



# go to denver

**MISSION TEAM HANDBOOK: DENVER**



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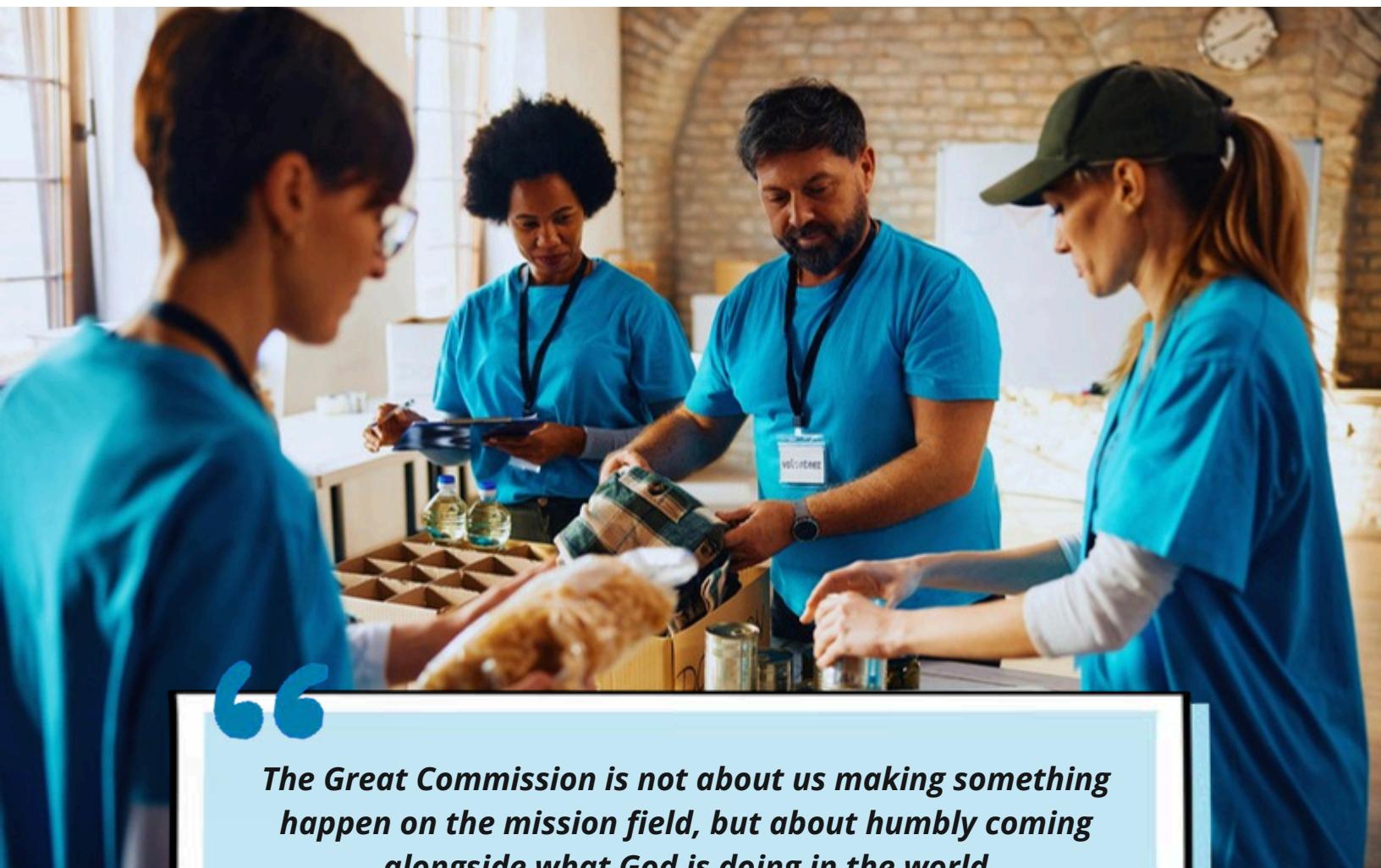
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**The Trip is Just the Beginning!**

# welcome!

**Thank you for choosing a Lifeline trip!** At Lifeline, we want you to see how God is working around the world and to join Him there! We believe in healthy relationships and empowering partnerships, so every trip is designed in partnership with the local leaders. We work together to determine meaningful opportunities for people to experience what God is doing through Lifeline's field ministries.

