

Dear Mission Team Participant,

Ever since God created man and told us to be fruitful and multiply, His intent has always been for us to live in His Kingdom and expand it to the world around us. Adam and Eve were put in a garden to cultivate and keep it. They were also told to have dominion over the entire earth. Later God blessed Abraham to be a blessing and created the nation of Israel through his grandson, Jacob. As the children of Israel lived in their land, located at the center of international commerce of their day, they were to be a light to all the nations of the earth. Eventually Jesus came to show us what the Father looked like. He came not to be served but to serve and to give his life for the world. He then commissioned us to do what he did and told us to go into all the world to disciple nations, starting from Jerusalem to Judea, and even to the ends of the earth.

We, today, are a part of this great family story and are called to continue to expand the Kingdom of God right where we live and to the ends of the earth. Missions isn't about going someplace new but rather about being responsible for some place you go. The idea of missions starts at home with the way we live our day-to-day lives as part of the greater mission and mandate of God's corporate family.

In addition to living responsible, relationally connected, and Kingdom advancing lives on a regular basis there is also something to be said about setting aside short seasons to pursue missions with a greater intensity. Short term missions give us the opportunity to come alongside and add momentum to a work that God is doing in a region. We can provide great encouragement, strength, and support to believers in that area and advance the Kingdom by partnering with local believers to bring in the harvest in their land. In this process we grow personally, realize more of who we are and what we carry and are, in turn, able to bring lasting fruit home to sow back into our own families and communities.

This packet contains the basic information that you will need to know to join us on one of our teams. Please take time to read it through and refer to it for questions you may have along the way.

In the furtherance of the Gospel
- Kristen D'Arpa Cushing and the UTIM Team

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Covered/Not Covered

What is Covered:

- Airfare and all in country transportation
- Hotel/lodging/accommodations
- All meals
- Purchase of Visa for entry to the destination country (if required and possible)
- Country airport departing tax (if required)
- Basic travel medical insurance

What is Not Covered:

You are responsible to pay for:

- Purchase of a passport
- Any Visa (if required) we are not able to obtain for you
- Any immunizations you may want or may be required
- Additional snack/food or meals & personal items
- Any other purchases you make

Guidelines for Team Participation

- You must be in good physical & emotional health
- Others as listed in the application

Passport

If you do not have a valid passport, please renew or apply NOW.

Applying for a Passport is an easy process. You will need to apply for a Passport at least 3 months prior to the departure date, or 4 months prior if you need to obtain Visas for your trip. You can apply for a passport at the Post Office or the County Clerk's Office. For more information on passport applications, go to http://travel.state.gov/passport/passport_1738.html.

Passport Requirements for Travel

- Team members are required to have a valid passport good for 6 months BEYOND your trip return date.
- You must have at least 2 completely blank pages in your passport. You can request extra pages if yours is full.
- You will need your passport BEFORE you can apply for your visa if a visa is required for your ministry trip.

Requirements to Apply for Your Passport

- A certified copy of your birth certificate (NOT a copy).
- Two passport photos. You should look for a place that advertises that they do "Passport Photos" (Walgreen's, Wal-Mart, etc.). This takes about 10 minutes and costs around \$15. If you are applying for your passport at a post office that has this service available, they will probably also have photography services.
- A driver's license or state ID, and a photocopy of the front and back of your ID. Image should be on only one side of the paper. If under 18, you need a parent/guardian.
- Payment for application fees. Please see the website for specific payments: travel.state.gov
- Contact Names. On the application, you will be asked your mother's & father's full names, as well as when and where they were born.

Passport Costs

- You'll need to get a passport and not a passport card. Cost is \$130 for passport, \$100 for kids. Each request also carries a \$35 processing fee for first time applicants. Along with the \$15 for photos, your total cost will be around \$180.
- If for any reason you need expedited processing, you will pay an extra \$60.00 to the "U.S. Dept. of State," plus overnight shipping fees around \$22.
- You can include this in your fundraising only if people write out checks to you personally (and therefore will not be tax-deductible).

Mission Trip Values

Responsibility

We believe that missions work is about people taking responsibility for an area of society and making sure the Kingdom of God goes there. Missions isn't about going someplace new, but about being responsible for the place(s) you go. Even before you go, you can prepare for your trip by beginning to take more responsibility in the areas and relationships already entrusted to you.

Relationship

Everything we do comes out of relationship with those who are already planted and serving in the locations that we go to. That said, what we do is as much, if not more, about pouring into long-term relationships in that region as it is about what we are specifically accomplishing during our time on the ground.

Adding Value

Our goal is to add strength and value to those we are serving. To the best of our ability, we should honor what our hosts are asking us to do or not do and seek to promote their cause rather than coming with our own agenda.

Be Present & Intentional

Always be present and intentional, not just during church services or big events. Oftentimes, the most life changing experiences come amid daily life. When speaking with others, be truly listening and not thinking of what to say next. Take time to draw others out instead of interjecting your opinion.

