**REFUGEE Carry-On Check List:**

* Bible
* Passport
* COVID-19 negative screen -Printed Copy
* Money
* N95 Mask & light travel mask
* Prescription And/Or Over The Counter Medications
* One Set of Clothing *(Culturally Appropriate)*
* Head Scarf *(Female)\*may or may not be needed*
* 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;****1****quart-Sized, Clear, Plastic, Zip-Top Bag;****1****Bag Per Passenger)*
* Medical Tools *(Stethoscope, Otoscope, blood pressure cuff Ect.) For Medical Practitioners*

*\*Please travel in culturally appropriate clothing.*

**Some Items Will Be Given To You At The Airport:**

* Awe Star Manual
* Ministry supplies: Storytelling Scarf & Booklet
* 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 our bags at the airport, we will do so individually. Awe Star Staff will talk to the airlines and let them know we have a group; often the airlines give us a designated line.
	+ Please make sure your bag is tagged to our final destination: Beirut, Lebanon
	+ Once checked in, wait for the remainder of the team. Please wait in an area out of the flow of people walking. We will travel through security and to our gate together.
	+ Each person will be assigned a travel buddy and a Small group at the airport to be able to account for everyone while traveling. This will ensure no one is left behind. *We are all adults, but when traveling as a group we must make sure the Team Leaders know your where abouts at all times.* *This helps eliminate any confusion, miscommunication, or delays while traveling.*
* Please be positive, respectful & kind at all times.
* Please maintain a Christian witness with your attitude, actions, and words.
* No joking about bombs, terrorism, 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**

When you deplane please wait to go through Immigration until all Team Members are present. Listen for Instructions from the Team Leader.

***Immigration***

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

* 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 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 local church in the country and we are staying at the Baptist Seminary.
* Once we all go through Immigration, we will move together to Baggage Claim.
* We will set an area for each of us to grab our personal bags and ministry bags that you may or may not have been asked to check.
* Once all bags are accounted for we will move through Customs together.

***Customs***

-If you are not asked to stop, keep walking. Wait on the outside doors of Customs.

-If they ask to look in your bag, allow them *(an awe Star Staff person will be present to help in this process)*

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

**Welcome to The Middle East!**