**There are many ways for teams to learn, participate, and serve in ministry alongside our brothers and sisters in Colorado.** The primary goal in all of Lifeline's ministries is to make a kingdom impact around the world!



“

*The Great Commission is not about us making something happen on the mission field, but about humbly coming alongside what God is doing in the world.*

- Dr. Chris DeWelt, Ozark Christian College Director of Intercultural Studies

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# denver at a glance

Colorado is famous for its stunning views of the Rocky Mountains and world-class outdoor recreation, but life in the state's capital reveals a different story beyond the scenery. Denver's rapidly growing metro area faces ongoing challenges with affordable housing, food insecurity, and equitable access to community resources. Amid this complexity, God is actively working through churches, nonprofits, and community partners who are building transitional housing, creating safe spaces for connection, and serving those in need with compassion and dignity.

At Lifeline's Denver location, we join in this Kingdom work by partnering with local ministries and organizations to serve families and individuals experiencing hardship. With over 10% of Colorado households facing food insecurity, our teams help distribute essential resources, support community outreach, and share the hope of the Gospel—both in word and action—as we work toward transformation across the city.



# preparing for your trip

At Lifeline Denver we believe God has an invitation for each and every person to live a life on mission. Our local trip is designed in partnership with the local leaders, churches, and ministries. You will be an integral part of partnering and engaging with others in a deep and formative ways. We will make sure to spend some reflective time in our rocky mountains and also intentional time with believers across the Denver metro area.

We work together to determine meaningful opportunities for people to experience what God is doing in Colorado. There are many ways for teams to learn, participate, and serve in ministry alongside our brothers and sisters in Colorado. The primary goal in all of the ministries is to make a kingdom impact in their community!

Our teams serve in urban and rural areas. Some ministries your trip might include:

- Working in soup kitchens and serving others
- Supporting distribution partners in food pantries
- Donation sorting in clothing pantries
- Prayer walks led by a local pastor
- Ministering to those in need
- Education from partners on homelessness
- Cleaning, landscaping, maintenance
- Helping at a pregnancy center
- Partnering with the local church or outreach programs to bring the hope of Christ through a special event

## ACCOMODATIONS

- Teams sleep at a local church or ministry partner location, separated by gender assigned at birth. One location does not have beds or linens and depending on availability the need for them will be communicated.
- Teams must bring pillows and towels.
- Showers will be available onsite at the sleeping location.

\*Exception: Teams that are unable to sleep on the floor/ air mattress have the option of staying at a local hotel at their own expense. A list of nearby hotels will be provided as needed to the team leader.

## MEALS

- Food for breakfast, lunch, and dinner will be provided by either a local church, ministry partner or Lifeline. Most meals will be cooked or packed by your group or a Lifeline staff member and the ingredients will be provided.
- Teams that would like to have a specific meal out somewhere will do so at their own expense.
- **Food Allergies:** Please inform Lifeline in advance as to the nature and severity of any food or other allergies (gluten, nut, dairy, etc.). We will accommodate as we are able. We cannot guarantee there will not be cross contamination or a gluten free option at every meal. **You will need to bring your own food products to supplement the meals we provide.**

## CLOTHING/SHOES

Please come prepared for the season – layering is crucial in high altitude because the temperature fluctuates a lot between morning to evening (and between the city and the mountains).

