



Trip Guide

TRAVEL TIPS

Travel Meds: Please consult your healthcare provider for appropriate travel medications and required vaccinations. Additionally, insect repellent with 35% DEET for skin and Permethrin for clothing is also effective.

Departure: Please plan to connect with the team at the gate. We will send you a list of those you will be traveling with a week before your departure.

Luggage: For ease of travel and to eliminate the possibility of lost luggage, we recommend carry-on luggage only. The airlines will allow 2 carry-ons which fit in the overhead compartment or under your seat. If you must check luggage, it needs to be 50lbs or less.

Passport: Please make sure you have your current passport along with your immunization record, available when applying for your visa. Please bring color copies of your passport with you. 1 for your carry-on, 1 for your checked luggage, and 1 for each hotel you will be staying in.

Dress: The weather will be hot! Please dress in lightweight clothing. Casual attire is fine. Short sleeve shirts or polos, and jeans or lightweight long pants are recommended. No shorts please. This will help prevent bug bites. A hat, a light jacket because the evenings can be chilly, and comfortable closed-toe walking shoes are imperative. The sun is very strong, so sunscreen is also very important. An umbrella or hooded rain coat may also be useful.

MISC NOTES

- We do not recommend carrying large amounts of cash.
- Although we will be staying in safe accommodations and Internet is available in the hotel, we do not recommend bringing laptops or other expensive equipment.
- If you would like to bring money to purchase souvenirs, you will be able to exchange your cash, not traveler's checks, for local currency.
- While we will be eating three meals each day, you may want to bring some snacks or protein bars.
- Label your bag with your name and destination address
- Label each bag inside with your name and home address
- Carry all cash, valuables, and medications with you on board

PACKING YOUR CARRY-ON

Your carry-on bag can be a real lifesaver, especially if your luggage gets lost. Here is a sample list of items you might want to pack in your carry-on:

- Passport
- Color copies of Passport
- International Certificate of Vaccination
- Airline ticket and travel documents
- Change of clothes – essential in the event your checked luggage is lost or delayed
- Itinerary
- Pen and Pencil
- Address book, journal or small pad of paper
- Camera, batteries, chargers
- iPod, MP3 player
- Laptop if desired, but not recommended
- Money belt or pouch
- Sunglasses
- Anti-bacterial hand sanitizer
- Prescriptions
- Toiletries – include items in your carry-on that could not be replaced at our destination. Other items can be sealed in a larger ziploc bag and placed in your suitcase

Carry-on bag Liquids: 3.4 ounce (100ml) bottle or less (by volume); 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring.

Consolidate bottles into one bag and X-ray separately to speed screening.

PACKING YOUR SUITCASE

Dress: The weather will be very hot and humid! Please dress in lightweight clothing. Casual attire is fine. Short sleeve shirts or polos, and jeans or lightweight long pants are recommended. No shorts please. This will help prevent bug bites. A hat, a light jacket because the evenings can be chilly, and comfortable closed toe walking shoes are also imperative. The sun is very strong, so sunscreen is also very important.

Some additional items you may want to bring include:

- First aid kit – band aids
- Moisturizer
- Sunscreen
- Lip Balm with sunscreen
- Insect repellent containing DEET
- Travel alarm clock
- Daypack
- Snacks (protein bars, nuts, etc.)

Not necessary:

- Water – We will provide plenty of bottled water
- Valuable items – Please do not bring any item of value such as expensive jewelry

EMERGENCY CONTACT INFORMATION

Family Emergencies

- Please contact Sabra Smith at 417-851-4406, between 8AM – 5PM Central time. After hours she can be reached at 573-579-3424. She will be able to reach us while in country. You can also email ssmith@convoyofhope.org.

Flight Emergencies

- Please contact Leah Raubs. Her number between 8AM – 5PM Central time is 417-851-4439. After hours she may be reached on her cell phone at 417-230-1393 (emergencies only please)

