



## GENERAL

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### What vaccines or immunizations do I need?

This will differ from country to country. We do recommend taking the necessary precautions as recommended by the Center for Disease Control for the country that you will be visiting. This information can be found by visiting:

<https://wwwnc.cdc.gov/travel/destinations/list>

Please note, vaccines and immunizations should be done as early as possible as vaccines may require multiple rounds or lengths of time for full coverage to take effect.

When pursuing locations to get vaccines we would suggest shopping around to find the best pricing as some travel clinics can be significantly more expensive than others.

### Should I register my trip with the U.S. State Department?

Yes, we strongly recommend that all citizens partnering with us register their trip through the Smart Traveler Enrollment Program (STEP). This will alert in-country U.S. embassy offices of your travel plans and your general location in the event of an emergency, natural disaster, or civil unrest. It also will allow you to receive important information from the embassy regarding the country being visited.

You can register your trip online by visiting: [step.state.gov](http://step.state.gov).

### Do I need to bring personal money?

Yes, we recommend that each person bring \$75-\$100 cash with them. While serving alongside LIA all of your accommodations, meals, and field expenses will be covered in country by your trip host(s). Personal money should only be necessary while traveling to and from our program countries and for any souvenir and/or snack purchases that you may desire in-country. Our in-country staff will be available to help coordinate currency exchange when needed. *Please do not exchange currency at the airport to ensure the best exchange rate is received.*

Please note, credit/debit card use is also an option in airports while traveling. We do suggest that you alert your bank to your travel plans so that expenses are not declined or flagged.

### Can I bring gifts or donations for LIA hosts, community members, or LIA staff?

While we fully understand your desire to honor those you will engage with, we ask that you please do not bring items of this nature. As you partner with LIA in our continuing effort to restore dignity and break the cycle of dependency, we always want to seek to empower those you may engage with.

While unlikely, should you receive requests for gifts or donations of any nature from LIA in-country staff please let your team leader know so that they can engage LIA-US staff. In certain situations, items may be sent with your team. In all such instances this will be communicated clearly by LIA-US staff.

### **What should I do with my passport?**

Unless otherwise told by your LIA staff host, we highly recommend that your passport be kept on your person at all times during travel and while in country. It should be kept in a secure location (i.e. passport wallet, waist belt). Do not leave it in your day bag as this could go missing or could be left somewhere.

In certain locations it is possible that the guesthouse you will stay in may provide a secure location for all team members' passports to be stored. If this is available and your LIA host recommends using this then that is okay.

Additionally, we highly recommend that you make two photocopies of the information page of your passport. One copy should be left at home with a loved one and the other hidden somewhere in your luggage. It is also a good idea to have a picture of this page on your mobile phone.

### **Can I take pictures while visiting communities?**

Yes, you are welcome to take pictures as we fully understand the desire and importance of capturing your experience. However, we also recognize that capturing pictures can become a distraction, which can cause you to miss people you could meet, stories you could hear, and lives that you could have a chance to impact. We believe that coming home with stories of people and of transformation is much more effective than a camera with hundreds of photos. With this understanding, we strongly encourage you to use discernment when taking pictures, always seeking to highlight the work of LIA, and to capture people with dignity as children made in the image of God.

While in country, at no times should pictures be taken of governmental buildings, airports, members of the military, military establishments or police. Please default to the instruction of LIA In-Country staff members in regards to times where photography is not allowed.

### **What will the weather be like?**

Please use any current weather app or website to confirm the weather forecast prior to your trip as climate differs in each country that we serve.

We recommend being prepared for cooler weather. This can occur at any point on a trip, but is most possible in the morning and the evenings. It can be useful to have something warmer during travel as oftentimes airplanes get cold. Please consider packing one (1) sweatshirt or fleece-style pullover at minimum.

It is also possible that rain may impact your trip at any point. In general, a small poncho or lightweight waterproof jacket will be adequate.

### **What is the food like?**

Generally speaking, the most significant difference with diet will occur in the way that food is prepared and the diet commonly consumed. Diets tend to be high in carbohydrates (i.e. rice, potatoes, breads, oats). Due to the way that food may be prepared we suggest transitioning to the diet slowly over the first couple of days if possible, to allow your stomach to adjust properly.

Please note, it is not uncommon for some stomach issues to develop during your trip. We would recommend having clear communication with your team leader or host should you experience stomach issues to ensure proper treatment can be given if necessary.

In situations where food may not be desirable, we recommend simply passing on items or plating a small amount to try. Please remember that you are a guest working at the invitation of your host and at times it may be best to recall the missionary's prayer: "Where you lead me I will follow. What they feed me I will swallow."

### Can I drink the water?

We highly recommend only consuming bottled water or water which you know has been filtered on-site. In certain instances, you may be required to bring a personal filtration system. This will be clearly communicated prior to your trip.

Please note that using faucet water is not recommended when showering or brushing teeth. Filtered water should be used in these instances as well.

Our country staff will ensure that you are supplied with safe drinking water.

## PACKING & CLOTHING

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### How should I pack?

We recommend packing into one (1) carry-on size bag and one (1) personal bag (i.e. purse, small back pack). Packing only carry-on luggage discourages overpacking, travels easily, and ensures that your luggage arrives in-country when you do. Additionally, this allows for each team member to check 1-2 supply bags which may be necessary for your trip.

