

# MISSION'S PREPARATION

## **FIRST STEP: START NOW!**

1. Send for a Passport.
  - a. Obtain an application from the post Office (only specific locations have applications).
  - b. Go to Mail boxes etc... or any other facility that takes Passport Photo's and get 4 copies (two will be used at a later time for your visa application if needed).
  - c. Send the application in ASAP; even if you are planning to go later, a passport takes 4 to 6 weeks to receive from the Post Office and is a good investment regardless when you go (Passport is good for 10 years).
  
2. Decide which Missions trip you are going on and investigate what immunization shots and/or pills you will need.
  - a. Call your Doctor and determine if there are any circumstances in your medical history that may prevent or hinder you from traveling to another country (i.e. Pregnancy, diabetes, etc..). Ask your doctor for prescribed medication needed for the country(s) you intend to visit.
  
3. Pre-plan to request time off from work or arrange childcare if needed.

## **SECOND STEP: Plan financing and material needed for trip...both physical and spiritual!**

1. Determine total cost of trip.
  - a. Obtain Airfare information and pre-book flight reservations.
    - ❖ The team leader will provide this information as it is available:
  
  - b. Calculate extra costs involved including, but not limited to:
    - ❖ All food expenses (plan for snacks and meals during travel and after destination is reached...discuss with your team coordinator suggestive items to take).
    - ❖ Hotel accommodations if needed (unless otherwise instructed, the team leader will arrange, but be prepared for the cost if not included in arrangements).
    - ❖ Taxi/transportation to & from airports and/or hotels.
    - ❖ Airport taxes in foreign countries cost up to \$20 or more.
    - ❖ Tips/Gratuities.

- ❖ Miscellaneous expenses such as souvenirs/gifts/and some extra for unexpected surprise

c. Plan for needed supplies such as:

- ❖ Toiletries (decide all items for personal needs...this is a must).
- ❖ Snacks and jungle survival food if needed (this may include granola bars, food supplements, vitamins, snack mixes, etc...).
- ❖ Mosquito nets/First Aid material/water pills/inflatable pillow/travel blanket or air mattress (this will be determined by extent of trip and which country traveling to).
- ❖ Recommended Dairy or Journal to document events.
- ❖ Bible/books to read during flight time/tape cassettes and walkman player if desired.
- ❖ Film & batteries for cameras.
- ❖ Collapsible water container.
- ❖ Phone calling card that is for international use.
- ❖ Credit card for any unexpected expenses.
- ❖ Miscellaneous supplies depending on extent of trip and area of world.
- ❖ Some items may not be used and/or needed, but remember you will be thousands of miles from home and will not have access to a convenient store...so be prepared!

2. Begin to exercise and prepare for any physical demands trip may involve...especially if trip will involve building churches or hiking into villages and street evangelism.

- ❖ Begin stretching exercises.
- ❖ Walk and/or jog to build endurance.
- ❖ Work on upper body strength to strengthen back and arms.

3. Study God's word so you can be an effective witness for the Gospel of Jesus Christ!!

- ❖ Learn God's plan of salvation and His plan for our lives so you may be an effective witness.
- ❖ Go to the covenant membership classes provided at the church.

4. PRAY!!!

***PRAY FOR YOUR TRIP...FOR REVIVAL !!***

**THIRD STEP:** Monitor time closely for departure and plan a schedule for things to happen!

1. Plan for Passport and Visa applications to be processed in time.
2. Secure flight reservations and pre-pay to confirm seating and get tickets (again, team coordinator will assist).
3. Plan for all shots to be taken in time frame determined by Doctor.
4. Study the area you are going to for differences in culture/ language/ land climates/etc...
5. Start getting needed supplies and arrange all necessities such as time off from work, childcare, house sitter, someone to watch the pets (spouse not included), etc...
6. Have a backup plan for last minute changes in flight and/or trip times. Allow extra time after trip for flight delays returning home and/or any unexpected surprises.