These Signs Shall Follow

Many times, signs follow us as we go. Some trips will see a lot of fruit immediately and other trips won't see direct fruit until a while later. Fruit does not have to happen instantly for great impact to be made. It is our job to simply be faithful with what we have been given to steward.

Lean Back/Lean Forward

We believe in a daily rhythm of leaning back before we lean forward. We choose to operate out of rest in all areas of missions and ministry, both while we prepare to go and while we're on the ground.

Appropriate Ministry

In general, we encourage individuals to not minister to members of the opposite sex one on one and to always ask someone before laying hands on them in prayer. In any new context (but especially in cross- culture settings) be aware of what are acceptable ways to minister and adjust your ministry style accordingly. This is especially true in the areas of male and female interaction, touch, and dress. Make sure you review with your team leader how you can minister appropriately for the mission's setting.

Self-Responsibility

It is each team member's responsibility to be informed on what is due when, stay current in their payments and proactively communicate any concerns or issues that may arise.

Flexibility & Trust

Blessed are the flexible, for they shall not break. Your leader will take care to plan and communicate with you, but we can guarantee that that plan will change. When things change, please trust both the Lord and your leader that they have everything under control and your best interest in mind. Sometimes you'll need to have the peace that passes understanding, even when you do not understand what is going on.

Favor isn't Fair

Things can be good, or they can be fair. God is good to us, but He doesn't treat us all the same. He loves us equally but favors us differently. Some people on your trip may have more favor than others. When this happens, celebrate with them, and trust that others will celebrate with you at the appropriate time as well.

Bring Home Lasting Fruit

You're going to have experiences that will transform you and last a lifetime. People at home will be happy to hear about your trip. But, for your experiences to last, you're going to need to find ways to sow what you learned on your trip back into your day-to-day home life. For there to be lasting fruit, you'll want to be as intentional about applying all the values you learned on your trip to the people you interact with when you come home.

If I didn't get to go on your trip with you, I would rather you DEMONSTRATE to me the goodness of God that you saw there in a way that I can receive too. This lets me know that God loves me as much as the people you went to serve. If you saw great healings on your trip, don't just tell people when you get back, step out and heal people! If you had breakthrough in evangelism or prophecy, keep leading people to Jesus and prophesying over people at home.

Being Sent

You and your team are being sent into the harvest field with a specific purpose and assignment! As a part of this team, you will receive training in ministry, learn how to work with others, and be exposed to new cultures, people and nations. You have been given a high calling!

You are a SENT one

You are a believer that is called by Jesus to be a minister of the Gospel to everyone you meet and to wherever you go in all nations (Mark 16:15, John 17:18, Matthew 28:19).

You have a PURPOSE

As a radical lover of God, and one another, you have the privilege of going to the ends of the earth to impart who you are and what you have received, which is the love and life of Jesus Christ. You have been given the grace to demonstrate God's unconditional love and introduce His abundant life to every person you meet (Ephesians 3:19, John 13:34).

You have an ASSIGNMENT

You have been given the supernatural grace to demonstrate God's transforming power and love with signs and wonders to follow wherever you go (Mark 16:17-18).

You are a great INVESTMENT

As a sent one, you should know the great value of being connected to the people who are your support system. A support system is a community of people who are invested in you whether it is through finances, prayer, or encouragement. Your supporters are the people who believe in you and what you are doing! They are excited to see what God is doing in and through you during the year. It is an essential part of every team member who is being sent to have a community of people who support them. Your church, friends and family want to invest in your life, so remember: You are a great investment (Matthew 10:8)!

Finances

General Information

Payments received by the ministry are for the purpose of enabling participants to travel on their trips. When money is received, we will use it to purchase necessary goods and services for you to be present and help make the trip a success, including flights, lodgings, and more. If a team member fails to meet a fundraising deadline, they will not be allowed to go, and the balance of the funds raised will be used toward the mission at the ministry's discretion without recourse.

\$100 Application Fee

A non-refundable, non-transferable application fee is due upon application. You will not be charged the fee until you are accepted on the mission trip. This administrative fee cannot be refunded for any reason.

Half Down Deadline

The first half of your funds is used to purchase airfare and other time-sensitive services.

Final Deadline (Trip Balance)

The final half of your funds is used to purchase goods and services that are less time-sensitive.

As you go, it is important to proactively communicate with your team leader if you are having concerns with finances. They can pray with you, give you ideas on how to fundraise, and encourage you through the process.

Raising Funds

We rely on God to provide for our needs; however, God does call us to be good stewards of the resources He has provided us. To that end, we have developed a strategy that will enable us to raise the necessary funds to send short-term teams into missions year after year. This strategy plans for the money for a team member's trip to come from a few different sources:

1. Team Member's Own Personal Finances

Each team member has the responsibility to contribute his or her own money toward the trip. If we are asking others to give to our trip, we must be willing to give ourselves.

2. Support Letters

Support letters are a very important part of the picture. Even if you can pay for your trip outright, you should still send letters to gather partners and be sent out by those you can tell your stories to when you return. See the section on how to write support letters.