When packing into a carry-on there are a couple of things to be aware of:

- The bag must fit into the plane's overhead compartment or below the seat in front of you. In some cases, you may be required to gate check your bag, but you can collect the bag on the jetway following the flight.
- All liquids must meet the 3-1-1 rule defined by TSA. Your liquids bag must be separate from your non-liquid toiletry items and should be easily accessible, as it will need to go through airport security on its own. To learn about the 3-1-1 rule please visit: <https://www.tsa.gov/travel/frequently-asked-questions/what-3-1-1-liquids-rule>
- All snacks should be packed into a separate and easily accessible and removable bag, as some airports will require them to be pass through security.

Additionally, the site below provides an extensive list of things which can and cannot be packed when traveling by plane.

<https://www.tsa.gov/travel/security-screening/whatcanibring/all>

If you desire to pack checked luggage, most airlines allow for 1-2 checked bags per person (charges may be incurred). Please check size and weight restrictions for all luggage types with the airlines being used prior to packing.

### Do you have packing tips?

When it comes to packing, we highly recommend being as light and efficient as possible. This means considering light weight, breathable fabrics and dual-purpose clothing items (i.e. convertible pants). It is important to work towards not over packing by planning out your packing in advance. Like most things, if you wait until the last minute to pack you run the risk of overpacking or not packing something of importance. As you pack, it may be helpful to practice

techniques such as rolling your clothes (i.e. ranger roll) or utilizing packing tools such as packing cubes, compression bags, or garment folders.

**Note:** If packing into carry-on luggage, it is always best to wear your heaviest clothing (i.e. closed-toe shoes etc.) during travel. This will ensure that you have the most usable space to pack into your bag.

### **Is there a dress code?**

When preparing to serve with LIA there are generally three types of situations you will be presented with. For all situations clothing should be comfortable, climate appropriate, modest, inoffensive, and non-distracting.

#### Guesthouse / Travel

No dress code. Shorts/yoga pants are only permissible here unless otherwise approved by our in-country staff.

#### Community Engagement

Pants/skirts (knee-length or longer) and t-shirts/tops (no sleeveless or straps) are okay. Clothing should be comfortable. We highly recommend closed-toe shoes as the nature of the environment you may be in will change or could require a good amount of walking. Keep in mind that you may be in dirty/muddy conditions.

#### Church

Male – Casual dress pants (no jeans) and polo/button down shirt

Female – Dress/skirt (knee-length or longer) or nice pants and nice shirt/top (no sleeveless or straps)

**Note:** It is possible that your schedule may include community engagement following attending church. This may require you to plan ahead for differing conditions.

### **Will I need to provide my own bedding/pillow/towel?**

In most cases, these items will be provided by the guesthouse. If these items will be required we will communicate that prior to your trip.

### **What types of shoes will I need?**

The only required shoes are closed-toe shoes. Any additional footwear is at your discretion.

At most you would need three (3) types of shoes:

Closed-toe shoes - Serving in the community, etc.

Sandals (i.e. Chaco, Teva) – Travel, church, around the guesthouse, etc.

Flip flops - As a shower shoe in guesthouses

### **Can I wear jewelry?**

We ask that you please do not wear or bring jewelry. The only exception to this would be a simple wrist watch if you desire. Jewelry runs the risk of drawing unnecessary attention, which can create distraction.

### **Do I need a power adapter and a power converter?**

For most countries where we serve a power adapter is necessary for all electronic needs. It is important to note that for most cases a power adapter (no converter) is all that is needed. If you should have items with you that generate heat (i.e. hair dryer etc.) then you would require the use of a power converter as well.

*Note: These items should not be needed in Jamaica or Haiti.*

### **Do I need to spray my clothes with Permethrin (Insecticide)?**

This is a personal preference. It is not required as the use of a standard insect repellent or lotion is generally ample protection. Should you use Permethrin please follow the instructions properly when treating clothing and do so in advance of your departure.

### **How do I handle medications?**

We highly recommend that all prescription medications be kept in your personal bag or carry-on luggage and not in any checked luggage. With many flights to our program countries being long flights it is important to have those items with you and not under the plane or at risk of not arriving with you in-country.

*Note: This includes any medications being used to protect against Malaria.*

## **COMMUNICATION & TECHNOLOGY**

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### **Can I bring electronics?**

While we understand the desire to bring electronics, we ask that this be kept at a minimum (i.e. mobile phone) to reduce potential distractions and to allow for deep connection with your team.

### **Can I communicate with my family?**

Yes, depending on where you travel, you may have the opportunity to text or call your family over WiFi when available (or via an international cell phone plan). We would recommend limiting this communication to short touch points as much as possible and should not be expected/scheduled as chances for communication can be unreliable.

### **What tools would you suggest for communication?**

In situations where WIFI is available (or via an international cell phone plan):

- iPhone to iPhone communication (iMessage, FaceTime etc.)
- WhatsApp\*
- Skype
- Facebook Messenger
- Marco Polo (video only)

\*Frequently used by in-country staff and therefore commonly understood in country.

### **How should I handle social media?**

We would recommend limiting or omitting social media use while in-country. Use of social media can be a distraction, can limit your ability to be focused on the task ahead, and can invite home sickness.

Should you decide to use social media in country, please use discernment. Please do not:

- Post images of communities or community members in an undignified manner
- Discuss or tag your current location

## **TRAVEL & TRANSPORTATION**

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**What should I do upon arrival in-country?**

Upon arrival, a LIA staff member or transportation company representative will greet you outside the airport. They will have some form of identification for themselves, the team, or LIA, and will direct you to the vehicles transporting you. Detailed information regarding arrival should be included with your trip itinerary.

**Should I tip drivers?**

There should be no need to tip drivers at any time. All payments and transportation will be arranged and payments covered by LIA staff.