





# THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

## THE QUORUM OF THE TWELVE APOSTLES

47 EAST SOUTH TEMPLE STREET, SALT LAKE CITY, UTAH 84150-1200

April 11, 2023

Dear Sister Makenna Marie Taylor:

We welcome you to full-time missionary service to proclaim the gospel of our Lord and Savior Jesus Christ and to help build His kingdom on earth. We trust that you will savor the honor and privilege of bringing souls to the Master by losing yourself in the work.

As you continue to read and study the scriptures, you will increase your personal knowledge and testimony of the Savior and His gospel. You will be motivated to be obedient and to work hard. You will learn to be led by the Spirit so that you can teach and testify with converting power. The Savior taught:

Remember the worth of souls is great in the sight of God (D&C 18:10), and

Lift up your eyes, and look on the fields; for they are white already to harvest. And he that reapeth receiveth wages, and gathereth fruit unto life eternal: that both he that soweth and he that reapeth may rejoice together (John 4:35–36).

To help you prepare for your mission, we have provided information and instructions on the portal for you to study and follow carefully.

May you find everlasting joy in your service to your Father in Heaven, His Beloved Son, and the people to whom you minister.

Faithfully your Brethren,

The Quorum of the Twelve Apostles

# Mission Leaders

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Timothy D. Morris and Cindy S. Morris, three children, Grand Lakes Ward, Katy Texas Stake: Italy Rome Mission. President Morris is a former stake president, high councilor, bishop, elders quorum president, ward mission leader, ward Young Men presidency counselor, and missionary in the Italy Catania Mission. He was born in Bryan, Texas, to David Gordon Morris and Carole Campbell

Morris. Sister Morris is a former stake Young Women presidency counselor, ward Young Women president, ward Relief Society presidency counselor, ward Young Women presidency counselor, Gospel Doctrine teacher, and institute teacher. She was born in Salt Lake City, Utah, to John Leon Sorenson and Patricia Campbell Sorenson.

**THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**

**Italy Rome Mission**

The map displays the following regions and cities:

- Italy:** Piemonte, Lombardia, Veneto, Friuli Venezia Giulia, Marche, Umbria, Toscana, Lazio, Abruzzo, Campania, Puglia, Basilicata, Calabria, Sicilia, Sardegna.
- France:** Provence-Alpes-Côte d'Azur, Occitanie, Nouvelle-Aquitaine, Auvergne-Rhône-Alpes, Bourgogne-Franche-Comté, Île-de-France, Grand Est, Hauts-de-France, Normandie, Bretagne, Pays de la Loire, Centre-Val de Loire, Occitanie, Nouvelle-Aquitaine, Auvergne-Rhône-Alpes, Bourgogne-Franche-Comté, Île-de-France, Grand Est, Hauts-de-France, Normandie, Bretagne, Pays de la Loire, Centre-Val de Loire.
- Monaco:** Monaco
- Balkans:** Bosnia and Herzegovina, Croatia, Serbia, Montenegro, Albania, Kosovo, North Macedonia, Bulgaria, Greece, Turkey.
- North Africa:** Algeria, Tunisia, Libya, Egypt, Sudan, Chad, Niger, Mali, Mauritania, Morocco, Mauritius, Reunion.

Major cities marked include: Turin, Asti, Genoa, Parma, Modena, Bologna, Ferrara, Ravenna, San Marino, Florence, Arezzo, Livorno, Pisa, Siena, Ancona, Perugia, L'Aquila, Pescara, Campobasso, Foggia, Benevento, Caserta, Naples, Salerno, Potenza, Bari, Brindisi, Lecce, Taranto, Crotone, Catanzaro, Vibo Valentia, Reggio di Calabria, Messina, Palermo, Marsala, Catania, Siracusa, Ragusa, Valletta, Bizerte, Annaba, Beja, L'Arana, Zaghouan, Nabeul, Souk Ahras, El Kef, Siliana, Sousse, Monastir, Mahdia, Tebessa, Kasserine, Qasserine, Sidi Bouzid, Gafsa, Tozeur, Kebili, Gabès, Zarzis, Skikda, Guelma, Jendouba, Oum el Bouaghi, Tipaza, Kef, Bizerte, Annaba, Beja, L'Arana, Zaghouan, Nabeul, Souk Ahras, El Kef, Siliana, Sousse, Monastir, Mahdia, Tebessa, Kasserine, Qasserine, Sidi Bouzid, Gafsa, Tozeur, Kebili, Gabès, Zarzis.

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**Italy Rome Mission**

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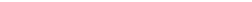
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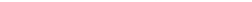
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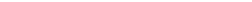
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# Things to Do Immediately

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Read and complete the following tasks as soon as possible after receiving your mission call. This will ensure that you complete time-sensitive tasks in a timely manner, and will assist you with important information pertaining to mobile devices, dress and grooming, and travel.

## Things to Do First

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### Read and Accept Your Call

- ☐ Read this letter from the Quorum of the Twelve Apostles.
- ☐ Acknowledge your acceptance of your call.