3. Creative Income Generating Strategies

While we will not be doing any formal team fundraisers, you are encouraged to dream with God about creative ways to generate income. Ideas could include hosting a concert in someone's home, selling items online (things you own, make, or can have people give you to sell, having a party where others offer or auction services (hair, makeup, tattooing, lessons, snow removal, etc.) in exchange for donations...the ideas are endless!

4. Social Media & Online Fundraising

Managed Missions allows you to raise funds online from within your own pages. You can share the link to your page on social media (Instagram, Facebook, blogs, etc.) and also post updates to keep people in the loop on what you are doing as well as raise funds. There are also many great sites online where you can create a personal page and invite people to donate to you. Some have great mobile apps. Some are tax-deductible. They usually claim to be free, but most take about 8% in processing fees. Here are a couple popular sites that have been around for several years. New ones exist as well.

www.GoFundMe.com www.fundly.com

Receiving Finances

As you receive support, it is important that you let people know how to give to you and make it convenient for them.

Checks and Cash

Checks can be written out to “UTIM.” **Your name CANNOT appear anywhere on the check.** You can mail in checks from your donors or instruct them to simply include a note along with their checks indicating that their donation is for you. Do not mail cash. Please deposit cash into your own account and send a check for that amount with an explanation of the source and amounts of funds represented. Thank you! All checks must be mailed to this address for processing and credit to your account:

UTIM c/o A. White
956 Farmer Ridge Trail
Belle Plaine MN 56011

Online Giving

People can donate securely through the Managed Missions website. If you set up your own Public Profile, it will automatically track and update your fundraising progress for you. Simply log into your account and select your public profile from the menu options. Edit your profile and submit it for approval. Once the site administrator reviews your profile, it can be approved, and your Public Profile will be ready for use! It's just that easy.

If your donor would prefer to give directly through our website, they can find that option at www.UndertheInfluenceMinistries.org - just give us a heads up that this donation is for you, and we can credit your account as soon as it comes through.

Tax Deductions

All donations written to “UTIM” are tax-deductible. If people give you cash and want it to be tax-deductible, you must submit their name and address with the donation when you turn it in.

All donations written out to you personally are not tax deductible. You may still want to ask people to donate to you personally to cover the cost of passports and other personal expenses, but they need to know they cannot write off any personal donation on their taxes.

Writing Support Letters

Be Personal - Share with your friends and family the journey that has led you where you are going. Be honest with them about your heart and what God has called you to do.

Be Specific - Boldly make your needs (for prayer or finances) known in a brief and informative manner. Invite them into a partnership with you as a 'home/support team.'

Be Honoring - Raising support is an opportunity to connect with people and to pour into the lives of those that are sending you. Bless and honor them by sending them a thank you email, note, card or phone call. Keep them informed throughout your mission trip about the wonderful things God is doing in and through you!

Be Creative - Use your imagination in writing and designing your support letter, but keep it simple. You want people to be intrigued and begin to read it immediately. Also use creativity in developing ways you can fundraise and utilize your God-given talents.

Be Informative - Give your supporters clear direction about where they are to go and what they are to do if they want to financially sow into your life.

5-Step Support Letters

1. Introduction

If possible, personalize (or even hand write) the potential supporter's name in the greeting. Share your heart, give a brief update of your life at present, include a recent testimony or give them a prophetic word, and then introduce the great opportunity ahead of you!

Examples:

Dear Dominique,

Hello from Eagan, MN! Life is going well, and I am enjoying watching God show His goodness to people in my community. Just recently I heard this incredible testimony...

2. Trip Info

Tell everyone what you will be doing, and let them know why you, personally, are excited to be a part of this.

From June 2-12, 2027, I will be going on the trip of a lifetime as we partner with Under the Influence Ministries to see the city of Taguatinga, Brazil come to Jesus! Our team will share the Gospel openly in up to six public schools each day while training hundreds of city-wide volunteers in the evening. We will also distribute food baskets and minister mercy to a local poor community, host a children's crusade, a women's conference, a NextGen conference, and regional leaders' meeting, all leading up to a three-night miracle crusade where we will see the lost saved, the blind see, the deaf hear, and the oppressed set free!

I will have the opportunity to share my testimony and preach the Gospel in the public schools as well as endless opportunities to see the sick healed and the lost saved. These teams typically see 1,000 to 2,000 children and teens saved in the public schools and up to 10,000 people participate in the miracle crusades.

I am so excited to go on this trip because...

If you would like to see some videos of the ministries we partner with, you can go to www.gga.global, awakeninghopeministries.com and undertheinfluenceministries.org

3. Partner Invitation

Tell people what you're asking of them and how they can get involved. Give them a deadline to get back to you by. Consider making the deadline earlier than you really need to give yourself extra time.

Example:

I'd like to invite you to partner with me through both prayer and financial support. The total cost of this trip is \$3,700. I need \$1850 by March 10th, and the remaining \$1850 by May 11. I also need intercessors to be in prayer for our team, those we will be serving with us, and the trip itself. Would you consider partnering with me?

