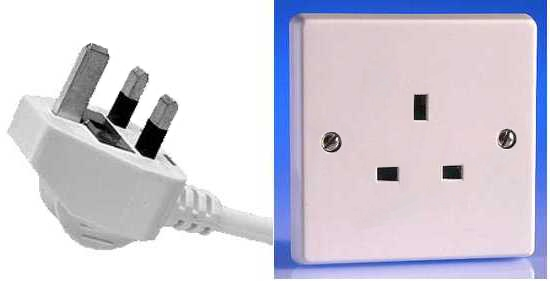
# Recommended Packing List – UGANDA

(revised July 2017)

* **TRAVEL AS LIGHT AS YOU POSSIBLY CAN.** Remember that you have to be able to carry all your luggage yourself, sometimes long distances. Pack practical items you are comfortable with wearing over and over again that you are willing to get dirty and even leave behind (or give away, esp. at end of trip). A single duffel bag with wheels is practical, and a single carry-on (like a back-pack) plus a computer if you are taking one. We will be so appreciative if you can use your checked baggage to help carry supplies to The BIG FIX! Your international flights should allow:
  + **Luggage 2 pieces not to exceed 50 lbs ea. Linear dimensions not to exceed 62 inches per piece.**
  + **Carry on: One bag and one personal item not to exceed 45 linear inches (9 X 14 X 22)**

**(Check your airline’s rules to confirm this information.)**

**NOTE: all valuables, medicines, essential items, and additional clothing items should be carried in hand luggage in the event of checked luggage not arriving on time**

* Use good quality COMBINATION suitcase locks that have been government (TSA) approved, and bring one extra. These are available at travel item shops, SteinMart, Brookstone, Amazon. (Remember if you shop at Amazon to use Amazon Smile and designate The BIG FIX Uganda as your selected charity so we will receive a small percentage of the sale proceeds!)
* We recommend a blow-up or other form of neck pillow for the airplane, plus items to alleviate boredom – it is a long flight.
* Remember planes can get cold. Consider a light jacket or sweater.
* Snacks can help when plane food is not so good or not available. You will also want some additional snacks for your volunteer time if the local snacks don’t appeal to you. Items available locally include gnuts, popcorn, and cracker type snacks.
* If you are taking a personal laptop, usually these are all dual-voltage now but check to make sure (if yours is an older model). Then make sure you have packed the necessary plug adaptors. Save all your important files/photos in a safe place before leaving.
* An alarm clock will be helpful – your cell phone will probably suffice.
* In general, U.S. cell phones do not work in Uganda. However, if you wish to have a phone, you can purchase one in Entebbe from the MTN store for less than $20 and add airtime. It is not expensive to call home from Uganda.
* Pack your liquid items (shampoos, mosquito repellent, and so on) in zip-lock bags to guard against spillage.
* Comfortable clothes for a week or so. Comfortable slacks, a couple of long-sleeved shirts/dresses/skirts when you want to dress up some. A set of scrubs is helpful if you plan to work in the hospital or in the field.
* Your feet will be most comfortable in sandals most of the time but bring closed-toe shoes for working in the field and in case you go on a safari. Women keep themselves covered to the knee and over the shoulder, and do not wear tight, revealing clothing unless they are prostitutes. Most women wear skirts, but American women can get away with pants/capris. Modest tank tops are okay.
* Tops and blouses (over the shoulder is best), cotton T-shirts. Also bring long sleeved shirts/tops for night time when it is cooler and to prevent against mosquito bites. Shawls/pashminas also good for women.
* All clothes must be easy to wash, cotton or blends work well. Sports/outdoor clothes good too, as are the new travel wear and underwear.
* A backpack or other small bag will be helpful for daily use. Bags made locally also can be used.
* An around-the-neck or waist money pouch for your passport that can be worn discreetly under your clothing.
* Good quality insect repellent for spraying on you. Natural bug repellants work well. Mosquito nets are provided in all rooms.
* Sanitary supplies as your choices may be limited in country.
* Small waterless hand cleaners, small Kleenex packages - good to bring (available there).
* Sunscreen (it is very difficult to find in Uganda – and expensive when it is found!)
* Bring a **Visa** card if you have one (in country, do not let the card go out of your sight when charging and be sure to collect all the carbon sheets from the imprint).
* Cash – bring U.S. Dollars in large demoninations (50’s and 100’s) as the exchange rate for smaller bills is severely discounted. **In Uganda, all US currency must be dated post-2006 (**older ones have lower rates**),** and they must be crisp and clean and in excellent condition or they will not be accepted. Travelers’ checks are not very helpful and it will be difficult to find a place to cash them. ATMs work well but know what your costs are from your bank to make transactions.
* Bring your passport and ensure you have at least 6 months before your passport expiration. Bring a photocopy of your passport and keep it someplace separate from your original or e-mail a copy of your passport to yourself so you can retrieve it easily in case of emergency.
* Keep your Visa card numbers written down and stored at home and someplace away from your Visa card in your luggage.
* Bring your health insurance card or a copy.
* Your travel insurance information including how to make a claim.
* Media cards and camera batteries, and international adapter for charging your electronics.
* Have any prescription drugs you need, especially necessary medications for malaria. Stomach upset/diarrhea medications such as Pepto-Bismol, (generic) Immodium, etc.
* Malarone is recommended as malaria preventative. Please consult your healthcare provider or travel medicine consultant. We recommend the brand name Malarone as generics are non-coated large tablets that are difficult to swallow and can cause stomach upset.
* Headlamp or flashlight. It is DARK outside at night and we occasionally experience power outages.
* Bring small umbrella or **waterproof jacket**/sweatshirt with hood if you want. When it rains it pours.
* Broad-brimmed hat and/or **sunglasses** with neck strap
* Lip protectant with sunscreen.
* First-aid items. We recommend you have a small first aid kit for your travels including Band-Aids, alcohol wipes, Immodium, Benadryl, pain relievers, etc. Most of these things can also be purchased in Uganda and we have first aid kits at The BIG FIX.
* Water bottle, preferably one with a filter.
* Lots of batteries for items that need them – batteries bought in-country are of very poor quality or expensive
* [](http://upload.wikimedia.org/wikipedia/commons/8/86/G_plug.png)A plug adapter. Uganda uses the same plugs used in the U.K. *(pictured right).* You can also buy

adapters in-country and we have some extras at The BIG FIX.

* Patience and a sense of humor

# “Don’t Bother to Pack” List

**For Uganda:**

* Any electrical appliances that generate heat (such as a hair dryer, iron, etc.) Our solar power system cannot handle any heating devices so we request you do not use them here.
* Perfumes attract insects.
* Peanut butter (there is plenty in Northern Uganda – gnuts are a staple in the diet