### Download Mission Preparation Instructions

- ☐ Download the instructions to prepare for your mission contained on this website and share them with those who will be helping you prepare.

## Time-sensitive Items: Please Check Off Each Item When Completed

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### Mobile Devices

- ☐ You will be serving in a mission where mobile devices are used. Please go to the mobile device section for more information.

### Medical

- ☐ Please complete all necessary medical tests and treatments, including orthodontic, dental work, and eye exams. Complete all follow-up treatment.
- ☐ All orthopedic problems (ankles, feet, knees, hips, shoulders, back, and so forth) need to be completely resolved before you begin your mission.

### Vaccinations

- ☐ Obtain and record the required vaccines listed in the vaccines section. You should obtain all required vaccines before entering the MTC or beginning your mission.

## Important Information

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### Dress and Appearance

- ☐ Carefully study the information for missionary clothing at <https://www.churchofjesuschrist.org/callings/missionary/dress-and-appearance>. Use these guidelines as you prepare and as you shop for clothing for your mission.

### Military

- ☐ If you currently serve in the United States Army Reserve, Air Force Reserve, Navy Reserve, or Marine Corps Reserves, or if you serve in the Army National Guard or Air National Guard, please take a copy of your mission call letter to your unit administrative section and complete the application to be transferred from Active Reserve to Individual Ready Reserve (IRR) or from Active Guard to Inactive National Guard (ING). If approved, you will be allowed to serve your mission. Do not go to the MTC or begin your mission without receiving approval for IRR or ING status.

### SafetyZone Introduction

- ☐ Watch the first video in a series of entertaining and informative safety videos. The principles found in these videos will be emphasized throughout your missionary service.

### Travel

- ☐ Pay close attention to the "Missionary Travel" information.
- ☐ If a visa is required, instructions will be emailed to your missionary.org email address within one week of opening your call. Please follow the instructions in the visa packet promptly and completely to begin in your assigned country on-time. It will save you time if you

have applied for your passport before the visa information arrives.

# General Information

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"Invite others to come unto Christ by helping them receive the restored gospel through faith in Jesus Christ and His Atonement, repentance, baptism, receiving the gift of the Holy Ghost, and enduring to the end" (Preach My Gospel, 1).

## Visitors' Center

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### Visitors' Center Information

Learn how serving at a visitors' center or a historic site contributes to the Lord's work of inviting others to come unto Christ.

## Pre-MTC Training

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### Learn Italian

Start learning now! TALL Embark will help you to better understand Italian and to sound more natural as you share what's in your heart. Begin your journey.

### Complete These Additional Tasks

- ☐ Read or reread the Book of Mormon before beginning your mission.
- ☐ Continue to "treasure up the word" (D&C 11:21-22; 84:85) and to seek the companionship of the Spirit (D&C 42:12-14).
- ☐ If you have not received a patriarchal blessing, please do so, if possible.
- ☐ Resolve all worthiness issues with your priesthood leaders (Alma 26:22).
- ☐ Settle all personal debts.
- ☐ Mark your name on clothing, luggage, and other personal belongings.
- ☐ If possible, continue private health insurance coverage (see the "Medical Information" section).
- ☐ Work with your stake president to arrange to be set apart as a full-time missionary. This should happen as closely as possible to your MTC date or the beginning of your mission. Once set

apart, live by missionary standards, including always having a companion with you.

- ☐ Be aware that your mission assignment may be modified according to the needs and inspiration of Church leaders.

Please note that circumstances in the country of your assigned mission may require that you begin with a temporary assignment in your home country. You will receive further instruction if this becomes necessary.

### Temple

Please do the following:

- ☐ Work with your priesthood leaders to prepare for and receive your temple endowment as soon as possible (see General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints, 27.2). For some, this may be during training at the missionary training center.
- ☐ Participate in a temple preparation class (if available) and study the additional resources at [temples.ChurchofJesusChrist.org](https://temples.ChurchofJesusChrist.org) or on Gospel Library to help you deepen your understanding of the temple.
- ☐ Set up a FamilySearch account and prepare names of individuals to receive temple ordinances. You may also use Ordinance Ready to do this. Temple and Family History consultants in your ward, branch, or stake are available for additional help if needed.
- ☐ Participate in temple ordinances as often as your circumstances allow. Consider participating in each temple ordinance with a personal family name.
- ☐ If your circumstances allow you to attend the temple regularly, consider talking to your priesthood leader about serving as an ordinance worker before beginning your missionary service (see General Handbook: Serving in The

Church of Jesus Christ of Latter-day Saints, 24.5.1).

## **MTC Experience**

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Your training will begin online on Monday, August 28, 2023. You should expect to report to the Provo Missionary Training Center on Wednesday, September 6, 2023 for in-person training. The MTC will contact you a few weeks before your training begins.

Please note that circumstances sometimes require a change in your MTC location. You will receive further instruction if this becomes necessary.

## **Travel to the MTC**

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Please see the Missionary Travel section for details on traveling to the MTC.