- Bring seasonally appropriate, **modest, casual** and comfortable clothing. This is not a fashion show!
- If we have a partner with a specific dress code, we will notify you of the specifics
- **No laundry service is available.** Bring enough clothing for the duration of the trip.
- Swimsuits - **Full** coverage, one-piece or tankini (no midriffs) for women; no speedos for men. Cover-ups are suggested.
- Comfortable walking/work shoes with closed toes, such as sneakers or work boots
- for working and walking. Sensible shoes that are appropriate for the trip. Sandals and flip-flops are not permitted at the worksites. Never go barefoot.
- Church Attire: Dress is modest and casual. Slacks or nice jeans. No sleeveless shirts. Nice shoes for church services.



## WOMEN

- Jeans, slacks, capris and shorts may be worn. Shorts length should be at least to fingertips when arms are extended at the side. (If you are concerned that they might be too short, they probably are).
- Yoga pants & leggings may be worn under a long tunic top (covers the hips/buttocks), unless otherwise noted for a specific location. Please make sure to bring additional clothing to be flexible and considerate of any site location requests.
- **No** Halter tops, low-cut necklines, racer back tops, spaghetti straps, short shorts, biker shorts/running shorts, exposed underwear or bras, large arm holes, or bare midriffs are not permitted at any time during the trip. If your pants "sag"... bring a belt!

## MEN

- Men may wear shorts or jeans for work. No holes in jeans/shorts or exposed underwear. If your pants "sag"... bring a belt!
- Please no tank tops, muscle shirts or low armhole tanks. Shirts must be worn at all times except in the dorm.



## SUGGESTED PACKING LIST

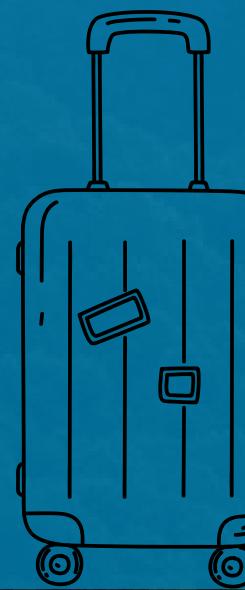
- Air mattress, if desired
- Sleeping bag or blanket (depending on lodging)
- Pillow
- Towels & washcloth
- Alarm clock
- Personal medications
- Insect repellent
- Clothing & Shoes: modest apparel (see above for guidelines)
- Health Insurance information (personal insurance card)
- Photo ID, such as driver's license
- Sleepwear
- Sunglasses, sunscreen and lip balm (Denver is closer to the sun and you can burn easily, even on a cloudy day.)
- Toiletries (toothbrush, shampoo, etc.)
- Water bottle (refillable): it is essential to stay hydrated, particularly upon arrival, due to the high elevation.
- Tools (list specific to your project will be shared with the team leader 1-2 weeks prior to trip)
- Once trip details are finalized, we will add specific items

We encourage teams to bring basic health/first-aid supplies such as:

- Band-aids & Neosporin
- Tylenol; Advil
- Pepto Bismol
- Benadryl (for an allergic reaction)
- Electrolyte replacements

Optional items:

- Earplugs -there may be a snorer in your room
- Journal & pen; books
- Musical instruments
- Games
- Camera
- Flashlight & batteries
- Snacks for your personal use



## TRANSPORTATION INFORMATION

All teams are responsible for arranging their own transportation to and from the mission location, along with throughout the entire trip. Plan to meet at:

**Lifeline Christian Mission: Denver**  
**16965 Pine Lane, Suite 125**  
**Parker, CO 80134**

## DOCUMENTS/REQUIREMENTS

**Minimum age** is 12 years old. Adults from your group must supervise children/youth at all times.

**Online Application:** You will receive an email from Lifeline to complete the online application. All team members must complete ASAP (including returning mission team participants).

**Background Check:** For the safety and security of the children we minister to and members of visiting teams, Lifeline requires a criminal background check for all short-term mission trip participants age 18 and older. This service is provided by Choice Screening, who specializes in conducting background checks for volunteers in full compliance with applicable state and federal laws and guidelines, including the Fair Credit Reporting Act.

