## Travel Tips -

**Do NOT carry a wallet or purse** - Use money belt and document holder which looks like a pouch that can be worn around the neck or waist. These will keep you safe from losing your money and documents and protect you from pickpockets. You can purchase these items at department stores usually in the luggage section.

Travel lightly - There are different and necessary equipment, tools, materials, etc. that are critical for the effort of the team mission. Therefore, the two pieces of checked-in bags allotted by the airlines will be used for the sole purpose of packing these supplies. For your personal bags, you will carry what you pack! It is generally recommended to bring fewer changes of clothes along with a small box or container of laundry soap.

Packing your 'Carry-On bag - Carefully think through what you will need in your carry-on. All your necessary personal items such as medication and personal care products, snacks while in the field will be in that bag. It is important to have at least one bottle of water with you through airports and transportation to our destination.

**Spending Money** - All your in-field ministry related expenses will be covered by the team payments. You will need to bring additional money for miscellaneous meals/snacks in airports and during travel times, souvenirs and offerings during worship service. Credit cards are also acceptable in airports and occasionally for souvenirs; but we strongly recommend that you bring cash for whatever you think you might need. The Team Leader will assist the team in exchanging money once you are in the country. It is best to bring denominations of 20 or less unless otherwise notified.

Valuables - Do not wear or take any valuable that you can live without. Do not wear or take expensive jewelry. It is important to be modest in all aspects.

**Travel sickness** - If you suffer from any type of travel sickness, bring proper medication. Remember, it may be difficult for the team to slow down or stop for you to recuperate. Taking precaution is both helpful and thoughtful.

Communication with home - Be sure to leave a copy of your travel itinerary and emergency contact numbers which you will receive when available from your team leader. Do not promise to call home from your country of destination. Generally phones are not available without time, effort and travel on behalf of the host. Communications between home and field are for EMERGENCY only.