4. Tax and Payment Information

Copy and paste the following paragraph:

All donations are tax deductible and can be given via cash, check, or credit card. Checks can be made out to "UTIM" and mailed to me personally. Please make sure that my name does not appear anywhere on the check itself. You can give online at [insert your managed missions account link or QR code here] ...

5. Conclusion

Provide your current email address, mailing address, and/or phone number and invite the potential supporter to contact you. Make sure to include a "Thank You!" It is also great to enclose a prayer card for your supporters.

Examples:

Thank you so much for being a part of my life! I've included a prayer card with some ideas of how you can pray for my team and me. I would also love to get an update about what is going on in your life and how I can pray for you. When I return from my trip, I look forward to telling you all the amazing things that you helped make happen!

Even though we're separated by the miles, it's really important to me to keep in touch with you! Feel free to send me an email at _____ if you have a prayer request, great praise God story, or just to say "hi." Let's keep taking new ground in this journey of faith!

I pray that the life-changing power of Jesus invades your life and sends encouragement your way today. I'll keep you updated on what God is doing in my life and would love to hear what He's doing in yours as well.

Prayer Cards

What's in a prayer card?

How, What, Where, Why, and When?

It's important that people know what's happening and remember you're gone. A prayer card will give you a presence in your family and friends lives. They may not see you daily or monthly, but a picture of you changes the forgotten into the remembered.

The same is true with blogging, texting, emails, letters, or social media. How does each person communicate with you? What is their favorite way to say hello? You should include all those types of connection on your prayer card. It's a reminder to connect.

FYI: one cost-effective way to print prayer cards is as 4 by 6 photos!

10 Steps to Sending Your Letters

1. Make a list of people

Pray and ask the Lord to lead you as you make the list. He will give you strategies for what is best for you!

I am going to give letters to:

2. Gather mailing addresses

If you need addresses from people you don't see in person, contact them ahead of time (individually) to get their addresses.

3. Set a deadlines

For people to respond back to you ...and put that in your letter. Make sure the date is at least a few days before your actual deadline.

People need to get back to me by: _____

For yourself for when you'd like to send the letters out.

It's best to get the letters to people about 2 weeks before they need to respond to you.

I am going to have my letters done by: _____

4. Design your support letter and prayer cards

Please have a friend proofread them.

5. Get letter supplies

- ☐ Business size envelopes for mailing letters out
- ☐ Smaller envelopes that people can mail back to you Paper/card
- ☐ stock to print letters/cards
- ☐ Return address labels
- ☐ Stamps for letters you're going to mail (and for return envelopes if you choose)
- ☐

6. Hand out letters to those you'll see in person, and mail the rest

You can also email letters out to some people if you feel that's better than mailing them. But, make sure and mail some.

7. Follow online etiquette

If you email or send to people on social media/electronically, please make sure your letter is personal to the one receiving it! Who really reads those mass Facebook messages sent out to 200 people? If you want people to care about you, please show your care for them in the way you communicate.

8. Check in with people

Call people up and ask them if they got your letter and would like to partner with you. Oftentimes, people are well intentioned but lack follow-through. Don't be afraid to ask people directly and connect with them in person.

9. When people respond to you:

Respond to them right away by sending them a thank you email, text, call or thank you card. It's great to ask the people who are praying for you how you can pray for them.

10. After your trip

Send them a follow up letter, include a postcard or small item from your trip, and/or invite people to a gathering in your home where you can share pictures and tell them stories in person.

Other Important Policies

Allocated Funds

We can only pay for things if we have allocated team money in the trip account to do so. For example, if a team member doesn't have their funds in for their airfare, then we cannot purchase their ticket. In that situation that person would have to drop from their trip.

Refunds

Donations are NOT refundable. In the event of cancelation, the cost of your plane ticket **may** be available to you in the form of a travel voucher good with that airline for up to one calendar year. This is not a guarantee but an observation.

What if a team member doesn't go?

What happens if someone drops out or, in isolated cases, is not allowed to go? When situations like this occur, if the team member's money has not been spent, the money may be used to send others on his or her team; or, if the money is not needed there, it can be used to help another team.

What if more money comes in than the cost of the trip?

Any money that is raised above the cost of the trip cannot be given to the traveler that it was pledged to. Because donations are tax-deductible, mission money cannot be used as spending money or for personal use. The money will be put towards another person's trip or the general team fund.

What if a team member needs to return home separately from the team?

If it is necessary for any reason for a participant to return home before or after the rest of his or her team, he or she will be responsible for all related costs.

Frequent Flier Miles

Using already accrued Frequent Flier Miles to purchase an airline ticket is not allowed. If a team member wishes to get credit for Frequent Flier Miles from the trip, he/she can provide their Frequent Flier number to the ticketing agent at the time of check-in at the airport.

Can I extend my mission trip and stay longer?

No. To maintain safety, team members must travel together to and from the mission.

Sample Donation Tracking Sheet

Donation Tracker

[illegible]

Medical Information

Vaccinations

Some countries require vaccinations for entry. Please be proactive and identify whether you have or need any for your trip. <https://wwwnc.cdc.gov/travel/> is considered the most reliable record of what your country requires in terms of vaccination. Your primary care physician or a travel clinic doctor can offer you immunizations. A travel clinic will also offer you information on the area you are traveling and give advice on how to stay safe and well on your journey. They may also give you a prescription to carry with you for common traveler's diarrhea.