## **Who May Accompany You**

Only one vehicle will be permitted to enter the MTC campus. You will only be able to spend a brief moment with those who drop you off as your luggage is unloaded. Pedestrians will not be allowed to approach the MTC. Farewells and photos should take place prior to your arrival at the MTC.

Your family should not plan to enter the MTC buildings with you. They will be directed to a curbside location to drop you off and say goodbye.

Report to the MTC dressed in missionary attire.

## **Money**

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### **Monthly Contributions**

Your ward missionary fund will be charged the monthly equalized contribution that is designated for missionaries serving from your home country.

Those responsible for your financial support should make sure that this contribution amount is donated to the ward missionary fund each month. The ward missionary fund is charged for the previous month's expected contribution. The first and last month's charges to the ward missionary fund will be prorated based on the number of days that you spent away

from home at an MTC or in the mission field during that month.

Contributions to the Church's missionary funds support missionary efforts worldwide. These contributions, including those prepaid, are not refundable. Therefore, in case of early release, it is preferable to make monthly contributions rather than large contributions at the beginning of your mission.

## **Missionary Support Fund (MSF)**

Your mission president has been authorized to disburse funds to you each month to cover mission-related expenses (see Missionary Standards for Disciples of Jesus Christ, 4.8.1).

At least monthly, your mission will fund the MSF card with the amount needed for your particular teaching area. You should not save money on the card for use after your mission. If you do not need all the money given to you for appropriate expenses, notify the mission office. Similarly, if you are not receiving enough money to pay for your basic living and required travel expenses, notify the mission office.

You will receive a MSF card, along with instructions to use it, when you arrive at the MTC.

- The MSF card should not be used while at the MTC.
- It may be used to pay baggage fees while traveling from the MTC to the mission field.
- The mission office may provide more information when you arrive in the mission field.

## **Personal Funds**

Use funds from home for personal expenses (see Missionary Standards for Disciples of Jesus Christ, 4.8.2).

The safest way for parents and others to send you personal funds is through a personal debit card. This should be set up before beginning your mission. Debit cards can be used to obtain local currency from ATMs. Checks generally cannot be cashed in the mission field.



- ❑ Please check with your financial institution regarding using your debit card in your mission country(ies). Take special note of chip and pin card requirements in certain countries. Also ask about fees for accessing personal funds in your mission country(ies). Consider using a financial institution that minimizes fees.

Protect the credit or debit card you brought with you from home. Carry it only when you plan to use it; otherwise, keep it in a secure location at your apartment. If the card is lost or stolen, it may take several weeks to receive a replacement.

- ❑ In case of unexpected travel expenses, you should carry US\$200 or its equivalent in local currency on a personal debit card while traveling. Some of this money may be used to pay for expenses such as baggage fees, meals while traveling, and personal needs (see "Missionary Travel" section).
- ❑ It is recommended that you take US\$50 (or its equivalent in local currency), to the MTC to cover incidental personal expenses, such as personal items, study supplies, snacks, and so forth.

## Currency Exchange

- ❑ Before you travel, it is essential to exchange personal funds to the local currency used at the MTC you will attend. MTCs are not licensed to exchange currencies, and exchanging currency at airports is not safe because currency exchanges may be watched for opportunities for theft.

## Contact Information

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### Communication Guidelines

You may communicate with your family each week on preparation day. For guidelines and policies on communicating with family, see Missionary Standards for Disciples of Jesus Christ, 3.9.1.

### Email

You will use a Church-provided email account during your mission for both personal and mission-related communication. This email account also includes

Google productivity apps and online storage for your documents, photos, and videos.

You should check your Church missionary email account regularly prior to your mission. Your leaders or Church departments may send emails to this account to communicate with you before your mission.

To access your email account, go to Mail.Missionary.org and log in with your Church Account username and password. If you have concerns with this address, please contact the Global Service Center at [missionsupport@ChurchofJesusChrist.org](mailto:missionsupport@ChurchofJesusChrist.org).

### Church-Provided Account

Your Church-provided email address is:

[taylor.makenna@missionary.org](mailto:taylor.makenna@missionary.org)

### Mission Email Address

You may email your mission at:

[2016605@ChurchofJesusChrist.org](mailto:2016605@ChurchofJesusChrist.org)

### Security

In all electronic communications, do not include personal information that could compromise your identity and location, the locations of your family members, local members or people you teach. Examples include full names, residential and work addresses, personal telephone numbers, checking or savings account numbers, and computer passwords.

### Email Support

To request support or share feedback, visit [mail.missionary.org](http://mail.missionary.org) and click on the appropriate links at the bottom of the page.

### Letter Mailing Instructions

Family and friends may send letters to the mission office until you can notify them of the address of your first assignment in the mission field:

Sister Makenna Marie Taylor  
Italy Rome Mission

Piazza Monte Gemma, 9  
00141 Rome RM  
Italy

## **Package Mailing Instructions**

This address may or may not be the same as the letter mailing address.

