

BEFORE YOU LEAVE

WHAT YOU NEED TO DO

How should you prepare?

- **Renew or apply for a passport**-Your passport needs to be valid for at least 6 months after the last day of your mission trip.
- **Get vaccinated**-Check out the CDC website and talk to your healthcare provider about what vaccinations you need. Some vaccinations require time to take effect.
- **See if you need a visa**-Check with your trip director to determine if you need a visa. The majority of our trips do not require one, but *it is essential that all international participants research what visas are required for travel.*
- **Book your stateside travel**-Book your flight to and from the departure city.
- **Gather your gear**-check out the local weather to see if you'll need shorts or your winter coat. Your trip director will let you know if you need items such as a sleeping bag or work gloves.
- **Pack your bags**-But please pack light! This is not a vacation.
- **Share your medical needs**-If you have special dietary restrictions or physical limitations, please confirm with your trip director any necessary accommodations. As a precaution for those with dietary restrictions, bring snacks in the event that our host is unable to accommodate you at every meal.
- **Calibrate your expectations**-Mission activities may change at any point based on the needs of the local community, so please be flexible if (and when) your group's work differs from what you were expecting.
- **Turn off your phone**-You can use your phone for pictures, but otherwise, we ask that all participants go on a "phone fast" and refrain from using their phone while on mission.
- **Be present**-In addition to the phone fast, to help foster community, on every trip we ask all participants to go on a "dating fast." This means not starting up any new romantic relationships while on the trip, and taking a step back from any relationship you are in.