Medications and Self-Care

You know your body better than anyone else! Please bring your prescriptions and other health supplies in their original packaging for easy identification wherever necessary. Airport security, customs and immigration, and other government activities/entities often have this as a requirement.

Preparing to Go

Research

Understand the country, history & culture that you are traveling to.

- **The World Fact Book:** www.cia.gov/library/publications/the-world-factbook
 - Information on every country in the world put out by the CIA
- **Lonely Planet:** www.lonelyplanet.com
 - Travel guide but also contains historic information.
- **Operation World:** www.operationworld.org
 - Prayer guide for every nation

Pray

Pray daily and get a team of intercessors who will commit to pray for your trip before, during and after.

Frequent Flyer Miles

Make sure you have an account with the airlines you are flying so you can get credit for your long flights

Travel Documents

Make two copies of your passport & visa (if applicable) in color. Leave one of these copies at home and carry one with you while you travel.

Finances

Notify your bank and credit card company of where you are going and when. Otherwise, your banks might see the unusual activity and freeze your accounts because it looks like someone stole your cards.

Some credit cards have a chip on the front that can be used with a passcode – check with your company to see if yours has a code.

Cell Phone

Contact your carrier before you leave to figure out if you'll have international coverage for calling, data, or texting. Also, give your family a number where you can be reached in case of an emergency. Download WhatsApp onto your phone to be able to call home using Wi-Fi.

Learn the Language

Even knowing a few simple phrases in the local language is a powerful bridge builder and demonstrates an attitude of honor towards the host culture.

Start Dreaming with God

Dream about what will happen during the trip, who you will minister to, and the things that God will do. If you want to raise the dead start imagining yourself doing so. Use this trip as an opportunity to envision and co-create with God towards the destiny that He has for you.

Pay Attention to Promptings

Maybe you have a dream about something, have an impression that you should pack an odd item or buy a certain thing at the store for your trip. Pay attention to these things. Write down words of knowledge that you get ahead of time about people you will pray for, things that will be healed, etc..

Keep Fundraising and Gathering Partners

You may have already sent out your letters, but don't just wait for money to come in. Call people or follow up with them in person. Pray about more people you could invite to partner with you. Make an online site, send out an email update, brainstorm additional ways to fundraise, and include them in your preparation journey.

Gifts

It's great to bring gifts to give to leaders or friends that you will meet. Items that are not fragile and pack well are best. It's especially nice to give gifts that are prophetic or have a personal connection (i.e. you are from Minnesota, so you bring a bag of wild rice or a journal with a picture of the local skyline, etc.). Make sure you connect with your team leader/host about what is the appropriate way to give gifts in the culture you are going to.

Here are Some Gift Ideas

Men

- Nice Pen
- Journal/Note Pad

Women

- Scarf
- Jewelry
- Journal

Children

- Stickers
- Nail polish to paint girls' nails

- Small stuffed animals or dollar store items

Local Items

- T-Shirt or Key Chain from your city, country or state
- Food specific to your area (make sure it will clear customs)

Prophetic Art

- A painting or drawing that you made
- Photographs

- Prints of your or other's artwork

Resources

- A book that means a lot to you
- Worship CDs
- Resources on how to minister in ways seen on the trip
- Christian books that may be hard to get there

Be Prepared To

- Share your personal salvation testimony as well as other more recent testimonies.
- Explain the Gospel of salvation and lead people to the Lord.
- Preach – have one to two messages ready, should you be called upon to speak.

Suggested Packing List

Overall Packing Goals

- Pack lightly in a maximum of one personal item, one carry-on, and one checked bag.
- Observe airline baggage size and weight limits. Dress in layers for comfort, wearing bulky items to save luggage space. Remember, **you must be able to carry all your own luggage without help**, including on stairs, pavement, etc...
- Pack mix-and-match items that can be layered for varying temperatures. Plan to wear items multiple times. Assume you will **not** have laundry service. Jewelry should be left at home, except for wedding rings. Makeup and clothes must be modest. Clothes **must** not be clingy or tight. They must cover shoulders, bra straps, midriffs, cleavage, and knees fully, including when you stretch (in worship), bend over (when picking up children) and sit (on platforms before). This includes dress/skirt slits. Test in front of a mirror before packing any item. Inappropriately dressed team members will be left behind at the hotel for the event. Please ask if you have questions.

Personal Item and Carry-On Bag Ideas

Passport, Visa, Immunization Card, Immigration Card, Tickets and Travel Insurance

Wallet, travel pouch or belt for passport/money

Important medicines like prescriptions or sleep aids

Laptops, electronics, chargers, power banks, data blockers (never pack a laptop in a checked bag).

At least one full day of clothes (in case your luggage gets lost).

Comfortable, layered clothes for flights

Compression socks if your ankles swell.