Sister Makenna Marie Taylor  
Italy Rome Mission  
Piazza Monte Gemma, 9  
00141 Rome RM  
Italy

Phone: 06-817-6869

If your family ships a package via a private courier, they will need the mission office telephone number listed above.

Packages sent to other countries often do not reach their intended destination. When they do arrive, they are subject to customs duties (taxes) that you must pay from personal funds. This amount may be equal to or greater than the cost of the items being sent.

If you need to send optical supplies, it is best to use regular mail. Packages sent through private carriers cannot be forwarded, which may delay delivery. Prescription medications cannot be sent through postal service or private carriers.

When debit or credit cards need to be sent to you in the mission field, private carriers (DHL, Federal Express, and UPS) are best. Do not include pin numbers.

## **Music**

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### **Selecting Music**

Appropriate music can be a powerful source of inspiration. You should select music that meets mission standards and is sacred, dignified, and suitable for missionary work.

### **Music Playback Devices**

Generally you are required to use speakers when listening to media. Headphones are used only for approved missionary activities such as

communicating with family or taking missionary courses.

## **Musical Instruments**

If approved by your mission president, you may bring a musical instrument to the mission field. For instructions on this policy, see Missionary Standards for Disciples of Jesus Christ, 3.6.4.

## **Miscellaneous**

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### **Hearing from Your Mission Leaders**

Because of varying circumstances, it may not be possible for your mission leaders to contact you before your mission begins.

### **Electrical Voltage**

- ☐ The electrical voltage in your mission is 220. Electrical equipment must be compatible with this voltage.

### **Notice**

Most missionary assignments are presided over by a mission president. Some assignments report ecclesiastically to a historic site president, visitors' center director, a temple president, or a member of an Area Presidency. Wherever "mission president" is used in your missionary recommendation forms or in this call packet, that term may refer to these individuals as well. They and their companions will have access to your personal and health information. Please contact the Missionary Department with any questions.

# What to Bring

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Please carefully review the Dress and Appearance Guidelines and go to <https://www.churchofjesuschrist.org/callings/missionary/dress-and-appearance> to view photos and frequently asked questions about missionary dress and appearance standards. Reviewing the photos on this website will help you choose appropriate missionary clothing.

## **Items Specific to Your Mission-Clothing**

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### **Missionary Attire**

- ☐ Outfits (5-6). Dresses, skirts and blouses.
- ☐ Dress slacks (3-4).
- ☐ Sunday shoes (1-2).
- ☐ Comfortable dress shoes (2).
- ☐ Garments (8-10).

### **Seasonal**

- ☐ Sweaters (2).
- ☐ Raincoat: With a zip-out liner for warmth.

To save space and weight in your luggage, winter clothing may be mailed to the mission office if you will not need it while you are in the MTC.

### **Casual**

- ☐ Exercise clothing.
- ☐ Other activities: One set of clothing for activities where regular missionary attire is not appropriate; pants must be full length.
- ☐ Pajamas (1): Robe and slippers, as needed.
- ☐ Shower sandals.

## **Items Specific to Your Mission--Non-clothing**

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### **Personal Items**

- ☐ Personal supplies (makeup, toothbrush, toothpaste, dental floss, mouthwash, shampoo, deodorant, hand lotion, shaving supplies,

combs, shoe polishing supplies, and so forth) to last the duration of your MTC stay.

- ☐ Miscellaneous: Small sewing kit, laundry bag, small LED flashlight, batteries, inexpensive watch and extra eyeglasses or contact lenses and solution (if needed). Moleskin for blisters.
- ☐ Thermometer.
- ☐ Clothes hangers.
- ☐ Umbrella (1): Sturdy, solid color.
- ☐ If you bring a camera, it should be simple and inexpensive as cameras are easily damaged or stolen.

### **Towels and Bedding**

- ☐ Towels: Bath towel (1), hand towel (1), and wash cloths (2).
- ☐ Bedding: Sheets and pillowcase (1). Please be prepared to pay US\$30-40 or its equivalent in local currency upon arrival in the mission field. The mission is responsible for all other bedding.

All bedding is provided while at the MTC, including sheets.

### **Documents**

- ☐ A government-issued photo identification (driver's license, state identification, passport, and so forth).
- ☐ A passport and visa. When you arrive, customs and federal police authorities will process and examine your passport, visa, and luggage.
- ☐ Passport Holder: May be purchased at travel goods stores. Carry your passport on your person at all times (not in pocket or bag)

while traveling to and from your mission. Passports must stay in good condition to be valid. Preferred type of passport holder attaches to your belt by a loop and hangs down inside your slacks or skirt. They are more comfortable, secure, inconspicuous, and easily accessible.

- ☐ You should obtain all required immunizations before entering the MTC or beginning your mission. You may be asked to pay the full cost of any immunizations you receive at the MTC. Enter the immunizations that you have received in the immunizations section. Please print a copy of the immunizations you have received for your personal records.
- ☐ COVID-19 vaccination card: Please bring your original COVID-19 vaccination card since many countries will require you to show proof of vaccination. Because countries require the original vaccination card, make a copy to leave at home for your personal records.
- ☐ A current temple recommend.
- ☐ Please bring a completed four-generation genealogy chart. Your name should be on the first line. Include as much detail and information as you can. Consider bringing a few stories about your ancestors (see "Family History and Temple Ordinances," Preach My Gospel, 168).

