

CALLED TO SERVE

TRAVEL PACKET



EVERYTHING YOU NEED TO KNOW
TO PLAN YOUR TRIP TO
TANZANIA TO SERVE WITH CTS

We're excited to see you in Tanzania!

We are so happy that you feel *called* to serve in Tanzania. These are some things that will help make your dream a reality.

Please remember that **communication is key**. The Cookes need information from just about the first moment that you are thinking about coming so that they can begin to help prepare you for your

trip. You can find all the ways to contact them on the website. Email is best.

You can also find additional information on our website Links page - from the local newspaper all the way to travel insurance and contacting the Embassy. **Use the resources that are provided.**

Most importantly, **pray about your trip to Tanzania**. Pray about whether or not God wants you to use your gifts in Tanzania. Pray about the ministry you feel called to. Pray about when you should take your trip. Pray about who will be coming with you and how they will serve the people of Tanzania.

We can't wait to have you here!



Practical Steps to Tanzania

First Things First

Decide on the date you wish to come and how long you can stay. When you come, what you do, where you go, and how long you stay will factor into the cost of the trip. Contact the Cookes immediately. Determine how many people will be on your team and send the Cookes a list of their full names, genders, and ages. Talk with the Cookes about age limits and the size of the team.

Plane Tickets

Make your airline reservations as soon as the Cookes confirm your desired trip dates. You may have to adjust your dates a day or so one way or the other to accommodate your full team on the flight. If your dates are adjusted at all, please let the Cookes know about the change and what your scheduled arrival time is at Kilimanjaro International Airport.

Passports

Get your passport – or be sure that yours is current. Make several copies of the two front pages of your passport. Pack these pages in your checked baggage. This way you will have your passport with you, at all times, and you will have copies of these important pages separately, in case it is lost or stolen.

Medical Information

Start working on your inoculations. Go to Passport Health, your local health department, or your family doctor and ask for help with medical needs for travel to Tanzania. They will inform you of any shots that you may need. Some are required; some are recommended. Every person coming through Kilimanjaro International Airport must have had their required shots; most especially their yellow fever shot. They MUST bring a shot record (in their carry-on baggage). You will also need a prescription for anti-malaria medication.

Visas

You will also need a Visa to enter Tanzania. You do not get this until you are six weeks ahead of your departure date. Visit the Tanzanian Embassy's website to print the visa application forms. Include everything the form asks for in a manila envelope. We suggest that you send the forms by FedEx and include inside another FedEx envelope (already paid for and addressed back to you). The envelope will come back to you with only your passport in it. Look through the passport and you will find your visa on one of the pages.

Insurance

We recommend you look into travel insurance for your trip. We use www.aaintl.com for ours.



The Packing List

These are our recommended items to bring with you. Remember that you can easily leave things here instead of dragging them back home with you. We can talk specifics for your particular ministry plans later. This list was created as a guideline from the knowledge of the missionaries and the travel experiences of others working with CTS.

CARRY ON

- Passport, plane tickets, shot record, cash
- Journal, Bible
- Book, music, snacks, etc. for the long flight
- Personal items (follow current FAA regulations) such as toothbrush/paste, deodorant, etc.
- Camera and charger
- A full change of clothing

CLOTHING

- No sleeveless shirts, tight-fitting clothing, low-cut shirts or midriffs. No offensive writing or graphics. No shorts. No skirts shorter than mid-calf (longer is better). No camouflage prints or military-themes.
- Shirts that are okay to get dirty; some nicer shirts for church (if you are preaching, please bring a shirt and tie)
- Pants (for males; females may wear jeans, pants and capris around the house, on safari, and travel in and out of the country, but not for ministry) - jeans, wind pants, etc.
- Socks and sneakers for ministry. Flip flops for around the house and for showers when you travel off the compound.
- Light jacket, sweatshirt, long-sleeves, especially during June & July - the evenings may be cooler than you expect. (Females may want some leggings for under their skirts.)
- Plenty of underwear to last your trip.
- Poncho for the rainy season.
- Hats or bandannas

MEDICAL ITEMS

- Bandages and antibacterial ointment
- Cough drops
- Sinus medicine, allergy medicine
- Anti-diarrheal medicine (recommend a prescription for Cipro)
- Antacids
- Pain / headache medicine
- Mosquito repellent with a high DEET content; hydrocortisone cream
- Sunscreen
- Any meds you normally use
- Anti-malarial meds

PERSONAL CARE

- Small packets of tissues
- Roll of toilet paper to carry when ministering for the day
- Hand sanitizer
- Anti-bacterial wipes
- Shampoo, soap, razor, face soap/wipes, etc.
- Feminine hygiene products as needed
- Lotion
- Deodorant
- Lip balm
- Brush, comb, ponytail holders, etc.
- Toothbrush/paste
- Nail clippers/files
- Glasses, contacts, solution (extras of all, if possible)

SNACKS

- Individual drink mixes for water bottles
- Gum, candy (chocolate will likely melt and make a big mess)
- Trail mix
- Granola bars, protein bars, cereal bars
- Crackers

MISC.

- Flashlight with new batteries
- Towel and washcloth for travel away from the CTS house
- Bags for dirty clothes
- Zippered plastic baggies in assorted sizes
- A bag or backpack to carry with you each day
- Battery-powered alarm clock
- Sunglasses
- Pens, paper, notebook

IDEAS FOR MINISTRY GIFTS (optional)

- Small Bibles or New Testaments
- Small toiletries (bar soap, wash cloths, toothbrushes/paste - no mouth wash, please)
- Small bottles of bubbles
- Small toys from the Dollar Store (nothing military-themed or guns, etc.) - stuffed animals, children's books, etc.
- Small notebooks

- Pens or pencils (with sharpeners)
- Men's neckties
- Lotions
- Hand-held mirrors
- Headbands/bows (but not hair clips or ties - the girls generally keep very short hair)
- Bangle bracelets, rubber bracelets, Silly Band type bracelets, necklaces
- Hard candy, gum, lollipops
- Gently used clothing, hats and shoes
- Baby blankets, wipes and formula
- Stickers
- School supplies (paper, crayons, markers, etc.)
- Balloons
- Flashlights and batteries

DO NOT BRING

- Anything in an aerosol can
- Jewelry you would be upset to lose or give away; any flashy jewelry that will draw attention
- Cash printed before 2003
- Traveler's checks
- Things that must be plugged in; the Cookes will help as they are able with charging camera batteries, etc., but power is not reliable enough for much else. If you have concerns, please talk to the Cookes in advance.

