



FOOD FOR THE POOR, INC.

TRAVEL GUIDELINES

BAGGAGE

Food For The Poor uses American Airlines, Jet Blue Airways and Caribbean Airlines for international travel. All three airlines allow one carry-on bag to be placed in the overhead compartment and one small bag, such as a backpack, to go under the seat in front of you. Additional fees may apply for overweight and oversized bags. Check each airline’s website for more detailed information.

<u>International Baggage Fees:</u>	<u>1st Bag</u>	<u>2nd Bag</u>	<u>3rd Bag</u>
American Airlines	\$30	\$40-\$55	\$150
Jet Blue Airways	\$30	\$40	\$150
Caribbean Airlines	\$ 0	\$35	\$100

If you plan to check a bag with gift items on the flight to your destination country, we suggest bringing a duffle bag that can be folded up and placed inside your carry-on for the return flight in order to avoid an extra baggage fee. Another option is to pack your items in a bag that you won’t mind leaving behind.

Be sure to follow the rules for liquids if you pack them in your carry-on bag. You can check the TSA’s website at <https://www.tsa.gov/travel/security-screening/liquids-rule> for current guidelines.

BEVERAGES & MEALS

Bottled water and soft drinks are provided on the bus at all times. You should NOT drink local water or consume anything with ice. In addition, we strongly recommend that you do not eat fresh fruits unless they have a peel or vegetables that are not cooked. If you have dietary restrictions or food allergies please contact our Missions Department. Although we cannot guarantee that we will be able to accommodate specific dietary requirements, we will do our best to ensure that you enjoy well-balanced meals in the host country. Food For The Poor does not cover the cost of alcoholic beverages.

CELL PHONES

Once you leave the United States, cell phone use can become very expensive. You should check with your provider for costs to and from the country you will be visiting. Food For The Poor will provide emergency contact phone numbers prior to your departure.

CLOTHING

Modest dress with minimal jewelry is appropriate. Do NOT bring camouflage clothing as this is prohibited in some countries. During the day, you should plan to wear lightweight long pants, shirts with sleeves, and closed-toe shoes. This will provide extra protection from both insects and the tropical sun. Shorts and sandals may be substituted during evening hours. In most locations, you can expect a tropical climate where the average daytime temperature will be in the 80’s and 90’s. Guatemala is the one country where it may drop into the 40’s at night. In that case, plan to bring a lightweight jacket.

CURRENCY

U.S. currency is acceptable at most tourist shops, hotels and airports. Shopping opportunities will be limited during your mission trip but, if you plan on purchasing souvenirs, you should bring cash in addition to a credit card. Credit cards may not be accepted by some vendors and, when paying in cash, it is likely you will receive change in the local currency. If you plan to use a credit card, be sure to notify the credit card company of your destination before you leave the U.S. to go on the mission trip. Also, be aware that some banks charge a foreign transaction fee which will appear on your credit card statement.

Please note that at the end of the mission trip, a collection is typically taken up for the driver (optional). We recommend \$10 - \$20 per person. You should also plan to bring cash in small denominations (one's and five's) for local tipping.

Entry/ Departure Fees: if traveling to any of the following countries, you will be asked to pay the entry or departure fee in cash.

- DR - \$10 entry fee
- El Salvador - \$10 entry fee
- Haiti - \$10 entry fee
- Nicaragua - \$10 entry fee

DOCUMENTATION

A passport is required and must be valid for at least six months following the start of your mission trip. Be sure to pack a copy of the ID page of your passport separately from where you plan to carry the original. Go to: <https://travel.state.gov/content/passports/en/passports.html> for more information. If you are not a U. S. citizen, you may also need a visa.

DONATIONS / GIFTS

Bringing gifts is optional. If you would like to do so, we encourage you to consider items such as school supplies, personal hygiene products (toothpaste, toothbrushes, bar soap, deodorant) children's underwear, jump ropes, soccer balls, etc. We recommend packing all hygiene and personal care items in a gallon-size food storage bag. It is also acceptable to leave your clothing behind and, if you do, our in-country staff will be happy to collect it at the end of the trip. In addition, please remember the best gift you can give the people you meet is a warm smile, the wonderful touch of your hand, and, of course, a hug. A word of caution...never give your last name, home address, phone number, e-mail address or social media account information to anyone during the visit.

MEDICAL

Food For The Poor does not require any vaccinations, however, we encourage you to check with your physician and/or the Center for Disease Control at www.cdc.gov or call 800-232-4636 for information. Please be sure to include any medical, physical and/or mental conditions, medications, and any specific dietary restrictions in the medical section of your reservation form. Our mission trips can be physically challenging and, in the event of an emergency, this information can make a critical difference. If you are taking prescription medication, be sure it is current and, if not in the original container, you should bring a copy of the prescription. Also, if you are taking a prescription medication, you should not consume any alcoholic beverages that could cause an adverse reaction. It is your responsibility to adhere to your prescription requirements. Remember that you and/or your health insurance provider are responsible for any medical expenses incurred during the trip.

SPIRITUAL NEEDS

Poverty knows no religion. Food For The Poor serves the poor of all faiths and traditions. We invite you to celebrate this unity in Christ and ask that you respect the diversity in the style of our worship during the mission.

VOLTAGE

All of the countries we travel to use 110 voltage (same as US).

WHAT TO BRING/PACKING LIST ***

- Lightweight long pants for daytime / knee length shorts ok for evening
- Shirts/ tops with sleeves (short or long)
- Closed-toe, comfortable shoes or sneakers for daytime/ sandals ok for evening
- Lightweight jacket for Guatemala if traveling into higher elevations
- Plenty of undergarments and socks
- Hat, sunscreen, sunglasses
- Umbrella/ rain poncho
- Swimsuit (optional)
- Minimal jewelry (not flashy or expensive)
- Medications for diarrhea/ motion sickness
- Prescription medications (epipen, inhaler)
- Insect repellent
- Hand sanitizer
- Soap, shampoo, toiletries, lightweight robe
- Earplugs for a restful night's sleep
- Watch or cell phone with alarm
- Camera, batteries, charger, memory card(s)
- Journal/ paper and pen to record memories
- Work gloves

***IMPORTANT NOTE: DO NOT BRING ANY CAMOUFLAGE ITEMS (INCLUDING CLOTHING). THIS IS PROHIBITED IN SOME COUNTRIES FOR ANYONE WHO DOES NOT BELONG TO THE MILITARY OR POLICE FORCE IN THAT COUNTRY.