

Pre-Departure Packing List & Orientation Guide

One United Missions International, Inc.

“the LORD your God will be with you wherever you go” — Joshua 1:9 (NIV)

This guide prepares you for a One UMI trip in Latin America. Your trip leader will send country-specific details (such as lodging, schedule, and exact dress code) before departure.

Before You Go

- Check that your passport is valid six months past your return date, with two blank pages.
- Send One UMI a copy of your passport and flight itinerary.
- Enroll in the U.S. State Department's Smart Traveler Enrollment Program (STEP) at step.state.gov.
- Check the CDC Travelers' Health page for your destination and talk with your doctor 4 to 6 weeks before travel about vaccines and malaria or other medications.
- Tell your bank and card companies your travel dates. Check with your phone carrier about an international plan.
- Read the State Department travel advisory for your destination country.

Spiritual Preparation

- Complete the six-week pre-trip Bible study with your team.
- Recruit at least three prayer partners using the Prayer Guide.
- Begin reading through the Team Devotional Guide's "Before You Go" devotion.
- Ask God to prepare your heart to listen, learn, and serve.

Packing List

Documents and money

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| ☐ Passport (plus 2 photocopies, packed separately) | ☐ Driver's license |
| ☐ Flight itinerary | ☐ Insurance cards and One UMI emergency info card |
| ☐ Debit/credit card | ☐ Small U.S. bills in good condition (\$1s, \$5s) |

Clothing

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| ☐ Modest work clothes (knees and shoulders covered) | ☐ Lightweight long pants or skirts |
| ☐ Scrubs (medical volunteers) | ☐ One nicer outfit for church |
| ☐ Closed-toe work shoes / sneakers | ☐ Sandals or shower shoes |
| ☐ Light rain jacket | ☐ Sweatshirt (cool evenings, highlands) |
| ☐ Hat and sunglasses | ☐ Sleepwear and undergarments for each day |

Health and personal

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|---|---|
| ☐ Prescription medications (original containers) | ☐ Sunscreen and lip balm |
| ☐ Insect repellent (DEET or picaridin) | ☐ Hand sanitizer and wipes |
| ☐ Basic first aid / blister care | ☐ Anti-diarrhea medication and pain reliever |
| ☐ Toiletries (travel size) | ☐ Quick-dry towel |
| ☐ Earplugs and eye mask | ☐ Spare glasses / contacts |

Gear

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| ☐ Refillable water bottle | ☐ Day pack |
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| ☐ Flashlight or headlamp | ☐ Phone and charger |
| ☐ Portable power bank | ☐ Bible (and Spanish Bible if you have one) |
| ☐ Field Journal and pen | ☐ Spanish phrase card or app |
| ☐ Zip-top bags | |

Leave at Home

- Expensive jewelry, watches, or electronics you would hate to lose
- Revealing or offensive clothing
- Camouflage clothing (restricted in some countries)
- Anything you are not allowed to carry by airline or customs rules

Country Orientation: What to Expect

Health and safety

- Drink only bottled or purified water, including for brushing your teeth. Avoid ice unless your leader says it is safe.
- Eat food that is cooked and hot; peel your own fruit. Follow your team's guidance on street food.
- Stay with your group, especially after dark. Keep valuables out of sight and carry a copy of your passport.
- Most trips involve heat, sun, and long days. Drink water, rest, and tell a leader if you feel unwell.

Money

- Guatemala uses the quetzal (GTQ). El Salvador uses the U.S. dollar. Other countries vary.
- Many rural areas are cash-only. Your leader will advise on exchanging money safely.

Electricity and communication

- Guatemala and El Salvador use the same 120V plugs as the U.S. Power outages can happen.
- Wi-Fi may be limited. Plan for slow connections and focus on being present.

Culture

- Greet people warmly. A handshake and “buenos días” go a long way.
- Many communities are conservative. Modest dress shows respect.
- Time can be more relaxed than at home. Flexibility is part of serving well.
- Spanish is the main language; some communities speak indigenous languages. Translators will be available.

Useful Spanish

English	Spanish
Hello / Good morning	Hola / Buenos días
Please / Thank you	Por favor / Gracias
My name is...	Me llamo...
Do you speak English?	¿Habla inglés?
Where is the bathroom?	¿Dónde está el baño?
Does it hurt?	¿Le duele?
God bless you	Dios le bendiga
Help!	¡Ayuda!

Entry rules, vaccine recommendations, and travel advisories change. Check travel.state.gov and cdc.gov/travel before every trip.

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