

The Gambia Carry-On Check List:

- Bible
- Passport
- COVID-19 Vaccine Card -Printed Copy
- Money
- 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; 1 quart-Sized, Clear, Plastic, Zip-Top Bag; 1 Bag Per Passenger)*)
- Medical Tools (*Stethoscope, Otoloscope, blood pressure cuff Ect.) For Medical Practitioners*)
- Medical Licensure

Some Items Will Be Given to You At The Airport: pls leave room in your personal bag

- Awe Star Manual
- 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.
 - o Please make sure your bag is tagged to our final destination: Banjul, The Gambia
 - o 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.

- o Each person will be assigned a travel buddy 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 whereabouts 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, covid, or weapons. *National Security in the USA and abroad take this very seriously.*

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*

In country info:

Country Contact: *Pastor Edmond Martins*
New Life Fellowship International/ Power House
Tipper Garage Bakote 53326 Banjul, The Gambia

Cell: 220-991-2931

Lodging: *Senegambia Beach Hotel*
Address: *Kololi, Banjul The Gambia*
Phone+220 200 0348 Mr. Adama Hotel Manager

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 Passport, Customs Card, Airline Ticket Stub in hand along with your Covid-19 Vaccine card or 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 or medical visa. Therefore, do not refer to yourself as a missionary.*
- Please **do not** share you are a medical missionary; just say you are on a medical mission to help the people- *only if asked.*
- 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 your bags are accounted for you & your travel buddy will move through Customs together.
- 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.

-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 our bus.

Welcome to The Gambia!

Travel Groups

<i>Group 1</i>	<i>Group 2</i>
<i>Peggy</i>	<i>Dr. Nunley</i>
<i>Grace</i>	<i>Ben</i>
<i>Group 3</i>	<i>Group 4</i>
<i>Adriana</i>	<i>Dr, Krautter</i>
<i>L'aria</i>	<i>Camp</i>
<i>Group 5</i>	
<i>Angela</i>	
<i>Emily</i>	

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