- If a team member has already had a background check within 2 years of travel date, the check will not need to be run again. However, they must provide a letter stating what tests were run. Please send to [sandy.gleason@lifeline.org](mailto:sandy.gleason@lifeline.org) as soon as possible.

**Parental Consent:** All minors (under age 18) not accompanied by a parent, must have a signed, notarized parental authorization. This document must include parental permission to leave the country. If neither parent is traveling with the child, an adult on the team must be designated to act on behalf of the parents in case of emergency or sickness/accident. You can download and print [this form](#). The form will need to be notarized and carried with the adult responsible for the minor.

**Lifeline's Statement of Beliefs:** Trip participants must agree to abide by Lifeline's statement of beliefs and the trip covenant.

## IMMUNIZATIONS & HEALTH INFORMATION

**Immunization for Tetanus/Diphtheria** should be up to date.

If you have medication you must take regularly or over the counter medications that you prefer, be certain to bring them with you.

We encourage teams to bring basic health/First-aid supplies such as:

- Band-aids & Neosporin
- Tylenol; Advil
- Pepto Bismol
- Benadryl (for an allergic reaction)
- Gatorade or other electrolyte replacement

## HEALTH INSURANCE

Personal healthcare insurance plans should cover medical care or emergencies while in the United States. Be sure to bring your health insurance information (health insurance card or copy of front & back of the card).

## OTHER THINGS YOU NEED TO KNOW

All Lifeline trip participants must abide by Lifeline's policies, respect Lifeline's doctrinal position and do nothing to act contrary to or against the mission beliefs. Our primary objective is to honor Christ and reflect his image to everyone we come into contact with.

One of the most important things you can do to ensure you experience the best possible trip is to plan ahead. Mission trips always require flexibility, but you can eliminate many "surprises" by being well-prepared.



## INFORMATION PACKET

A Final Information Packet will be emailed to you approximately 5-7 days prior to your departure. Included will be a tentative schedule, devotion schedule, last minute information, etc.

Be adaptable and come as learners!

- An orientation and review of the schedule will be among your first activities after arriving on the mission field.
- Be flexible! Schedules will change on the mission field.
- Adults from your group must supervise youth at all times.

## GIFT GIVING POLICY

**Please note that Lifeline has a strict “no-giving” policy.** While it can feel natural to want to meet immediate needs by giving money or goods directly, we’ve learned that sustainable impact comes through relationships, not handouts.

Rather than distributing gifts, we encourage you to invest in building authentic relationships based on mutual learning, understanding, and trust. When material gifts are given directly, it can unintentionally create dependency, damage dignity, or disrupt local relationships and community dynamics. Our goal is to come alongside communities in ways that empower, not enable, and to support long-term growth led by local leaders.

**Therefore, no cash or personal gifts should be given to anyone during your trip.** If you feel led to give or support, please talk with your Lifeline Field Guides first. They can help you find appropriate, impactful ways to invest in the ministry—such as contributing to community projects or long-term development initiatives—ensuring your generosity aligns with local needs and Lifeline’s mission.

If team members want to leave extra supplies from trainings or other activities, then these items will be given to the local leader to distribute at their discretion.

## GIFTS IN KIND (GIK)

Please do not bring items that have NOT been specifically requested by the Lifeline Trips Team. This ensures that all supplies are truly needed and that local leaders have ownership in how they are used.

For items that have been specifically requested from the field—for example, supplies for sports camps, or medical outreach, etc.—[please complete the Gift in Kind \(GIK\) form](#). This form allows you to list any purchased or donated ministry items you plan to take to the mission field (for example: craft materials, sports equipment, or healthcare items). Completing this form helps Lifeline remain transparent and compliant with IRS requirements for tracking donated goods.

