

# Physical Prep

## Requirements and Tips

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Preparation for a GO trip takes a foundational knowledge of Scripture, a growing personal walk with the Lord, expansive prayer support, cross-cultural training, and understanding of physical requirements, to name a few.

Consider the following requirements and tips as you prayerfully seek whether or not God is calling you to serve on an upcoming GO trip:

### PHYSICAL FITNESS

- **Requirement:** Most domestic and international GO trips will require walking a minimum of 3-5 miles per day with some covering up to 20 miles on some days.
- **Tip:** Consider exercising or walking at least a mile a day, a few days each week in the months leading up to the GO Trip. Also, make sure you have comfortable shoes to walk in. If you're not sure how many miles you've got on your current ones, consider purchasing some new ones and make sure they are good and broke-in before the trip.

### VARIED CLIMATE

- **Requirement:** Many of our domestic and international GO trips will take place either during the warmer months and/or in locations closer to the equator with a much warmer climate. Most non-western cultures require wearing long pants or dresses regardless of the temperature or humidity. Some trips may also advise wearing long sleeves to help guard against mosquitoes and other biting insects. Not all GO trip locations have the luxury of air conditioning. The Strategy Leader for your trip will know how best to coach you on culture and climate requirements.
- **Tip:** Consider turning your air conditioning up a few degrees to help acclimate yourself somewhat to the warmer climates that you will likely encounter. Pack lightweight, breathable, moisture-wicking clothing if possible.

### UNIQUE FOODS

- **Requirement:** All international GO trips will expose teams to foods they may have never heard of and definitely some they would never consume unless in a foreign country. Most cultures consider it offensive to not at least try what is placed in front of you food-wise. Obviously, dietary restrictions (ex. allergies, health conditions, etc.) are valid reasons to not try something. In almost all cases, one should only drink bottled or filtered water from a trusted source (this includes ice). The Strategy Leader for your trip will know how best to coach you on foods to expect.
- **Tip:** Consider researching some of the foods that you might expect to be offered to you. Look for restaurants around the city that might have international cuisine or dishes to help expand your palette and intestinal fortitude. Have a handful of foods that you can take with you (ex. protein bars, crackers, etc.) that you'll be able to digest easy if your stomach is having a hard time adjusting.