

CAMPING AND TRAVEL CHECK LIST:

Passport: Must be valid 6 months beyond last day in country.

Visa: Included in fee and purchased by leader at airport upon arrival.

Weather: Sunny, dry; Night temps, 58 - 65 degrees (F), Day temps, 80 -90 degrees (F).

Clothing/Jewelry: Academy Sports carries sportswear by Magellan. Shirts and pants are under \$30 each. Need at least 1 long sleeve shirt. **No short pants** except at night around camp for men only. Columbia makes same gear but higher price. Need 5 changes (some make it on 3 or 4 changes). Similar clothing is fine, but needs to be light weight and airy. Medical scrubs are ideal for clinic. If these are used, then two changes of other clothing will suffice. Jeans are too heavy and often too tight. Ladies must wear skirts to Jesus Film showings at night and to a church if we attend. **Modesty is the rule. No tight jeans or exercise pants allowed. You WILL be asked to change based on our decision. No low cut blouses that show cleavage. In their culture, this type dress indicates that you are a prostitute or a morally loose person. No sleeveless blouses or sun dresses. No ear jewelry for me which may mark you in their minds as a homosexual. No stones in any jewelry.**

Right or wrong, we don't want to damage our Christian message that Jesus saves, and that Jesus loves and cares for them. The bible addresses directly or indirectly all the above issues. We want to stay away from the edge, away from practices that may put our message in conflict with our appearance. The apostle Paul said in 1 Corinthians 9:19-33: "Though I am free and belong to no one, I have made myself a slave to everyone, to win as many as possible. To the Jews I became like a Jew, to win the Jews. To those under the law I became like one under the law (though I myself am not under the law), so as to win those under the law. To those not having the law I became like one not having the law (though I am not free from God's law but am under Christ's law), so as to win those not having the law. To the weak I became weak, to win the weak. I have become all things to all people so that by all possible means I might save some. I do all this for the sake of the gospel, that I may share in its blessing."

Sleeping Bag: Everest, DuPont Thermolite Micro, mummy. Approx. 3.5 lbs or less. (or similar) Should cost \$70 or less. **Your preference, but larger ones take up much space in your trunk!**

Self-inflating mat: Magellan brand at Academy Sports; 78" x 25" x 1.5"; cost \$40. More expensive brands are available. This will be placed on a steel-framed canvas cot that sits 9" off the floor, with some room underneath for shoes, etc. A 6" thick single-sized blow-up mattress that will lie directly on the tent floor is an alternative. Puncture is possible from weed stems cut prior to our arrival. An MRI thick blanket is sometimes available to use as a protective mat. A better plan would be to bring a sheet of some tough material. You will need a battery operated air pump from Academy or Wal-Mart, or a blow up that has an integral pump. These mattresses cost about \$25 to \$30.

Camping pillow: One that rolls up into a small bundle and expands when loosed. Cost: \$20 at Academy. They come in Small, Medium and Large.

Inflatable neck pillow for long flights: Cost \$10 to \$15....your preference.

Camp Chair: Folding steel frame, canvas bottom and back, w/o arms, w/ carrying bag. Should cost from \$7 to \$12. Often at Rite-Aid or Target. MedReach has a limited number at \$10. This chair is important to have for your tent inside and outside, going to Jesus Film, and having a chair in the Kitchen to sit and eat. Armed chairs

are too large for your trunk! Please leave your Camp/Tent Chair for MedReach to use in country. They break all the time. They can be purchased at drugstores usually or a Family Dollar with NO ARMS to fit in your Trunk.

Flashlight (“torch”): LED is best, allowing longest battery life. One(1) pocket-size, 4 to 5 inches long, and one(1) keychain size to carry on person beginning at the airport; these are good on night flights and to always have w/ you on a mission w/o electric lights. Bring extra batteries. An extra flashlight is good to have in case you lose yours; also makes a nice gift.

Tent Light: The Ozark Trail LED Hanging Tent Light from Wal-Mart is a great choice. It is silver, looks like a flying saucer, 5 ¼” in diameter, ¾” thick, has 24 LED lights around the perimeter, 4 AA batteries are included. Similar models are available elsewhere. Cost: \$8.

Large luggage: sleeping bag, mat, chair must fit w/ your clothing and personal gear into one(1) Contico trunk purchased on line at Wal-Mart. Model 1320, SKU 347440. http://www.drillspot.com/products/347440/contico_1320_mobile_storage_locker. . Will cost \$35 to \$40. Some of these trunks have small wheels; w/ or w/o wheels is acceptable. You will carry an identical trunk furnished by the ministry as your second piece of checked luggage. Use accurate scales and pack to 49 lbs. The added total of the 3 dimensions of this trunk will be 62 ½”, the maximum allowed by airlines. You’ll run out of room quickly. “Smaller is Better” from shaving cream to sleeping bags. “Lighter is Better” is a worthy guideline, also. Take no more than you will use in two weeks; purchase the smallest travel sizes.

Carry-on luggage: Limit of one (1) 25 lbs and 45 inches, total of 3 dimensions. Permitted to carry one (1) camera in case, purse, or laptop in addition to your carry-on or backpack. Check with the Airline for more info if needed.

Personal medications: Must be in original containers. Keep in carry-on or on person at all times.....luggage does sometimes get lost. While traveling in country, keep daily drugs available inside the bus, not in luggage on top of the bus where they would not be accessible.

Here’s Life Africa (HLA): MedReach’s partner in Africa, HLA, has fifty two 2-man teams in 3 countries in East Africa who show the Jesus Film in local languages. We will imbed ourselves with 2 or 3 of these JF teams while in country. They will be our host as we represent HLA and Jesus. If there is any credit given to man, we want it to go to HLA and the teams who evangelize these districts 24/7. We also want to help raise the level of respect for the local pastors and help HLA to plant churches. Several thousand will make public professions of faith and be encouraged to join in fellowship with one of the bible teaching churches in order to grow spiritually and be disciplined. We will defer to our Jesus Film leaders, local pastors, and the village chairmen and executive officers when there is a question of our relationship with the villagers. The school master may be on site even though school is out. The school facilities are under his authority and we must recognize and respect that. The grounds and facilities should be treated with much care, leaving the area in better condition than we found it.