

GENERAL INFORMATION AND INSTRUCTIONS

Insurance

Part of your trip cost covers travel insurance through Adams and Associates International. This is a well-established insurance company that specializes in missionary insurance needs. They are used by the International Mission Board of the Southern Baptist Convention and provide great coverage benefits in case an accident occurs while on the trip. However, we do recommend bringing your own insurance policy information along with you as well.

Safety Policies and Procedures

Please remember that we are doing everything possible to ensure the safety of our teams. We monitor the political situation in the countries we travel to closely, relying greatly on our contacts overseas. In case there is a reason to cancel a trip due to safety reasons, we will do everything possible to move you to a different location.

Base Camp

Each team from iWitness goes through an orientation process called Base Camp before leaving the country. Your arrival at Base Camp signifies the official beginning of your mission trip. All expenses during this time are included in the trip cost. You will not need any extra money for Base Camp. During this time, our focus will be on worship, training, and team building. Our times of worship will center on allowing God to spiritually prepare our hearts for everything we are about to experience. Team building is essential to our process of preparation as well. A unified team is the beginning of a successful experience on the mission field. In light of these objectives for Base Camp, we ask that you do not receive visitors during that time. It is best if you consider yourself to have already left the country once you check in.

There will be a **parents' meeting** at the beginning of Base Camp to discuss the trip and answer any questions. The meeting will be held once all team members have arrived. We encourage parents to stay and participate in this time. To close the parents' meeting there will be a special commissioning and prayer time for students and parents. Parents are encouraged to use this time to pray with their students and say their final goodbyes. Please ask parents and friends to use this time to say goodbye and discourage them from "seeing you off" at the airport. Someone will need to pick you up at the airport upon our arrival at the end of the trip.

Please consult the "Country Specific Information" section for the dates and location of Base Camp.

Gifts

It is acceptable and encouraged for you to bring some small fellowship gifts to give to some of the nationals that you will get to know. These should be inexpensive gifts such as pens, pencils, stickers, postcards, etc. Don't forget to bring pictures of your family and friends to show your new friends. The people you meet will be very curious about your life back home and will enjoy seeing pictures. Please contact your team leader if you would like to bring small gifts for the missionaries and/or their children as well. Your team leader may already be planning on this.

Packing

As you begin to pack, we want you to remember a few important things.

1. This is not a fashion show. You do not need 5 pairs of shoes and a different outfit for every day of the trip. Pack comfortable clothes and comfortable shoes. Pack enough clothes to make it through about a week. Most people where you are going will not have as extensive a wardrobe as you do, so it is ok to wear clothes more than once before washing them. You will fit right in.
2. You will have an opportunity to wash clothes while you are there. You do not need to bring detergent or an iron. Pack only the necessities.
3. You do not need a bunch of snacks or food. Part of the missions experience involves becoming familiar with a different culture. You will experience some new foods, but we will make sure that you do not starve.
4. Do bring a backpack. You will spend a lot of time on foot and sometimes will not return to your room until late in the evening.
5. Dress modestly. We don't really care what is in fashion, and neither will the missionaries or nationals you work with. Modesty should be placed above fashion when you choose your clothes for the trip. Some examples of this would include no sleeveless shirts or tank tops, no short shorts, no spaghetti straps or shirts that show your stomach, no clothes that are extra tight, no jeans or pants with holes, etc. You get the picture. If you have to ask, you should probably find something else to pack.
6. You are allowed to bring **ONE SMALL SUITCASE AND ONE CARRY ON BAG THAT IS NOT A SUITCASE** on this trip. Please know that this will be strictly enforced. You will not get any help with a bag that is too heavy during those times that we have to carry our luggage with us. Pack what you need and no more. Make sure that your suitcase is not too heavy for you to drag through an international airport. In the occasion that we have to hurry/run through an airport to catch a connecting flight, carrying an extra-heavy bag could create a serious problem.
7. If you plan on using electrical devices such as hair dryers you will need to bring an outlet converter. These can be found at Wal-Mart, and many of them actually list the countries they work in. However, please do not bring any unneeded electrical devices (especially if they are for entertainment purposes).

Below is a brief list of things you need to remember to bring. Feel free to email us with any questions regarding packing. Remember, less is best.

Things to bring

Bible	Passport	Journal
Photos from home	Sunglasses	Chapstick
Anti-bacterial lotion	Insect repellent	Backpack/daypack
Clothes for 5-6 days	Toiletry items	Comfortable shoes
Travel alarm clock	underwear/socks	Pajamas
Camera and film	Prescription medications	Watch

Helpful Hints

There is always the possibility of an airline losing your luggage on an international flight. As a precaution, it is advised that you pack one change of clothes and some essential items in your carry on bag.

Remember that you are not allowed to pack sharp objects or anything else that could be considered a weapon in carry on bags. This includes pocketknives, Swiss army knives, razors, fingernail clippers, firearms, swords, javelins, ball and chain, boxes of staples, ice picks, double bladed axes, shovels, wooden stakes, railroad spikes, flathead screwdrivers, etc. If you bring any of those items, you must pack them in your checked suitcase. We recommend that you leave pocketknives at home.