



# Praying Pelican Missions

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Pre-Trip Documents

## **Why Me?**

The question on your mind may be: "Why should I go on a mission trip?" Many people have wondered the very same thing and have been able to find many good reasons to participate on a short term mission trip! The following list may help you as you prayerfully join your short term mission team!

### **Be a Blessing**

- Fulfill the Great Commission (Matthew 28:18-20)
- Invest in the lives of others (Philippians 2:1-4)
- Care for people in need (Matthew 10:42)
- Encourage the Christians and churches in the country you are serving (Ephesians 6:9-10)
- Use the gifts God has given you for His purposes (1 Peter 4:10)

### **Be Blessed**

- Deepen your walk with Jesus Christ
- Build lifelong relationships with your team members
- Fulfill a dream of going on a mission trip
- Learn to rely on God for all your needs
- See God's power and might in a new way
- Be available for God to use in new ways
- Have the opportunity to find gifts and abilities that you may have not known you had
- Experience the worldwide body of Christ
- Step out of your comfort zone and away from your day-to-day distractions
- Travel to a new country
- Learn about another culture
- View the world from a whole new perspective



## **Mission Trip Checklist**

As you begin to plan for your mission trip, use the following checklist to make sure you are prepared for a trip of a lifetime:

### **Team**

- Attend ALL team meetings
- Plan ministries with your team
- Practice your testimony or life story with your teammates
- Pray with your team

### **Individual**

- Pray for your trip
- Thoroughly read through your Praying Pelican Missions Participant Handbook
- Write out your testimony or life story
- Recruit 5 or more prayer partners to pray daily for your trip
- Raise the necessary funds
- Write and send out your support letter to family and friends
- Apply for and receive your passport
- Visit a Travel Clinic or doctor to acquire the necessary vaccinations and medications
- Purchase needed supplies and clothing
- Pack appropriately by using the list in your handbook
- Make 3 copies of your passport
  - One for your group leader
  - One for a family member staying home
  - One to keep with you on the trip
- Leave emergency contact info, a copy of your passport and travel information with a family member

### **Items to turn in to your group leader**

- Your completed and signed Individual Registration Form
- The money you were asked to raise
- A copy of your passport

## Passports

Everyone traveling to and from Belize, Jamaica or Mexico is required to have a passport and a round-trip airline ticket.

### United States Citizens

To obtain a passport for the first time, you need to go in person to one of 6,000+ passport acceptance facilities located throughout the United States with proof of U.S. citizenship such as a birth certificate and a valid form of photo identification, such as a driver's license. Acceptance facilities include many federal, state and probate courts, post offices, some public libraries, and a number of county and municipal offices. Visit the United States government website for more details and locations to obtain your passport at <http://travel.state.gov/passport>.

You'll need to apply in person if you are applying for a U.S. passport for the first time. Each passport usually takes at least 8 weeks for delivery, so allow plenty of lead-time to secure your passport. If you currently have a passport please check to make sure that the date of expiration is not within 6 months of the time you will be departing the country you'll be visiting on your mission trip. If it is, you will need to renew your passport prior to your trip.

Obtaining a passport is an investment in your future travel. The U.S. government is now requiring passports to visit Canada, Mexico, and the Caribbean, as well as almost all other countries around the globe. One of the benefits of having a U.S. passport is that it now becomes your most official form of identification and is accepted world-wide.

### Canadian Citizens

A Canadian passport is the internationally accepted evidence of Canadian citizenship. All Canadian citizens traveling to Belize or Jamaica must carry a passport valid for at least six months beyond your expected return date. Children, including newborns, can no longer be listed on a parent's passport, and must have their own Canadian passport. A separate passport application must be submitted for each child.

You can pick up a Canadian passport application

- at a Canadian [post office outlet](#) or [Service Canada Centre](#)
- at a Canadian [passport office](#) at:
- [Online](#). Online forms are in [PDF](#) and must be printed and completed offline, then submitted in person or by mail with accompanying documents. When using the online forms, be sure to select the correct form and follow the directions for printing and completing the form carefully.

## Recommended Immunizations and Medications

The following is a list of suggested medications and immunizations for your travel into the host country. Please see your health professional for advice on your specific needs and recommendations.

### Immunizations

**Routine:** Ensure you are up-to-date with routine shots such as the poliovirus vaccine measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, etc.

### Other:

- Hepatitis A: All susceptible persons traveling to or working in countries that have high or intermediate hepatitis A endemicity should be vaccinated or receive IG before departure. Hepatitis A vaccine at the age-appropriate dose is preferred to IG. The first dose of hepatitis A vaccine should be administered as soon as travel to countries with high or intermediate endemicity is considered.
- Hepatitis B: Vaccination should begin at least 6 months before travel so the full vaccine series can be completed before departure. Because some protection is provided by one or two doses, the vaccine series should be initiated, if indicated, even if it cannot be completed before departure. Optimal protection, however, is not conferred until after the final vaccine dose. Travelers should be advised to return for completion of the vaccine series.
- Typhoid: Recommended for all unvaccinated people traveling to or working in Mexico and Central America, especially if visiting smaller cities, villages, or rural areas.
- Rabies: For certain international travelers, pre-exposure rabies vaccine may be recommended, based on the local incidence of rabies in the country to be visited, the availability of appropriate anti-rabies biologicals, and the intended activity and duration of stay of the traveler. A decision to receive pre-exposure rabies immunization may also be based on the likelihood of repeat travel to at-risk destinations over time or taking up residence in a high-risk destination.