### **Driver's License**

- ☐ If your driver's license will expire during your mission, check with your motor vehicle department to see if you can have the license extended. You may need to present your mission call letter to the motor vehicle department. Before you enter the MTC or begin your mission, it is important that you have a driver's license that is valid for the duration of your mission. Be sure to take your driver's license with you on your mission for use as identification. If you do not have a driver's license, an alternative form of government identification with a photo should be taken.

Many local governments no longer allow mail-in or online driver's license renewals.

### **Study Materials**

- ☐ Scriptures in your native language.
- ☐ Your personal copy of Preach My Gospel.
- ☐ Pens, pencils, a notebook, highlighters, and any other materials you think you may need for taking notes and writing letters.
- ☐ A personal journal, and a study journal (see Preach My Gospel, p. viii) (see "Study Journal" in "Introduction: How Can I Best Use Preach My Gospel?", Preach My Gospel [2019], xi).
- ☐ Shoulder bags should be in conservative colors with no apparent logos or insignias. (Note: Backpacks are no longer allowed.) Shoulder bags should be waterproof or sprayed with a product to make them water-proof.

### **Medications and First Aid**

Prescriptions can only be mailed by a certified pharmacy. Family and friends should not mail medications.

- ☐ If you have any required medications, please bring enough for your training at the MTC and the first three months of your mission. Not all medications are available in your mission. If you have questions as to whether your medications are available, please contact the mission office well before you enter the MTC.
- ☐ While traveling, please keep all prescription medications in the pharmacy container they came in. Do not place loose medications in plastic bags in either your carry-on or checked baggage.
- ☐ Prescription eyeglasses, if needed. Contact lenses are discouraged because of the risk of corneal injury or infection.
- ☐ First-aid kit: Supply of current prescription medications, multi-vitamins, cold and allergy medication, decongestant, thermometer, fever reducer, pain reliever, anti-diarrhea medication, antibiotic ointment, anti-itch cream, anti-fungal cream or spray, band-aids, 25-35% DEET mosquito repellent, and a medical ID bracelet, if needed. Pack your insect repellent in your



checked luggage or it will be confiscated by airport officials.

- ❑ Sunscreen (30+SPF) and lip balm (30+ SPF) and ointment for heat rash if you will be serving in a warm climate or have sensitive skin.

## **Do Not Bring**

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In your mission you will use a mobile device. Only approved devices are allowed. Do not bring:

- Computers, tablets, or other devices that access the internet.
- Smart watches (such as Fitbit) that use an app to function.
- Personal daily planners.
- Playing cards, games, footballs, soccer balls, or any other sport or hobby equipment.
- Books other than the scriptures in your native language, except as directed by your mission president.
- Briefcases or similar items.
- Any items not listed on the Missionary Portal.
- Packages for other missionaries at the MTC or in the mission field.
- Weapons of any kind.

# Medical Information

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Please review this medical information carefully so that you are informed and prepared to serve with the best health outcomes possible. Receiving required immunizations is an essential part of your mission preparation.

## Health Care

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### Health Insurance Coverage

We urge you to continue your current health insurance coverage. Whenever possible, please carry an insurance policy that covers major medical expenses.

If you are from the United States, you can generally continue coverage on your parent's health insurance policy up to age 26. Although the insurance coverage may not provide benefits where you are called to serve, you are encouraged to maintain that coverage in case you are temporarily reassigned or return home unexpectedly.

- ☐ Some health insurance policies require you to adjust coverage while outside your current service area. Check with your insurance provider to see if adjustments are needed for coverage in your mission.
- ☐ If you are able to maintain your medical insurance, please bring your medical identification card with you.

### Medical Information Access

- ☐ The law states that no one can access your medical records without your written permission, even in an emergency. It is recommended that you leave written authorization with your family so that they are able to access your medical information while you are serving your mission.

### Medical Identification Bracelets

- ☐ Several private nonprofit programs provide items to help medical personnel identify and treat medical conditions that require special treatment (for example, medical identification bracelets). If you have such a need, ask your doctor or pharmacist for information about programs in your area.

## Insect Bite Prevention

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### Prevention Techniques

You should learn and apply techniques to protect yourself from insects, not only to avoid the nuisance of insect bites and stings, but more importantly to prevent serious and sometimes fatal insect-borne diseases.

To decrease exposure to insects, avoid stagnant and standing water where mosquitos often live, avoid wooded and bushy terrain where ticks often live, and wear clothing that covers your arms and legs, even in warm weather.

### DEET

The best protection from insects is to use both a repellent on exposed skin and an insecticide bonded to clothing. Before exposure to insects, you should use an insect repellent that contains at least 25-30% DEET. The higher the percentage of DEET, the longer the repellent lasts. You should reapply DEET regularly according to instructions on the product.

