

Building Solid Foundations

Trip Packing List 03/28/2018

Travel documents - Make two copies of these items. Keep one set in your carry-on. Give one set to your emergency contact person.

- Passport including Visa page
- Yellow Fever Card
- Driver's License
- Health Insurance Card
- Itinerary – address/phone #s in Apam, flight #s, etc.
- Emergency contact info. - friend/relative in the US.

Money – Do NOT rely on debit/credit cards. They may not work or be accepted even if you contact the issuer before leaving the US!

- Souvenirs, incidentals, tips: bring \$200 - \$300 in cash. \$20s mostly, smaller bills for tips and bargaining in the market. Bills should be in good condition.
- If you plan to stay at the Blue Diamond Resort (or similar) overnight, bring an additional \$200 - \$300.

Security – Theft has not been an issue, however, please do not bring flashy jewelry, designer bags, etc.

- Luggage lock to secure valuables/meds while you are away from your dorm room
- Flashlight or headlamp – electricity is sporadic
- Fanny pack, cross-body bag, small daypack

Clothing – Laundry is done two-three times/week by Hospital staff. Label your clothes. Female team members wash their intimate apparel by hand. There is a clothes line and clothes pins at the dorm.

- One business-casual or semi-dressy outfit
- Four - five sets of comfortable, casual pants/skirts and shirts/tops in good repair. No halter or tube tops or short-shorts. No offensive/controversial graphic tees.
- Rain poncho and/or travel umbrella
- Lightweight sweater/jacket/sweatshirt
- Sleepwear, slippers/socks
- Swim suit
- Comfortable shoes/sandals, flip flops for shower, sneakers/walking/running shoes
- Visor, hat, baseball cap

In flight - optional

- Earbuds/headphone for in-flight use
- Eye mask, eye drops
- Neck support/travel pillow
- Snacks

Keeping it clean - There were several days during the 2016/17 trips when water for bathing and flushing was limited to what had been saved in buckets. Consider bringing the following.

- Dry shampoo
- Skin cleansing wipes, feminine wipes, personal wipes
- Disinfectant wipes for cleaning bathroom fixtures
- Anti-bacterial hand gel

Other items – Shopping is limited in Apam. Bring everything you think you might need.

- Prescription and OTC meds: pain relief, vitamins, antacid, laxative, diarrhea, sleep aids, Malaria meds
- Washcloth(s) or puff, bath towel(s), bath mat(s)
- Bar or liquid soap, gel, shave cream, razor
- Insect repellent with DEET
- Bathroom tissue if you like it soft, Kleenex
- Two toothbrushes, toothpaste, floss, etc.
- Sunscreen, lip balm with sunscreen, aloe lotion
- Sunglasses, glasses, contacts, solution
- Shampoo, hairdryer, styling products, brush, comb
- Feminine hygiene products
- Detergent for hand washing clothing
- Books, puzzles, journal, paper, pencils, pens, clips
- Religious or devotional items

Technology – internet supplied by the Hospital is very limited!

- Adaptors and Converters for Africa
- Camera and extra memory card
- Batteries, chargers, cords for phone, tablet, camera

Random/additional items

- Snacks for yourself and/or to share with team
- Photos of your family, home to share with others
- Gifts for kids and staff – crayons, candy, small toys
- Small trash can or bag for trash in your room
- Pillow and pillow cases if you are picky
- Bubble wrap for packing souvenirs
- Travel first aid kit
- Nail file, emery board

Many team members leave their clothing, shoes, towels, etc. for the Hospital to distribute.

Consider sharing items with team members –repellent, hairdryer, chargers, adaptors, detergent, first aid items... OTC meds, etc.

Pack anything you can't live without plus a change of clothing, medications, camera, phone charger, etc. in your carry-on!