### Medications

- Travelers' diarrhea is the most common travel-related ailment. All travelers should bring along an antibiotic and an anti-diarrheal drug to be started promptly if significant diarrhea occurs. An antibiotic is usually prescribed: either Ciprofloxacin (Cipro)(PDF) 500 mg twice daily or Levofloxacin (Levaquin)(PDF) 500 mg once daily for a total of three days. Most cases of travelers' diarrhea are mild and do not require either antibiotics or anti-diarrheal drugs. **Adequate fluid intake is essential.**
- Malaria\*\*for Belize and Mexico ONLY\*\*: The drug of choice is **Chloroquine**, taken once weekly in a dosage of 500 mg, starting one to two weeks before arrival and continuing throughout the trip and for four weeks after departure. Chloroquine may cause mild adverse reactions, including gastrointestinal disturbance, headache, dizziness, blurred vision, and itching, but severe reactions are uncommon. **Insect protection measures are essential.**

## Travel Suggestions

### Packing

- Plan on having one suitcase and one carry-on packed for your own clothing and personal items.
- Pack lightly and efficiently.
  - Don't bring unnecessary items in your wallet or purse
  - Stuff your shoes with socks or underwear
  - Roll your clothes to save space
- Bring travel sized containers of shampoo and other toiletries
- Your luggage may get damaged or lost during travel, so be sure to use "older" or "sturdy" luggage.
- Pack one change of clothes and necessary items in your carry-on so if your luggage gets lost or delayed you will have something with you.
- Do NOT bring knives, scissors, or other objects that could be used as weapons in your carry-on luggage.
- Leave enough room in your suitcase for items you may purchase to bring home.
- Bring clothes that are used. Do not plan on wearing your best stuff.

### General Travel

- Mark your suitcase with a unique tag or ribbon for easy identification at the baggage claim.
- Stick with a partner at the airport and have all flight information and contact information with you in case you get separated.
- Wear your money belt UNDER your clothing and keep your passport and cash in a Ziploc bag.
- Don't wear brand new shoes in the airport or bring them on the trip. Break them in before you leave to avoid blisters.
- Leave a copy of your itinerary and emergency contact information with a family member or close friend at home.

### Good to Know

- Come into the trip well rested and in good health. Please, get good rest in the days leading up to the trip. Do not pull an all-nighter prior to the trip; you will not have the chance to catch up on sleep during the week.
- Please DO NOT BRING ipods, cell phones, mp3 players, laptops, or any other personal electronic devices as we find them to be a distraction from the mission experience.
- Don't plan on calling or emailing home. Our policy is "no news is good news" while on the trip.
- Family and friends may visit our website at [www.prayingpelicanmissions.org](http://www.prayingpelicanmissions.org) and receive updates on the trip. Tell them to simply click on the orange button labeled "TRIP JOURNALS".

## Packing Checklist

### Clothing

- Dress clothes for church (2-3)
- Work Project clothes (4-6)
- Other Ministry clothes (6-8)
- Lightweight sleepwear
- Undergarments
- Swimwear(one-piece for ladies)
- Socks
- Closed toe/tennis shoes
- Dress shoes

### Travel Needs

- Passport and copy of passport
- Flight information
- Medical information and insurance card
- Personal Snacks
- Spending Money/travel meal money
- Money Belt

### Personal Items

- Medications
- Pepto Bismol & Imodium
- Bug Spray
- Anti-Bacterial Hand Sanitizer
- Sunscreen/sun block
- Sunburn medication and lotion
- Bath towel and/or beach towel
- Wash cloth
- Laundry bag (pillow cases work great!)
- Wet Wipes
- Comb/brush
- Contacts/Contact solution and case
- Glasses/Glasses case
- Toiletries
  - Razor/shaving cream
  - Soap and Shampoo
  - Toothbrush/Toothpaste/Floss

### Additional Items

- Bible
- Pen
- PPM Handbook/Journal
- Water bottle with large opening**
- Backpack or small duffel bag
- Hat or baseball cap
- Sunglasses
- Work gloves
- Safety goggles
- Battery operated alarm clock
- Inexpensive watch
- Flashlight
- Ear plugs
- A roll of Toilet Paper
- Ziploc baggies (some gallon size, some sandwich)

### Other Items

- Ministry supplies
- Donated supplies

\*\*Confirm with Group Leader

#### For Floor Sleeping Trips Only:

- Air Mattress and Pump
- Sheets
- Pillow
- Personal battery operated fan with batteries
- Mosquito Net

**\*\*Please confirm needed items with Group Leader\*\***