

REFUGEE Carry-On Check List:

- Bible
- Passport
- COVID-19 vaccination Card & Copy
- Money
- N95 Mask & light travel mask (Airlines may require this)
- Prescription *and/or* Over The Counter Medications
- One Set of Clothing
- Essential Toiletries (*Please Adhere to The TSA's 3-1-1 Security Rule For Flying With Carry-On Liquids (3.4 Oz Bottle Or Less; I quart-Sized, Clear, Plastic, Zip-Top Bag; 1 Bag Per Passenger)*)
- Medical Tools (*Stethoscope, Otoscope, blood pressure cuff Ect.) For Medical Practitioners*)

Some Items Will Be Given to You At The Airport: (* If flying from Tulsa)

- 2 Medicine Bags
- Name Tag & Lanyard (*Check for accuracy*)
- Awe Star baggie with travel documents

General Travel Rules

- Take a quick picture of your check-in bag(s), so if its lost, you have a visual description of the bag.
- When we check your bags at the airport,
 - o Please make sure your bag is tagged to our final destination: Beirut, Lebanon
- Please be positive, respectful & kind at all times.
- Please maintain a Christian witness with your attitude, actions, and words.

- No joking about bombs, terrorism, covid, or weapons. *National Security in the USA and abroad take this very seriously. Especially to those travelling to/from The Middle East region of the world.*

Once You Have Boarded Your Flight:

Do not place any travel documents in the seat pocket in front of you. Place them in an inside pocket of your back pack.

- On the flight begin anti-jet lag prevention (<https://www.mayoclinic.org/diseases-conditions/jet-lag/symptoms-causes/syc-20374027>)
 - **Regulate bright light exposure.** Because light exposure is one of the prime influences on your body's circadian rhythm, regulating light exposure may help you adjust to your new location.
 - **Stay on your new schedule.** Set your watch to the new time zone before you leave. Once you reach your destination, try not to sleep until the local nighttime, no matter how tired you are. Try to time your meals with local mealtimes too.
 - **Stay hydrated.** Drink plenty of water before, during and after your flight to counteract the dehydrating effects of dry cabin air. Dehydration can make jet lag symptoms worse. Avoid alcohol and caffeine, as these can dehydrate you and affect your sleep.
 - **Try to sleep on the plane if it's nighttime at your destination.** Earplugs, headphones and eye masks can help block out noise and light. If it's daytime where you're going, resist the urge to sleep.

Use wisdom on the plane as you engage with other passengers.

How To Fill Out Immigration/Custom Cards

Given Name= *First Name*

Surname = *Last Name*

Reason for travel, please check *Tourist*

Port of Embarkation= *Where you are coming from*

Port of Disembarkation = *Where you are landing*

Know your *Airline, Flight number and Passport Number*

Arriving In Country

ARRIVAL IN COUNTRY INFORMATION:

Hotel Info in country: Arab Baptist Theological Seminary

Address: Blata Street PO Box 60 Mansourieh Metn Lebanon

Phone: +961 4 400 250

Cell Phone in country: 011-812-820-6235

Who are you working with:

Rick McEdwards, 7th Day Adventist Church

Cell: +961 70 725 513

Immigration

Have your Customs Card, Airline Ticket Stub in hand along with your Covid-19 Vaccination Card.

- Be respectful and kind, but quiet going through Immigration.
- Answer any questions asked honestly, but do not volunteer any more information than necessary. *You are coming in on a Tourist visa, not a missionary or medical visa. Therefore, do not refer to yourself as a missionary.*
- Please **do not** share you are working with Syrian Refugees. Just share you are working with the Adventist church in the country, and we are staying at the Arab Baptist Seminary.

- Once you go through Immigration, we will move together to Baggage Claim.
- Once all your bags are accounted for move through Customs.
- Do not allow the Airport workers to carry your bags- they will require a tip if you do, which you will be responsible.

Customs

-If you are not asked to stop, keep walking. Wait on the outside doors of Customs. An Awe Star Representative will be waiting for you.

-If they ask to look in your bag, allow them. If you are travelling with medications, an Awe Star Staff member will be present to help you.

Once everyone is through Customs, we will regroup, get bags and head toward the car rental area.

Welcome to Lebanon!