Ear plugs, Eye mask, Travel pillow

Snacks and Reading/Entertainment

Toiletries such as deodorant, toothbrush, toothpaste, contacts & solution, and a comb/brush.

Make sure all carry on liquids fit in one single quart-sized Ziplock bag (some countries require this bag to be clear and 8"x8").

Electronics Ideas

Power Converter and/or Adapter

Any charging devices with a power box will convert power for you. If you want to bring items like flat or curling irons you'll want to purchase a converter so you don't destroy them.

Adapters do not convert voltage and will not protect these items.

Chargers, Data blockers

Computer/iPad Charger

Camera/phone/laptop

Clothing Ideas

Dress one level better than your audience to show them honor.

FYI to the Ladies: sleeveless tops or anything that shows your bra straps, cleavage or is tight fitting is a no go. Remember the 3 Bs: no bosoms, bottoms, or bra straps.

Clothes for traveling and everyday

Shorts are for travel only. No short shorts.

Capris, Jeans, Pants

T-Shirts, Collared Shirts

Dressy casual for church services (unless your leader says you can be more informal) Men

Khaki or dress pants

Collared shirts/ties opt.

Women

Below-the-knee skirts or dresses (some places pants are okay too) Blouses/Nice shirts

Belt

Pajamas

Raincoat, Poncho or umbrella (depending on weather) Jacket

Sweatshirt/sweater for plane

Socks & Underwear

Workout gear (if you want to work out)

Medicine Ideas (This is a possible list of suggestions)

Air Born, Emergence C, or Thieves oil to prevent/fight off small colds Anti-Acid (Tums, Zantac, etc.)

Anti - Diarrhea Prescription

Anti-inflammatory (Advil, Tylenol, etc.) Antibiotic

Ointment

Antihistamine

Band-Aids

Benadryl

Decongestant (Sudafed, etc. – for colds)

Hydration powder (Gatorade or other electrolyte powder if you get dehydrated) Motion sickness pills (if you get motion sick)

Multi Vitamins

Pepto Bismol or activated charcoal pills (can be taken before meals as preventative) Sleep aid

Natural ones like Melatonin (pills or spray – valley natural has a great spray)

Stronger ones like Benadryl or Z Quil

Test any sleep aids before traveling to see how you react to them.

Toiletries Ideas

- Brush/Comb
- Bug repellent
- Chap Stick
- Conditioner
- Contacts, case & solution Cotton
- Balls
- Deodorant
- Face wash
- Fast Dry travel towel (If traveling to more remote areas) Feminine Items
- Floss
- Hair dryer, Curling Iron, Flat Iron (Don't bring if you don't feel like you really need to. Consider sharing with others in your room)
- Hair Spray
- Hand Sanitizer Make up
- Nail Clippers
- Q-Tips
- Razor
- Shampoo
- Shaving foam/gel
- Soap
- Sunscreen & Aloe Vera
- Toilet Paper (Depending on location)
- Toothbrush & Toothpaste
- Washcloth (Fast Dry ones work best) Wet Wipes

Shoes Ideas

Break in new shoes ahead of time! Some shoes can multitask for daily and dress up.

- Comfortable (yet still presentable) walking shoes
- Appropriate dress shoes for services
- Shower shoes /flip flops (depending on location)

Swimwear Ideas (swimming may not be available)

- Trunks for guys
- Modest One Piece or Tankini for Women
- Beach Towel (Depending on location)

Money

*You'll want to bring some spending money for snacks and souvenirs. **Don't bring traveler's checks. They are a pain to cash.***

Debit card (you can get cash from ATMs while traveling for a fee.)

Credit card

Cash – can be exchanged in country or you can get currency at your local bank before you go. Many countries will only exchange crisp, new large bills (100s or 50s), so check with your team leader. Crisp, new bills are always best.

Misc.

Bible, Journal, pen

Hat, Scarf

Folding hangers and cord for clothes

Tape, sewing kit

Mini tide packets if you want to wash clothes in the sink

Plastic bags

Ziploc gallon & quart for storing/sorting/wet items

Garbage bags for dirty clothes

Snacks – great to have on hand if you're up in the middle of the night or the meals aren't agreeing with you. Here are some items that travel well:

Fruit leather, fruit roll ups, fruit snacks Trail mix,

Granola or Cliff bars, Beef Jerky

Swiss army knife (as long as it's in your CHECKED bag) Glasses,
Sunglasses

Missions Manual

Packing Tidbits

- Roll your clothes, or use compression cubes
- Weigh all bags before going to the airport. Leave weight and space for souvenirs.
- Bring a traveling scale if you frequently are close to maximum weight.
- Tuck a lightweight, roomy bag into your luggage to use later as a larger emergency personal item in case you go overweight after buying souvenirs. You can redistribute your load into this bag and save yourself the trouble and expense of paying for extra weight or bags. Alternately, you can give away clothing or other items to volunteers to lighten your weight and bless people at the same time.
- You can buy small, empty bottles to hold your shampoo, soap etc. or just buy travel size toiletries. All are available online or in the travel section of your local supermarket.

