	

Date	Time	Activity	Notes
July 13-Thur	8a 9a ~ 12p 1p 4p 7p	Breakfast Day Camp at Mokupapapapa Discovery Center/ Exploration and Movie Lunch with camp buddies at Kalakaua Park Camp activities with buddies in Park Pack for Kona Weekend Dinner	
July 15-Fri	8a 10a 12p 4p 7p	Breakfast Trip to Kona/Teen Weekend Lunch/ Teens Choice/ Shop for weekend meals Check into Condo/Swimming, games, etc. Dinner	
July 16-Sat	8a 11a 2p 4p 7p	Breakfast Back to School Collection/Marketing Lunch Ali'i Drive Sightseeing/ shopping/ Shave Ice Dinner	
July 17-Sun	6a 7a ~ 4p ~ 7p	Breakfast Snorkel Cruise (depending on covid restrictions) Lunch on the boat Teen Workshop Pack for departure Dinner/ Make your own sundae night	
July 18-Mon	8a 10a 12p 4p 7p	Breakfast Check out and head back to Hilo Lunch Check into Hale Dinner/ Movie Night	

Date	Time	Activity	Notes
July 19-Tues	8a 10a ~ 12p 1p 4p 7p	Breakfast Service Project / Pack your camp buddies backpacks and outfits/shoes for graduation Lunch Shop for missing items Finish up for graduation / pack for departure Dinner	
July 20-Wed	8a 10a 12p open	Breakfast / Check out of hale Graduation with camp buddies Lunch Open for teens departures	
Legend		Cultural Activity Community Service Workshop	

PROJECT HAWAII PACKING LIST

This is prepared to help make this trip as efficient as possible for your tour. Please remember *you do need to be able to carry your own luggage*. Our islands have a relaxed environment and due to humidity, we wear more comfortable and light weight clothing. The mornings/evenings in the mountain can be cooler, but the days are typically hot and humid. Remember this is a service program and we will be working with camp projects, including paint, playing in the grass, etc. We provide camp shirts for all days/activities. We wash clothing (see itinerary for schedule) teens must have at least 6 changes between washes.

HYGIENE/PERSONAL CARE: While we will provide basic hygiene toiletries, your teen will need to pack their own facial cleansers/supplies. We provide organic / quality products. We do require the teens do use our TEA TREE shampoo/conditioner due to the environment, it helps repel the mosquitoes and other tropical pests. We will also provide mosquito repellent bracelets, but you can bring more if you choose (walmart carries for about \$1. They last 5 days or so).

HOW TO PACK: You need to pack in a soft duffel bag style bag with wheels. You will also need a backpack to use daily. Please be sure to have your cell phone charger in your backpack on the airplane! We also suggest to have your teen pack snacks for the airplane, have cash on hand for emergency while traveling and some airlines only take credit or debit on board. We will be visiting tourist areas, possibly attend local festivals or street vendor fairs, etc., so teens can purchase souvenirs if you choose. **Teens will be required to carry min. \$150 in cash for emergency.** Teens are suggested to have a little spending money if they choose to purchase extra snacks, or perhaps a Starbucks, or other things that are not on the itinerary. (we provide more than enough snacks/food, but teens will be teens). While we do not have many shopping days, weekends we are exploring the fun areas of the island. You can send with a Debit or credit card as well. Bring your enthusiasm and excitement as you are embarking on a once in a lifetime tour and your memories will be amazing if you are 100% you!! Making footprints in the Hawaiian Sands worth following... you will live this and learn what it really means to be part of the solution to end homelessness for our homeless children.

CELL PHONE USAGE: We do not take the cell phones from the teens. They are able to use them to **phone home** anytime they wish. We do encourage them to be part of the program and disconnect from friends and families. There is a **NO CELL PHONE** Rule when teens are in workshops, on adventures (unless using as a camera), while working with the homeless children. Cell phones are acceptable on their free time in the condo, in their room, in the van, at night before lights out after their routine is finished, and of course in an emergency. We truly encourage a camera verse their phone. It truly makes a difference in their experience!! Teens who choose to use their phone during an activity or workshop will have their cell phone removed from their person during these times. All cell phones are to remain in the common area after lights out. **NO EXCEPTIONS!!**

Clothes		
Item	Quantity	Packed
Shorts for Camp Life (no butt cheeks showing)	6	<input type="checkbox"/>
Shorts for weekend/ shopping	2	<input type="checkbox"/>
Outfit for daily tours, dinners, sundresses are fine	2	<input type="checkbox"/>
Jeans or Long Pants	1	<input type="checkbox"/>
Sweatpants or Yoga	1 or 2	<input type="checkbox"/>
Sweat shirt/light jacket	1	<input type="checkbox"/>
Swimsuits/ONE MUST BE a one piece for the snorkel cruise or jumping off cliffs)	2-3	<input type="checkbox"/>
Optional: Long sleeve rash/sun guard for over swimsuit	1	<input type="checkbox"/>
Closed toe shoes/ running or athletic	1	<input type="checkbox"/>
Socks (depending if teen chooses to wear daily)	2-7	<input type="checkbox"/>
Swim Shoes to protect their feet from the reef. (we will have some on hand, but they usually like to bring their own)	1	<input type="checkbox"/>

Toiletries		
Item	Quantity	Packed
Sun screen must be REEF safe 50+ and can have 30+ for later days	1	<input type="checkbox"/>
Facial Cleansers or daily routine needs		<input type="checkbox"/>
Monthly Feminine supplies, including pain relief if needed.		<input type="checkbox"/>
Any over the counter meds child takes often.		<input type="checkbox"/>
Any prescription meds along with a refill option. (We can hold and distribute if you choose)		<input type="checkbox"/>
Razors	2	<input type="checkbox"/>
Toothbrush	1	<input type="checkbox"/>

Toiletries We PROVIDE
Item
Shampoo/Conditioner
Soap/Body Wash
Towels/Including Beach Towel
Toothpaste
Bug Spray/Mosquito bands
First Aid Kit Supplies

Gadgets/Other		
Item	Quantity	Packed
Backpack for daily use	1	<input type="checkbox"/>
Cell phone	1	<input type="checkbox"/>
Charger/bring on plane	1	<input type="checkbox"/>
Waterbottle	1	<input type="checkbox"/>
Sunglasses		<input type="checkbox"/>
Sun hat/Protective BRIM Hat	1	<input type="checkbox"/>
Small camera for daily use verse their cell phone		<input type="checkbox"/>
While iPad or computers are allowed, please only pack if needed for school purpose		<input type="checkbox"/>
Homework/reports/ books they might need		<input type="checkbox"/>
Use your judgement when packing..		<input type="checkbox"/>

Clothes		
Item	Quantity	Packed
Slip on Sandals/ flipflops, thongs. These are typically worn daily	2	<input type="checkbox"/>
Optional shoes for sundresses or cuttings	1	<input type="checkbox"/>
Sleepwear/ appropriate for co-ed	2-3	<input type="checkbox"/>
Your Favorite lounging outfit while relaxing in the hotel or taking breaks	2	<input type="checkbox"/>
T-shirts (teens are in camp shirts daily, however, in the condo or outings they can bring their own style)	2	<input type="checkbox"/>
Undergarments	7	<input type="checkbox"/>

Toiletries We PROVIDE
Item
Laundry Supplies