

# What You Should Know Before You Go

## DO:

- Stay in prayer continually
- Listen to your team leader for every instruction
- Be adaptable and flexible at all times
- Drink plenty of bottled water and reduce the amount of caffeine
- Check with the Team Leader before eating food in the villages (Some foods are safe, but others are not!)

## DO NOT:

- Go anywhere without the approval of your Team Leader
- Leave the group by yourself
- Drink the water
- Eat leafy green vegetables
- Take camouflage prints, army fatigues or any other army issue apparel

## Suggestions:

- Pack light.**
- You may bring 1 bag and 1 carry-on. Be sure and abide by most travel guidelines with regards to baggage size limits (50 pounds). A bag that exceeds the weight may cause you to pay for an extra bag.
- Feel free to take as many pictures of the kids and dream centers as you like. Be careful when taking pictures outside as many local people do not like to be photographed. If you are a professional photographer, please talk to Dr. Rahman before adding them to your shopping-cart-style-website.

## Any team member under the age of 18 must comply with the following guidelines:

- You must complete the **Parental Statement of Permission** form, signed by both parents (or guardian) with Notary Seal to be presented at the airport.
- Each minor (under 16) must have an **adult sponsor** that is currently **attending the trip**. As the parent / guardian, you must provide a letter stating your child's name and the name of the adult sponsor. Only minors with an adult sponsor / representative will be accepted.