

## Building Solid Foundations

### 2021 Trip Packing List

**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 and proof of COVID vaccination
- 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 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 at the dorm.

- One nicer outfit for celebrations, dinner, etc.
- 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
- If you are a surgical team member, please bring a pair of shoes to keep in the OR locker room.

#### In flight

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

#### Snacks

**Keeping it clean** – It is not uncommon for there to be days without water for bathing/flushing. Consider bringing the following:

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

**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, 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/candy for yourself or to share
- Photos of your family, home to share with others
- 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 clothing, shoes, towels, etc. for the Hospital to distribute.**

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

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