- ☐ Take one small bottle of a non-aerosol insect repellent with you to your mission. The repellent must be packed in your checked luggage and not in your carry-on luggage. Your mission will provide additional repellent after you arrive.

### Permethrin

In missions where there is an elevated risk of insect-borne diseases, you should use an insecticide containing permethrin on your clothing. If permethrin is used in your mission, you will receive it when you arrive. Clothing and other items such as mattresses and blankets should be sprayed with permethrin as directed. Consult with your mission president regarding its use in your mission.

## Missionary Medical

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## **Coordination of Medical Care**

If you are sick or injured during your mission, the Church or Missionary Medical (the Church's authorized agent in the United States) will coordinate your medical care and the payment of your medical expenses with your health insurance, if applicable.

If you have insurance, the Church will work to ensure that your insurance provider pays the expense directly or that they reimburse Missionary Medical. If the Church pays a bill and your insurance provider reimburses you directly, the reimbursement should be sent to Missionary Medical.

If you do not have insurance, the Church will pay your necessary medical expenses during your mission, except for medical conditions that existed before your mission or elective medical and dental procedures.

Generally, the Church stops paying for medical expenses as soon as you return home. If you travel with your parents after completing your mission, payment stops on the last day of your mission duties. If you return home with a medical condition that began while you were serving, payment of medical expenses for that condition may continue for up to 90 days after you return home, but this must be pre-authorized by Missionary Medical.

## **Pre-existing Conditions**

The Church will not pay for treatment of medical or emotional conditions that existed before your mission or for prescriptions resulting from those conditions. Any medical, dental, or mental health conditions that were diagnosed, treated, recommended for treatment, or for which you had symptoms within two years prior to your missionary service are preexisting conditions. These may include conditions requiring glasses or contact lenses, dental work, or prescription medications. You and your family are responsible for expenses resulting from preexisting conditions. You and your family will be notified about medical expenses for which the Church should be reimbursed.

If your medical condition existed before your mission and the Church pays for the expenses, you or your family will be responsible to reimburse Missionary Medical.

If you have questions regarding the management of a chronic illness or medications you will be taking during missionary service, please contact Missionary Medical. Prescription medication should not be mailed.

## **Elective Procedures**

Before you receive any medical or dental care, always call your mission president so you will know whether the procedure is elective or not. You will be responsible to pay for all elective procedures, which are defined as medical, dental, or eye care that is not associated with sickness or injury.

## **Dental Expenses**

Dental expenses that arise from an accident in the mission field and are not covered by your insurance will be paid by the Church. To be eligible for payment by the Church, treatment must begin within six months after the accident and be completed no later than 90 days from the time you return home.

## **How to Contact Missionary Medical**

Missionary Medical can be contacted at the following address, phone number, or email:

POB 45730  
Salt Lake City UT 84145-0730

Telephone: 1-800-777-1647 (United States and Canada only) or 1-801-578-5650 (worldwide), or email [MissionaryMedical@dmmba.com](mailto:MissionaryMedical@dmmba.com).

## **In-field Medical Treatment**

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### **Sickness or Injury**

If you become sick or injured during your mission, please notify your mission president. He will authorize your treatment and direct you to a medical care provider if needed. In an emergency, seek medical care immediately and contact your mission president as soon as possible.

If you have insurance coverage, follow the rules of your insurance plan, including any pre-approval or notification requirements, and only receive care from providers covered by your insurance. You should

receive care from your insurance network medical care providers whenever possible.

## Vaccines

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### Acceptable Vaccines

Vaccines must be approved by the Advisory Committee on Immunization Practices (ACIP) in the United States or by an approved government agency in other countries.

For questions regarding vaccines, please call 1-801-240-6454 (worldwide) or 1-800-453-3860 ext. 2-6454 (United States and Canada only).

### Complete Your Vaccinations

To protect your health, you are responsible to comply with the immunization guidelines for your mission. Some countries require you to receive certain vaccines before you can receive a visa.

You should complete your immunizations before entering the MTC or beginning your mission.

Some vaccines must be given in a series to give you maximum protection. You should allow sufficient time to complete all required vaccinations before entering the MTC or beginning your mission.

Some vaccines, like MMR, chicken pox, yellow fever, and shingles, contain live viruses. These vaccines must be received either on the same day or 28 days apart from another live-virus vaccine. For example, you could receive the MMR, chicken pox, and influenza vaccines on one day, but you would then need to wait 28 days before receiving the yellow fever vaccine.

You will be asked to pay for the full cost of any vaccines you receive at the MTC.

Vaccinations are not required for missionary service. However, both young and senior missionaries who decline or are unable to receive immunizations may be reassigned to their home country where risk for contracting and transmitting illnesses is not increased. Please inform your priesthood leader if unable to complete all required vaccines.

### Record Your Immunizations

- ❑ After you complete each vaccination, record the information in the vaccination section. We recommend that you print and keep a copy of your immunizations for your records. The Church does not retain this information after you complete your mission.

