**10 things to do the week before you fly**

1. **Find your passport and pack it.**
2. **Call your credit card company** and tell them where you are going. If you don’t do this, they might freeze your account because they believe your credit card has been stolen.
3. **Stock up on any medications** you regularly take and make sure they are packed in your carry-on. Don’t count on finding medications abroad.
4. **Remind people you’ll be away from social media for your trip!** This way they won’t freak out when you aren’t responding to their snapchats.
5. **Buy a travel journal** to record your experiences in. These are priceless to help you process what you are seeing and feeling and they are priceless to look back on after you have returned home. Do yourself a favor and commit to keeping a journal while abroad.
6. **Bolster your immune system.** Eat lots of fruit and vegetables now, as on many of our trips, fresh fruit and veggies are hard to clean and thus potentially dangerous to your health and we must eat them cooked. Pack vitamins, power bars, dried fruits and nuts to supplement.
7. **Find pictures of your loved ones to carry with you**. There will be opportunities to share these photographs with the people you meet as a way to talk about your life back home.
8. **Pack a few days ahead of time**. This will give you time to double-check your list or purchase things you don’t have yet. DON’T WAIT UNTIL THE NIGHT BEFORE!
9. **Sleep the night before you go**. Not only is countless hours in a plane exhausting, but once we hit the ground our trips are challenging. Don’t show up to the airport dehydrated and exhausted. A good night’s sleep will ensure that you have the energy to jump feet first into trip.
10. **Focus on why we are going**. Often things are crazy in the days leading up to your trip and you find yourself running to the airport feeling scattered. Remember to slow down and think of why your are traveling and what you would like this experience to mean for you. Invite God to challenge you on this trip so that you might be transformed.