When possible, please complete the GIK form before your trip. This helps our team coordinate logistics and make sure your contributions have the greatest positive impact.

## TEAM DEVOTIONS

Each day the team will gather together for a devotion time and to debrief the day. Each team member is expected to prepare and share a brief devotional thought with the team. Your scheduled day will be listed in the final packet. This is a time to share an encouraging word, scripture, or simply what God is doing in your life right now. This is one of our favorite parts of the trip and a great way to get to know each other better! If you have questions, please reach out to your team leader so they can assist you.



## SUBSTANCE USE POLICY

Use of the following **will not be permitted at any time during your mission experience.**

- Alcoholic beverages
- Tobacco, including e-cigarettes and chewing tobacco. Smoking cessation products are permitted (ex. Patch, gum, etc.)
- Marijuana
- Illicit drugs

## TRIP PHOTO/SOCIAL MEDIA GUIDELINES

We live in a culture where every latte, sunset, or family gathering is fair game for a photo-op and social media post. But we have to be aware of how our love for photography and social media can play out on a short-term mission trip. Please review and familiarize yourself with [Lifeline's Trip Photo/Social Media Guidelines.](#)

## CHILD PROTECTION GUIDELINES

Please review and read our [Child Protection Guidelines.](#) Ensuring the safety of everyone on our Lifeline trips is of utmost importance. Familiarizing yourself with these guidelines is essential for maintaining a safe environment for all participants.

## LOSSES

Lifeline Christian Mission and/or its employees or volunteers are not responsible for loss suffered due to illness, accident, injury or theft which may occur at any time in relation to your trip. We do everything possible to prevent these incidents, however, despite our efforts they sometimes occur.

## PETS

No pets are permitted on the trip.

## EMERGENCY CONTACTS

**Lifeline Denver phone number (or local guide):**

720-680-0234

## FINANCIAL INFORMATION

Lifeline Christian Mission considers the monies received for mission trips to be tax-deductible donations, therefore, contributions are **non-refundable**. Please Note: Trip credit will not be given if someone drops from the team within 30 days of the trip.

Trips start at \$100 per day (minimum of 3 days) plus transportation to/from Colorado and during the trip.

### Includes

- Lodging\*
- Most meals
- Background check
- Lifeline Guide
- Local ministry operations donation
- Supporting services
- Non-refundable deposit of \$100 per person that locks in your date.

\*Teams that are unable to sleep on the floor/air mattress may stay at a local hotel at your own expense. A list of nearby options is available upon request.

### Additional Costs

- Travel to/from the mission location.
- Groups must bring a vehicle suitable for daily transport to/from the job sites. The goal would be to have the team travel together .(example: 15 passenger van)
- Fuel costs during the week
- Personal snacks and drinks in addition to those provided by Lifeline.
- Occasionally, teams may be asked to purchase a few incidental supplies needed such as cleaning supplies, paint brushes, etc... or a special meal.
- All costs related to extended stay for any reason.

## CANCELLATION PROCEDURES

**Refunding trip donations:** Due to the nature of tax-deductible donations, Lifeline Christian Mission (LCM) is unable to refund donations made for trip purposes. However, trip donations may be used for a future Lifeline trip. Funds used for a future trip must be used within one year of the original trip date.

*Note: a trip credit will not be given if a team member drops from the trip within 30 days of the trip.*



## **The Trip is Just the Beginning!**

It is our joy to come alongside our local leaders in ministry, encourage them, and see the difference that they are making in the kingdom! They are on mission to make a great impact in their communities.

Our goal is that each person on the trip will be inspired to join God on mission, too! We believe that each person is called to bring hope into their own homes and communities. How lives will be sparked on mission by God will be different for each person; but, God invites us to join Him on mission wherever that may be. We pray that Short-Term Mission Trip Experiences will be fertile ground for God to prepare His people for mission abroad, but also in their own homes, jobs, and communities.