Make an IMPACT

STAYING SAFE

NORTH COAST IMPACT

Keeping Mission Team members safe is a top priority! This includes choosing trips in countries where your safety has been carefully considered. The tips below are intended to provide additional awareness and safety for you.

TIPS FOR SAFETY

1. Please follow the guidelines and rules given to you by your local host and team leader. Be informed of local laws and customs.

2. Stay in groups. There is not a time when you should venture off alone. Find a buddy! Keep a low profile in your group.

3. If you are part of a smaller group that is stepping away from the larger group, tell your team leader. Plans may change and this will prevent you being left behind.

4. Ask your local host or in-country leader where the nearest hospital is located and what emergency safety plans they already have in place.

5. If possible, don't bring any jewelry. Keep cell phones and other technology put away when possible.

6. Don't hesitate to tell your leader if you are not feeling well. In many cases, dehydration is a constant consideration so drink plenty of bottled water.

7. Keep important medications with you or give them to a team leader: epi pens, asthma inhalers, etc.

8. Make a photocopy of your passport and keep it in your bag that's being used for your daily outings.

9. Do not share your personal information with those you encounter on the trip unless your team leader has approved it.