

Dos and Don'ts on a Mission Trip

DOS

DO get people from your group in each picture.

DO keep contact info with you at all time. Stay calm if you get separated from the group.

DO get alone to pray daily.

DO take something to help you sleep on the plane.

DO frequently check for your tickets and passports. (Hold each other accountable.)

DO know your travel itinerary well.

DO photocopy your passport, yellow fever certificate, and itinerary before you leave. Leave a copy of each with someone in the U.S.

DO lock your luggage.

DO write in your journal daily.

DO have your pick-up person/time secured (for arrival on mission field AND arrival back home).

DO make hotel arrangements for return home if needed.

DO pursue a servant's heart and attitude.

DO bring back little gifts for your supporters.

DO drink bottled water (no tap water or water from other sources when in a foreign country).

DO use sunscreen (at least SPF 15).

DO notify team leader if you have:

- diarrhea lasting more than 72 hours
- bloody diarrhea
- persistent or severe abdominal cramps or pain
- severe chills
- painful urination or discharge
- any other unusual physical problems

DO take any medication you are on. To ensure medicines are taken on the proper schedule, keep your watch on home time, and take your medication accordingly.

DO talk to your team leader if you have any problems with someone at the mission site or with someone else on your team immediately.

DO look for toilet paper in trash cans near toilets. This may indicate that paper is not to be flushed. Ask your missionary if unsure.

DO try to learn the language and use it. Also, use culturally relevant illustrations in your sermons/lessons.

DON'TS

DON'T make promises to missionaries/people that you can't fulfill immediately.

DON'T go anywhere alone.

DON'T eat uncooked vegetables and fruits that are not peeled.

DON'T gossip.

DON'T criticize your hosts culture or the United States.

DON'T pursue a romantic relationship with anyone on your team or at your mission site. You can date them when you get home.

DON'T be afraid to try local food.

DON'T make financial commitments during your good-byes.

DON'T complain about anything! Keep a positive attitude. (Philippians 2:14)