

AFRICA PACKING LIST

1. Plastic trunk from Walmart(online only) as personal luggage (stackable and waterproof). Tape inside vents to prevent dust inside. This trunk is Contico special one ONLY.
2. Sleeping bag, 3 lbs, lightweight is best and less room in trunk.
3. Toboggan hat for warmth at night, maybe gloves as well
4. Tent light with extra batteries. Walmart disk light in camping area is good.
5. Small flashlight for nights with extra batteries.Bring several
6. Long johns for sleeping (warmer in Uganda but can be cool at night)
7. Travel pillow for tent. A small cot provided by MedReach. Self inflate mat is good on cot.
8. Or bring a twin blow up mattress with battery pump and extra batteries.(Coleman or Intex are good)
9. Loose clothing, Scrubs for Medical and Children's Ministry are good, long skirts for ladies, no sleeveless tops and no shorts for men or ladies. For men Columbia or Magellan shirts / pants are lightweight and dry fast when washed. Ladies wear skirts at church and Jesus Film Showings. Tight exercise pants under skirts are great for nights and sleeping for warmth. No exercise pants without a skirt over them. They are too tight. No jeans.
10. Baby wipes. Comfort Wash clothes from Walmart are good. 8 for \$3.95.
11. Lightweight poncho in case of rain
12. Money belt or around your neck holder for money and passport worn at all times.
13. Fleece or lightweight jacket for nights and Jesus Film Showings at night.
14. Lightweight back pack or tote carrier for day travel to villages or hut to hut
15. Washcloth for hotels. There are none in Africa provided.
16. Snacks for some meals and during travel. Food Bars, tuna fish, nuts, raisins, candy, cookies, peanut butter crackers, crystal light to add to water, any special food for yourself. Filtered water will be provided in Africa. Need Water Bottle to fill in Camp.
17. Digital camera, video camera or regular camera with all film and batteries or charger. Need 3 Prong Adapter for Africa plugs.
18. Ear plugs for blocking out snorers in camp.
19. Pack clothes in zip lock bags because of dust. Space savers help with packing. Our limit is 50 lbs per trunk. Carry on can be wheeled or back pack. Check Airline requirements.
20. Comfortable walking shoes that are broken in. White sport shoes will get very dirty. Leather shoes are great to wipe off the dust. No open toed shoes and wear socks. Get thick-soled shoes. Acacia thorns can go through a shoe.
21. Insect repellent with 100% DEET. Pump Off is great, no aerosol.
22. According to preference: No Rinse Shampoo from CVS or wear a bandana or hat!
23. Medicines: Imodium AD, Neosporin, Sinus meds, prescription meds, Pepto Bismol, Aspirin for air flights to prevent clots for older folks, sleep aids, eye drops.
24. Toilet paper and small Kleenex packs. Carry TP at all times.
25. Pen and black magic marker. You will use for many things...one being your water bottle.
26. 1 BIG roll of Duct Tape to mark things and then leave in Africa.
27. Sunglasses and a hat for Safatri.
28. Travel plug and adapters. European current is 220. They run about \$30 at Wal-Mart.
29. Flip flop shoes for hotel showers
30. Teaching materials, tracts, bible, small notebook, personal MP3 or iPod
31. Gift for your interpreter or a special person. Do not give money to anyone.
32. Antibacterial hand wash or wipes
33. Small hair dryer dual voltage. Must say 120 to 250 V or need power converter.
34. Money for souvenirs and airport expenses.
35. Contact your Cell Phone carrier to have a Text and/or Phone usage package.
36. Take a metal fork, spoon and knife to eat with and to leave there.(Important to take this)
37. Take a can of Permanone spray for clothing and bugs in tent and leave it there (purchase Walmart). You can spray clothing well before you go. Spray outside tent in Africa.