

PERSONAL PACKING LIST:

1. **Two duffel bags**- These are to be used for packing supplies. 50 lbs. each. These will be your two free checked bags. There are great ones online at Walmart.com that have wheels.
2. **Personal carry on bag**- Team members usually use the large hiking backpacks for their own bag. It is easy to carry, packs a lot, and meets the airport size requirements for bringing on the plane.
3. **Small backpack**- This can be used each day for the things you will need to take with you. (needs to be 1 of your 2 your personal items for the flight)
4. **Passport- and VISA** check the expiration date. Be sure to make copies, leave one at home and pack the other in carry-on luggage. JUST IN CASE YOU LOSE THE ORIGINAL [A picture in your phone also works]
5. **Malaria Pills**- Very, very, very important not to forget these!
6. **Yellow fever card**- This will be given to you when you get the shot and is required to enter the country when we land in Uganda. (keep it with your passport)
7. **Cipro antibiotic**- This is a very inexpensive antibiotic that you can request when you get your shots in the case that you have stomach troubles from water/food. Hopefully you will not need to use it, but I highly recommend bringing it.
8. **Tylenol/Advil**
9. **ANY personal medication**
10. **Protein bars*****- You will likely get hungry at times and food won't always be readily available so please pack as many as you can or any snacks that travel well e.g. **Trail mix., crackers, cookies** (for late night hang outs with the UK tea drinkers Jen, Sue ☺)
11. Crystal light/ water flavor- past team members have found this is a nice change from water and you will need to drink LOTS of fluids
12. Emergen-C- for obvious reasons
13. Journal
14. Bible
15. Pens
16. Stationary paper- You will want to write the kids letters
17. Head phones
18. Ear plug- sleeping
19. **Water bottle/Camel**- to refill from jugs of water we purchase
20. **Sun screen**
21. **Shower gel, Shampoo, Conditioner** etc. – (remember, if these are in your carry on they have to be 3 oz or less in a zip lock) . You can also pack these items in one of your Duffels.
22. **Hand sanitizer**

23. Chapstick, it can be very dry and quite hot.
24. Wet wipes
25. Flash light (electricity can go off at any given time).
26. Travel pillow
27. Ipad/laptop charger
28. Outlet adaptor- with USB holes. [Type G/British Type](#) - You will definitely need this to charge your phone etc.
29. Flip flops
30. Tennis Shoes
31. Light rain jacket
32. Sweatshirt- does get cool in the evenings
33. DEET- mosquito spray. You will have to wear it day and night and it is so important to prevent Malaria This can be bought from REI or other outdoor stores. Regular drugstore mosquito repellent will not work. It must be around 98% DEET
34. Extra spending money for the cafes, craft markets and beverages in the evening.
35. Swimsuit – There is a great pool where we are staying
36. Mini First aid kit
37. [Over the door Shoe Organizer](#) – this works great to hang on the back of the bathroom door and holds everything that you and your roommates might bring. There is little or no countertop space!!!

As times are changing in Uganda it is no longer culturally unacceptable for girls to wear pants 😊 You may want to bring a skirt/dress for church on Sunday as that is expected. Guys, long pants for church is usual. Shorts and Tees are totally fine for the rest of the week.

Some of you, I know like to wear scrubs whilst working with the kids as these are light weight and super comfy (and I like to pretend I'm a doctor 😊).

If you want to bring sweats, yoga pants, shorts etc for evening times when we are hanging at Banda that is perfectly fine.

This is BY no means a fully exhausted list but more of a guideline The highlighted items I would say are essential , the rest optional but a good idea 😊

ALSO :- the girls who take care of Banda love to do our laundry for a bit of extra cash, so you do not need to pack a week's worth of clothes .