

## INTENSIVE TRAINING WEEK TRAVEL GUIDE

### Checklist of Must-Have Items

- Bible
- Passport
  - With same name used on ticket.
  - Passport expiry date must be more than six (6) months later than the final trip date.
- Flight reservation information & receipt
  - For Manhattan ITW, please forward this to Manhattan-ITW@hopecorps.net.
  - For Roatan A/B ITW, please forward this to Roatan-ITW@hopecorps.net.
  - Obtain a seat assignment, if not you may be bumped from flight if it is oversold.
- Cash (USD for North and Central America).
- Credit/Debit Card.
- Duplicates of all the above
  - Leave one copy at home with someone you trust and can contact.
  - Put one copy in your suitcase or some place separate from the originals.
- Notebook and/or journal to take notes in; pen or pencil.

### Travel Tips

Inform your debit and credit card issuer(s) of your travel dates & locations, otherwise they may suspend your account(s) when unexpected charges appear from another country.

### Immunizations

Please check with your doctor or health nurse about which immunizations/vaccines are recommended for the area you are traveling to.

### Electronics

You may bring your cell phone for use in transit; however, you will not be able to use it while abroad unless you prearrange with your provider for a plan that works at your destination. If your phone is unlocked you can buy a SIM when you arrive if you like. Turn on airplane mode upon arrival if you do not have a plan. If there is wifi available where you are staying you can enable wifi with airplane mode on.

### Airlines

Check the website for your airline(s) to see what size carry-on is acceptable. You may check your carry-on, but it will take longer to retrieve once you arrive and there is a possibility of the luggage getting lost or delayed. It would be miserable to spend most of your time without it.

## Hope Corps travels light!

**No regular sized checked bags. Place all your needs in one carry-on size bag.**

### Clothing guidelines:

**The official Hope Corps uniform is Hope Corps blue shirts, black bottoms and black shoes only.** Please refer to the *ITW Uniform Manual* on the HC website. No flip-flips or sandals. Uniforms will be required at all times during ITW and transiting to / from ITW, unless otherwise instructed by your ITW director.

1. No jeans or jean skirts in classes or church services.
2. All clothing should be modest in nature at all times with skirt hems falling comfortably below the bottom of the knees standing or sitting and no slits.
3. Two or three Hope Corps shirts are recommended. Order from Hope Corps website.
4. Solid black tie for men.
5. Hope Corps ITW participants traveling to Roatan should pack casual/work clothing to provide any help needed at the Hope Corps Training Center.
6. Depending on instruction from your ITW director, you may or may not wear casual clothes for selected off-site activities. If you wish pack one set of casual clothes.

### Packing:

1. Shoes should be comfortable but dressy black shoes for class and church services (e.g. black leather sneakers). If you are traveling to a location where construction work is being done, men should bring work shoes. Otherwise walking/hiking shoes are recommended.
2. Hosiery is not required for women. Men must wear lightweight black socks (cotton is best).
3. You can wash out your clothes when you shower at night. Wring very well and spread out or hang to dry. Bring laundry soap. Bar soap is great because it doesn't count as a liquid.
4. Choose clothing that does not require ironing. Simply hang up the items you are going to wear the night before. Steam from the shower will loosen wrinkles.
5. Sunscreen and bug spray might be advised. Check the weather and pack accordingly.
6. Bring a pair of waterproof shoes (e.g. crocs or flip-flops) for the flight, shower, etc.
7. A typical clothing list is:
  - Two or Three Hope Corps shirts
  - Two or Three black skirts / trousers
  - Four pair undergarments
  - Four pairs black socks
  - Black shoes
  - Black belt and one solid tie (men)
  - One set of casual clothes

### Money Information

Escrow Fees: You will need this paid in advance to Hope Corps to cover your room, food and travel insurance fees. Please check the website for final payment deadlines.

Bring \$100 or more for your own spending money. Small denominations are needed; don't bring bills larger than a \$20 bill. You will receive change back in that country's currency. USD recommended in North/Central America. Use discretion about how much spending money to take for extra food and souvenirs.