### Required Vaccines

Obtain your required vaccines.

**Tetanus-Diphtheria-Pertussis:** A primary series should have been received in childhood. Tdap is the preferred vaccine to protect against all three diseases, but TD is acceptable if Tdap is not available. The Missionary Department recommends either Tdap or TD within five years of missionary service. If this interval is not possible, a 10-year interval (advised by the CDC) is acceptable if it is calculated to the end of your service (for example, if it is within eight years of a two-year mission).

**Measles-Mumps-Rubella (MMR) LV (live virus):** This vaccine is not needed for those born before 1957. Two doses of MMR should have been received, usually ages 1 and 4-6 years. If only one dose, or if a person is unsure, a second dose should be given.

**Hepatitis A and B.** Preferably, the full series should be completed prior to entering the MTC or beginning your mission. If that is not possible due to insufficient time, you must receive the first dose of Hepatitis A and the first two doses of Hepatitis B prior to entering the MTC or beginning your mission. Alternatively, you can fulfill the hepatitis immunization requirement by receiving the Twinrix series. It is highly recommended that you complete the entire hepatitis series for lifetime protection.

**Polio:** A primary series should have been received in childhood.

### Recommended Vaccines

You are encouraged to obtain these vaccines.

**COVID-19:** All missionaries are encouraged to receive the COVID-19 vaccine (especially those with high risk factors). Most of the vaccines require a two-shot series, and you are not fully vaccinated until 14 days after you complete the series.

**Chicken Pox (varicella-LV):** This two injection live virus vaccine is given four weeks apart and is advised



for those who have never been vaccinated or never had the disease. Those born before 1980 in the U.S. do not need the vaccine.

# Missionary Travel

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Please follow all travel instructions carefully and promptly to ensure that you are able to travel to your mission on time.

Please watch this important video to learn more about your travel and visa process.

## Visa

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### Requirements

If a visa is required, instructions will be emailed to your missionary.org email address within one week of opening your call. Please follow the instructions in the visa packet promptly and completely to begin in your assigned country on-time. It will save you time if you have applied for your passport before the visa information arrives.

## Passport

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Please apply for your passport as soon as possible due to significant delays in passport processing times. Please keep your passport until you receive further instructions from Missionary Travel.

### Obtaining Your Passport

- ☐ A temporary driver's license (paper copy) will not be accepted as photo identification when applying for your passport. Please apply for your passport before renewing your driver's license.
- ☐ Missionaries from the United States should complete and print the passport application, carefully following all passport instructions. Immediately apply for your passport at your local post office or county clerk's office.
- ☐ Pay the additional cost to have your passport expedited. Because of the high demand for passports, it can take ten to twelve weeks for normal processing time.
- ☐ Missionaries from the United States, please visit [travel.state.gov](http://travel.state.gov) for instructions on how to obtain a passport.

- ☐ Canadian missionaries obtain a passport application at [www.ppt.gc.ca](http://www.ppt.gc.ca) or the nearest local post office.

You may need to give your passport to Missionary Travel. Many visas are difficult and time consuming to obtain, and Missionary Travel will need your passport to ensure that you leave as scheduled. If you have personal travel plans requiring a passport, please contact Missionary Travel immediately.

### Passport Photo Requirements

Wear missionary attire, and follow missionary dress and appearance standards for your passport photos.

- Do not wear glasses of any kind.
- Do not wear a large scarf or a hat.
- Stand in front of a white background.
- Be centered in the frame and make sure there are no shadows.

It is not necessary to obtain another photo if you already have your passport.

### After Receiving Your Passport

- ☐ Verify your name: If the name on your passport does not exactly match the name on the back of this packet, please contact Missionary Travel promptly at 1-801-240-5111 (worldwide) or 1-800-537-3537 (United States and Canada only).
- ☐ Sign your passport. In some countries your passport will be returned with an electronic signature already in place. If your passport is returned with an electronic signature, do not sign it again.
- ☐ If your passport is returned without an electronic signature, sign your name as it

appears on your passport. If you make a mistake, do not cross out any names.

- ☐ Make two black and white photocopies of your passport photo identification page. Leave one at home and take the other with you to the mission field. If your passport is lost or stolen, a copy will make it easier to obtain a reissued passport.
- ☐ If you have a current passport, make sure it will be valid for the term of your mission plus six months.

Please do not plan on traveling internationally for two months before your mission. Many visas are difficult and time consuming to obtain, and Missionary Travel will need your passport to ensure that you leave as scheduled.

## **Travel to the MTC**

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### **Airline Tickets**

- ☐ Click the button on the right to tell us how you will be traveling to the MTC.

If needed, Missionary Travel will provide, at no cost to you, airline ticket(s) to fly to the MTC. Your travel arrangements will be sent to your missionary email account.

- ☐ If family members intend to fly with you to the MTC, purchase all tickets for your family and yourself. Mail or fax a copy of your itinerary and invoice to Missionary Travel. Missionary Travel will reimburse either the cost of the missionary's ticket or the Church-contracted rate (whichever is lower). This reimbursement will be sent to the missionary after arriving at the MTC and will be payable to the missionary.