Traveling Well

Flying

- **Water** - Stay well hydrated, and avoid caffeinated beverages and lots of salty snacks
- **Move** - Get up to walk and stretch often
- **Seat Exercise** - Move your feet in a circular motion while seated to increase circulation and decrease swelling
- **Special Socks** - Use compression socks if you have issues with your ankles swelling
- **Sleep!** - Try to get some sleep on the plane (avoiding screens may help)
- **Sleep Aid** - Consider using a sleep aid for long flights.
- **Layer** - Wear layers so you will be comfortable whether the aircraft is hot or cold.
- **Mask & Plugs** - Blocking out sound & light can help you snooze.

Team Dynamics

- Always stay with your team
- Check in with your team leader if you need to go anywhere
- Have at least one other team member with you at all times
- Follow your team leader's lead
- Be really, really flexible

Customs

- You have NOTHING to declare. Period.
- You are a tourist.
- Keep a low profile and don't overshare about the trip.
- Don't take pictures in the customs area.

Miscellaneous

- Put address tags on your bags ahead of time that bear your name, phone, and email.
- Make your bag easily identifiable and harder to steal with bright duct tape/luggage cover.
- Get on your new sleep schedule ASAP.

While You Are There

Food Guidelines

Unless you are in a very developed nation, and your team leader says that it is okay, DO NOT drink local water or eat anything that may have come into contact with the water.

Don't

- Brush your teeth with tap water
- Eat street food of any kind (it's NOT worth the risk of getting sick)
- Eat ANY fruits and vegetables that may have been washed with tap water Drink anything with ice or non-bottled water served at restaurants
- Get shower water in your mouth or eyes Put your hands in your mouth or eyes
-

Do

- Use bottled water to brush your teeth
- Only drink beverages that you open yourself Only eat fruit that you peel yourself
- Eat fruits and vegetables that are served hot (have been boiled) Wipe off the top off cans with a wet wipe
- Wash your hands often or use sanitizer Try new foods
- Pack snacks
- Bring a water bottle & make sure you stay hydrated
-

Bathroom Habits

In every place south of Texas and many places around the world, plumbing is not as robust as what we have in the United States. If your body didn't produce it, please don't flush it. Use the wastebasket for toilet paper, feminine items, floss and anything else. "Thank you," from the hosting country!

Travel Documents

Lock up your passport in the hotel safe (or keep it hidden in your luggage in your room). Check on it every day and carry your color copy with you.

Cell Phones

Unless you have great international coverage, keep your phone on "airplane" mode. This will let you use Wi-Fi but blocks all data, calls and texts that may come through (for which you would be charged).

Journal and Process

It is very important that you take time to journal and process what you are experiencing during your trip. You may think, “I will never forget this” only to look back a few days later and discover you only vaguely remember what happened. Take time during your trip to write, type, draw, or do whatever you need to do to own the experience that you are having. Typing testimonies into the group WhatsApp media share ensures everyone can benefit from your testimony, including you.

- Get a special journal just for the trip or bring a computer/iPad if you prefer typing (some people like to journal on their phones).
- Write down prophetic words (you can even record them on your phone as you are getting them and transcribe them later)
- Keep a list of impressions you sense the Lord speaking to you.

Communicate What You Need

Whether you are needing more rest, are dealing with something you want prayer on, or have an issue that has come up with a team member, make sure you communicate what is going on and what you need with your team leader or co-leader. Chances are if you are struggling with something then others are too, so don't be afraid to speak up and get some extra help.

Culture Shock

Be aware that how things are done in the country you are going to may be incredibly different than how things are done in your home country. Especially if you haven't traveled much before, “culture shock” can be very emotionally draining. Be aware of not judging when you notice things are done differently. Seek to understand things from a new perspective. Or, at least suspend judgement and try to not make any assumptions.

Gifts

It's a great idea to purchase some small gifts for your supporters or in country people you have met. Something in bulk that is small and travels easily works best. Examples include postcards, bracelets, local candy, local currency coins, keychains, etc.

Use the Local Language

Show honor and respect for those you are visiting by using whatever pieces of the language that you can and inviting people you meet to teach you words or phrases. This shows that you are trying to build a bridge to connect with others on their terms.

Drinking and Smoking

We ask that all team members refrain from consuming alcohol and tobacco for the entirety of the mission trip, including air travel.

Photography

Be aware of your environment as you take pictures. Ask people for permission before photographing them and be especially aware of how you take pictures of children. Ex. Some European countries ban people from taking pictures of kids unless they are in large groups.

Relational Guidelines

Dating

DO NOT enter a dating relationship while on a mission trip; either with someone on your team or a national. The potential for damage, and at the very least distraction, far outweighs the potential for good. Understand you are in a highly intense and emotionally charged environment that is very different from daily life.

Friendships with Nationals

Make friends with the people you meet on your trip but set healthy and realistic expectations with them for what this will mean after you leave.

