



TEAM MEMBER  
MANUAL



# TEAMS



## I'm Packing for my Trip

- Packing Guidelines
- Travel Tips



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## Packing Guidelines

We recommend packing at least two changes of undergarments and one change of clothing in your carry-on bag. Plan to carry-on any toiletries, medication, glasses/contact accessories, snacks, and other items that you can't live without in case your luggage is lost. Leave a little extra room in your luggage if your team is planning to take gifts. All team members should pack an outfit appropriate for a conservative church setting.

## Modesty

Pack clothing items that fit the standard of modesty for the country you will be visiting. Some countries have more formal standards for men and women. Some countries don't allow women to wear pants and require that women wear long skirts and dresses in ministry settings. Ask your team leader for more information about what clothing will be considered appropriate for your trip.

### Modesty Standards for Women

- Don't bring anything clingy, revealing, tight, low cut, or with holes in it. A good rule of thumb: if you can't comfortably move about for active dramas and skits without revealing cleavage, underwear, or midriff, you should leave it at home.
- Shorts and short skirts/dresses are, as a rule, not allowed in any country for ministry. Please ensure that skirts and dresses fall at the knee or below. If you are wearing low-riding jeans or pants, you must wear a shirt long enough to cover your waist area.
- Leggings or yoga/stretch pants are not considered appropriate for ministry, but may be worn within the hotel at your team leader's discretion.
- Shorts and sleeveless shirts may also be worn within the hotel.
- If shorts are acceptable for certain ministry activities, they must be modest.

### Modesty Standards for Men

- Don't bring anything tight or revealing or clothing with holes in it. Many countries consider it rude to wear clothing with holes and tears in them or pants that are low riding and show underwear.
- As a general rule, men will not be able to wear shorts for distributions or other ministry.
- Shorts can only be worn within your team hotel. Bring pants that can be worn with a shirt that is tucked-in shirt and a belt.





## Other Guidelines

In many countries, body piercings (other than ears for women) and tattoos are considered taboo, especially for men. In order to be sensitive to the culture you are entering, you may need to remove or cover any body piercings and cover any tattoos that would be a distraction to ministry. Men who have braided/long hair or ponytails may also be considered offensive in certain countries. Please consult your team leader and be receptive to any suggestions he or she has. Bring a pair of closed-toed shoes – this might be requested in some places where sandals/flip flops are too informal. Research the country you are going to and ask your team leader for more information.

## Travel Tips

- Always carry your passport, tickets, and visas (if applicable) on your person.
- Travel as light as possible.
- Mark your luggage distinctly so you can locate it easily.
- Pack a foldable bag to bring back any purchases.
- Remove all old airline tags from your luggage.
- Put your contact information inside and outside all luggage.
- Make sure you can carry all of your luggage with no help.
- Pack a photocopy of your passport information page and any inoculations or vaccination records.
- Refer to your airline's current baggage allowances for size/weight guidelines and guidelines for liquids in your carry-on.
- Don't pack any valuables. Put them in your carry-on if you must take them (i.e. cameras, etc.).

## What to leave behind

- Expensive (or expensive looking) jewelry.
- Any valuables that are irreplaceable
- Any unnecessary credit cards, Social Security card, and other routine objects in your wallet that will not be necessary

