

Mission Trip Prep Checklist

Your 90-day countdown to serving well

Use this printable countdown to get your documents, health, finances, and heart ready before you go. Check each box as you finish.

90 days before

- ☐ Apply for or renew your passport (it should be valid 6+ months after return)
- ☐ Submit your trip application and deposit
- ☐ Start your fundraising plan and send support letters
- ☐ Check entry and visa requirements for your destination country
- ☐ Review the CDC Travelers' Health page for your destination

60 days before

- ☐ Schedule a travel health visit for vaccines and medications
- ☐ Book flights (ask about humanitarian fares)
- ☐ Buy travel medical insurance with evacuation coverage
- ☐ Attend team training and orientation
- ☐ Begin learning basic phrases in the local language

30 days before

- ☐ Enroll in STEP at step.state.gov (U.S. citizens)
- ☐ Make copies of your passport, insurance, and itinerary
- ☐ Notify your bank and set up an international payment option
- ☐ Collect donated supplies for the team
- ☐ Send a fundraising update and thank-you notes

1 week before

- ☐ Pack using the list below and weigh your bags
- ☐ Confirm flights and baggage rules
- ☐ Share your itinerary and emergency contacts with family
- ☐ Download offline maps, a translation app, and team contacts
- ☐ Get local currency or plan for ATMs

Packing essentials

- ☐ Passport, copies, and trip letter
- ☐ Modest, lightweight clothing and closed-toe shoes
- ☐ Medications in original containers, plus a basic first-aid kit
- ☐ Insect repellent, sunscreen, hand sanitizer
- ☐ Reusable water bottle with filter
- ☐ Bible, journal, and pen
- ☐ Small gifts for host families (ask your leader)
- ☐ Universal power adapter

Prepare your heart

- Pray daily for the people you will serve and your team
- Go to learn and listen, not to fix
- Respect local culture, leaders, and customs
- Ask permission before taking photos, especially of children
- Stay flexible - plans change, and that's part of the journey

Want more?

Join the Hope Life Global mailing list for trip dates, free guides, and stories of hope at hopelifeglobal.com.