- Don't say "I'll write" if you know you won't.
- Absolutely do not invite someone to come visit you unless you fully understand what that means in their cultural context and are prepared to host them. In some cultures, this would be an open door to show up at your door and expect to be hosted for several months.
- Understand what is appropriate for male-female interactions.
- Do not freely give out your contact information (your ministry host can advise you on guidelines depending on the country you are in).
- Be aware of what relational words may mean to people before you put a title on a relationship.
 - If the Lord leads you to enter a significant relationship with someone as a mentor, spiritual parent/child etc. know that #1 the other person may have unspoken expectations about what that will entail that may be different than yours, and #2 you must be willing to take full responsibility for the expectations that you are setting with that person.
 - Another Example: In some places a godparent is someone that will pray for a child as they grow up and be an example to them. In other places people who support a child through a monthly sponsorship program are called a "godparent". Yet in other cultures a godparent is someone who takes on financial responsibility for an individual such that they would pay to send them to college or cover their wedding. If a child asked you to be their godparent, you would want to know that that means!

Preparing to Return Home

Sharing Your Mission Trip Testimony

By the time you return home you will undoubtedly have many stories and testimonies to share. Much like a friend returning from a fabulous vacation, you will find a couple people who want to sit down and look at ALL your pictures and hear EVERY DETAIL of your trip. However, don't assume that EVERYONE will be up for this level of information. Don't be offended if people ask you about your trip and then move on in the conversation after 60 seconds.

The goal of sharing a testimony about your experience is to share it in a way that people back home can receive it. That said, you will need to gauge if people want a two-hour version of your story, a five-minute overview or a thirty to sixty-second sound bite.

Being able to translate what you experienced during your mission trip to your every-day life back home is extremely important. Take some time to process what happened on your trip and boil your experience down to 1-3 key testimonies. This both helps you own your experience and helps others get to share in some specific things that God did.

As you travel home, practice sharing a 5-minute, 2 minute and 60 second version of your trip with fellow teammates.

Reverse Culture Shock

Just as culture shock can be common when traveling to a foreign environment, so reverse culture shock can hit you once you return home. If you find yourself feeling a little down or critical of the way things are upon returning home, be aware that you may be experiencing reverse culture shock. Give yourself some grace, connect with your team leader, and/or find a good friend to process with.

Sharing Your Personal Testimony

Always be ready to give an answer for the hope that is in you - 1 Peter 3:15

Before:

Simply tell what your life was like before you surrendered to Christ. What were you searching for before coming to know Christ? What was the key problem, emotion, situation or attitude you were dealing with? What motivated you? What were your actions? How did you try to satisfy your inner needs? (Examples of inner needs are loneliness, fear of death, insecurity. Possible ways to fill those needs include work, money, drugs, relationships, sports, sex.)

How:

How were you converted? Simply tell the events and circumstances that caused you to consider Christ as the solution to your searching. Take time to identify the steps that brought you to the point of trusting Christ. Where were you? What was happening at the time? What people or problems influenced your decision?

Since:

How has your life in Christ made a difference? How has his forgiveness impacted you? How have your thoughts, attitudes and emotions changed? Share how Christ is meeting your needs and what a relationship with him means to you now.

Important Tips to Remember:

Stick to the point. Your conversion and new life in Christ should be the main points.

Be specific. Include events, genuine feelings and personal insights that clarify your main point. This makes your testimony tangible - something others can relate to.

Be current. Tell what is happening in your life with God now, today.

Be honest. Don't exaggerate or dramatize your life for effect. The simple truth of what God has done in your life is all the Holy Spirit needs to convict others of their sin and convince them of his love and grace.

Be brief. Be able to share your testimony in two minutes. You can always expand it as the situation warrants.

Adapted from: <http://christianity.about.com/od/testimonies/a/howtotestimony.htm>

Giving Testimony with Honor

ACCURACY & SPECIFICS

1. Only say what you know is accurate and currently verifiable.
2. Mention previous medical help in the testimony.
3. Be specific with details you have without filling in “the blanks” you don’t have.

PERMISSION

4. Only mention the name of a person you ministered to when you have his/her permission to openly share the testimony.
5. Please get written or filmed permission from those you film or photograph if you intend to post their photo or video on social networks or elsewhere online or to publish it in some other way.
6. Do not mention the name of a business where a testimony took place.
7. Do not mention the name, position or title of a person whose job could be adversely affected because of your ministry and testimony.

HONOR & WISDOM

8. Share all testimonies in such a way that they glorify Jesus and not yourself.
9. Share the testimony as if the person were in the room.
10. Report mission and ministry trip testimonies with honor for the place you visited without making assumptions about the place or its people.
11. Do not give a public testimony about ministering to a famous person or government official. Be reluctant even in private. Don’t even ask their permission to share it.
12. Follow the leading of the Holy Spirit about when to share a testimony and with whom.

Taken from <http://www.ibethel.org/giving-testimony-with-honor>

Travel Insurance

Basic insurance coverage from Volunteer Card is purchased for each trip. You will receive documentation with your flight information or soon thereafter. In the unlikely event of a claim, you are responsible for filing and following up. When filing a claim, you must provide documentation of a round-trip ticket for the entire duration of the trip to be covered. Please keep track of all trip documentation so you will have easy reference in this unfortunate event.