**BE YOUR BEST FOR MISSIONS TRIPS**

**BEFORE (At least 30 days before departure)**

	<b><u>Do's</u></b>	<b><u>Don'ts</u></b>
<b>NUTRITION:</b>	<ul style="list-style-type: none"><li>- Purchase small cooler</li><li>- Pack high protein, low fat, low sodium, carbs, fruits, vegetables grains</li><li>- Eat lightly</li><li>- Prepare to eat what is packed</li><li>- Water Formula (Weight – 2= daily intake)</li></ul>	<ul style="list-style-type: none"><li>- NO Heavy Foods</li><li>- NO High fat or spicy foods</li><li>- NO FAST FOODS</li><li>- NO Major weight gains or losses</li></ul>

Exercise: Cardio/vascular-aerobic training 3-5 times per week for 30-45 minutes. Examples include: Fast walking, running, rowing, biking, swimming, weight training 3-4 times per week (Full body)

Supplementation: Instant Soy Protein, Multi-vitamin/mineral (The basic for healthy cell structure), Echinacea (Natural antibiotic) 10 days on/ 5 days off, Garlic (Helps kill bacteria & Fungus) 2-6 cloves or tablets (Must have active allicin)-helps eliminate & prevent mosquito & insect bites (Malaria). Anti-oxidants: C, E, Beta-carotene (Boost immune system)

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**IN-FLIGHT**

	<b><u>Do's</u></b>	<b><u>Don'ts</u></b>
<b>NUTRITION:</b>	<ul style="list-style-type: none"><li>- Eat lightly ... graze</li><li>- Eat meals at regular hours</li><li>- Drink fruit drinks, water or herbal teas</li><li>- Eat high protein foods for breakfast or lunch</li><li>- Eat high carb foods for dinner</li><li>- Eat salt free snacks</li><li>- Eat dehydrated fruit &amp; vegetables</li></ul>	<ul style="list-style-type: none"><li>- Avoid smoke, caffeine, nicotine, alcohol, sodium, white flour, white sugar, carbonated drinks</li><li>- NO gas producing foods-apples, beans, cucumbers, melons</li></ul>

- Drink purified water-at least 4 cups per hour
- Drink hydrating fluids-replaces electrolytes-sodium, potassium, etc.
- Call airline to have healthy meal for you  
NO BEEF OR PORK-takes up to 3 days to digest

Exercise: Get up & walk every hour-stretch arms, legs, torso,-head turning, -foot & hand rolling, - abdomen crunches/oblique, rowing while seated, - knee raises, - isometric concentration with abdomen & gluts, - toe raises. **WHATEVER you do DON'T JUST SIT THERE & SLEEP!**

**Supplementation: TAKE SAME AS ABOVE...**

Instant Protein, Vita-Lea, Garlic, Echinacea, Antioxidants: All designed to help build immune system, balance blood sugar and help prevent insect bites (Major cause of Malaria).

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**DURING**

	<b>Do's</b>	<b>Don'ts</b>
<b>Nutrition:</b>	<ul style="list-style-type: none"> <li>- Eat well cooked foods</li> <li>- Eat fresh fruits only if it can be peeled  (i.e. oranges, bananas)</li> <li>- Eat only foods you can recognize</li> <li>- Drink purified water only (American or European)</li> <li>- Keep very well hydrated with drinks that provide sodium, potassium &amp; electrolytes (Helps prevent bacteria &amp; fungus-i.e. Cholera)</li> </ul>	<ul style="list-style-type: none"> <li>- NO RAW FOODS</li> <li>- No spicy, high fat foods</li> <li>- NO TAP WATER</li> <li>- NO Food that has not been cooked under high heat</li> </ul>

Exercise: Stretching every morning and night  
Abdomen & lower back exercises  
floor exercises  
Aerobic exercise will be done by walking, rowing, running, lifting, etc....

Supplementation: Soy protein, Multi-vitamin/mineral, garlic, Echinacea, Vitamin C, E, and Beta-carotene.  
ADD-Bifidus & Acidolpholus to ensure good bacteria in G.I. System.

- You may need 2-3 servings of instant protein
- Add B-Complex to feed brain, nervous system & adrenals