Missionary Travel will not release your travel information to others. If you want others to know your travel schedule, you will need to inform them.

### **Transportation from Salt Lake City International Airport to the Provo MTC**

- Transportation is provided by Express Shuttle. Once you have received a copy of your travel itinerary from Missionary Travel, please click the link to reserve shuttle service or 1-800-397-0773 (United States and Canada

only). There is no cost to the missionary for this service.

## **Travel to the Mission**

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### **Airline Tickets**

You will receive, at no expense to you, your itinerary, visa, and airline ticket before you leave the MTC. If you were required to send your passport to the Missionary Travel office, it will be returned to you.

## **Airport Information**

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### **Check-In Times**

Check-in time at the airport is at least two hours before the scheduled departure time for domestic flights and three hours before the scheduled departure for international flights. Check your baggage at the airline counter promptly, and go to the boarding gate. Board the airplane as soon as the airline allows.

### **Security**

Airport security regulations require you to present a government-issued photo ID to airport personnel (for example, a driver's license, a government issued identification card, or a passport). If you do not have a government-issued identification, obtain one before traveling. You should ensure that your identification will not expire before the end of your mission, because you will need it when you fly home.

The name on your airline boarding pass must match the name on your identification. Anytime you receive an airline ticket or travel itinerary from Missionary Travel, please compare it to the name on the identification you will use at the airport. Please report any differences to Missionary Travel immediately. You should check the name listed near the bottom of your itinerary, just above the electronic ticket number(s), the name at the top of the itinerary may be truncated.

It is a federal crime to make jokes or remarks about terrorism, hijacking, bombs, knives, guns, or other dangerous objects. Anyone making such remarks may be arrested. You are expected to act dignified at all times.

### **Cancelled Flights**

Flights may be cancelled or schedules changed during your trip. If you have problems en route, call the phone numbers on your itinerary.

## **Lost Luggage**

If your luggage is lost, misplaced, or damaged, submit a claim with the airline before leaving the baggage claim area. Lost luggage is normally found within 24 hours.

## **Airline Baggage Allowance**

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### **Prohibited Carry-on Items**

- ❑ Visit [tsa.gov/traveler-information/prohibited-items](http://tsa.gov/traveler-information/prohibited-items) and [tsa.gov/travel/travel-tips](http://tsa.gov/travel/travel-tips) and scroll down to the 3-1-1-Liquids Rule to learn about items that are prohibited in carry-on and checked luggage and about quantities of liquids allowed and how to pack them.

Both checked and carry-on bags may be searched by airport personnel. Hazardous materials such as aerosol cans, pepper spray, and weapons of any kind are not allowed on aircraft. This includes pocket knives or cutting instruments of any size or material. To find current details and regulations regarding carry-on items, please go to [tsa.gov](http://tsa.gov) or check the airline's website.

### **Baggage Fees**

The following summarizes baggage rules in general and may be modified as you receive additional information from Missionary Travel, the MTC Travel Office, or the Area Travel Office:

Most airlines now charge fees to check bags. For your trip from home to the MTC, be prepared to pay these costs. You will not be reimbursed.

Before you depart for the airport, please call the airline directly or check their Web site for current baggage allowances and fees. Baggage fees are governed by the individual airlines and can change without notice. Many airlines allow travelers to pay baggage charges prior to departure. This may be done within 24 hours of departure when checking in online.

For your trip from the MTC or home to your mission, some of your US\$200 or equivalent in local currency

travel cash may be used. Please obtain a receipt and give it to the mission financial secretary upon arrival in your mission. You will be reimbursed for up to two 50-pound (23-kilogram) bags.

### **Checked Luggage**

- ❑ You may check two pieces of luggage. Each bag must not exceed 62 total dimensional inches or 157 total dimensional centimeters (total dimensional measurements = length + width + height). The maximum weight allowed for each checked bag is 50 pounds (22 kilograms).
- ❑ You may also take one carry-on bag which cannot exceed 45 total dimensional inches or 114 total dimensional centimeters (total dimensional measurements = length + width + height). Weight allowances vary depending on the airline. Garment bags should not be carried on.
- ❑ If you are learning a language, the training materials that you receive at the MTC will weigh about 8 to 12 pounds (3 to 5 kilograms). You should plan for this additional weight in your luggage to prevent charges for overweight luggage.

### **Overweight or Oversized Luggage**

- ❑ If your checked luggage is overweight or oversized, you will be charged additional fees on top of the checked baggage fees. Be prepared to pay as much as US\$200 or its equivalent in local currency additional per overweight or oversized bag. You will not be reimbursed. Airline websites provide the most current baggage information.

## **How to Contact Missionary Travel**

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Missionary Travel  
50 E. North Temple St. Rm. 1442  
Salt Lake City, UT 84150-5261

1-801-240-5111 (worldwide)  
1-800-537-3537 (United States and Canada only)  
1-801-240-5115 (Fax)