

Recommended Packing List – UGANDA

(revised April 2014)

For Everyone:

- ✓ **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. An additional packable duffel/suitcase is also possible (it can be filled with gifts, sporting goods going out and with gifts and local products—many light--on the return journey).
 - **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)**
- 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.
- ✓ We recommend a blow-up or other form of neck pillow for the airplane, plus items to alleviate boredom – it is a long flight. Note: pillow may be appreciated for bus rides too. Remember planes can get cold. Additional snacks can help
- ✓ 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.
- ✓ A battery-powered travel alarm clock – cell phone will probably suffice.
- ✓ Pack your liquid items (shampoos, mosquito repellent, and so on) in zip-lock bags to guard against spillage.
- ✓ Battery-powered CD/radio with headphones (or MP3 player/iPod with charger).
- ✓ Seriously consider packing a smallish towel and wash cloth (especially quick dry travel towels).
- ✓ Swimsuit.

Uganda:

- ✓ Comfortable clothes for a week or so. Comfortable slacks, a couple of long-sleeved shirts/dresses/skirts when you want to dress up some.
- ✓ 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 usually ok.
- ✓ Tops and blouses (over the shoulder is best), cotton T-shirts. Also bring long sleeved shirts/tops for night time when it is cooler or air-conditioned hotels. 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.
- ✓ Mark clothes with a Sharpie someplace on the inside with your name.
- ✓ **Comfortable** shoes for walking. Good quality hiking sandals are fine, since you can wear socks with them in the evening. Sneakers or good practical slip-ons are fine. You will be doing a lot of walking, not always on sidewalks. Flip-flops (available there) are house not walking shoes. One smartish pair of shoes should be brought (special events, church visits, etc.).
- ✓ A backpack for daily use around town and for work. 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. Something with Deet, like Deep Woods Off, that rolls on or sprays. One or two bottles should do you. Available at local outfitter stores.
- ✓ Sanitary supplies choices may be limited in country.
- ✓ Small waterless hand cleaners, small Kleenex packages - good to bring (available there).
- ✓ Sunscreen
- ✓ 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). Some checks drawn on an American bank and some cash (not more than \$500) in fifties and hundreds - best exchange rate, and you can bring some smaller bills for use in the airport. **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. Larger denominations get better rates. Travelers' checks are not very helpful. ATMs work well but know what your costs are from your bank to make transactions. **NOTE:**

CREDIT/DEBIT CARD SHOULD PREFERABLY BE VISA!!! OTHER CARDS NOT SO WELL ACCEPTED IN UGANDA!!!

- ✓ Bring your US driver's license.
- ✓ Bring 2 extra passport photos or have scans available.
- ✓ Scan copies of your passport and save in a safe place (eg with family) in the event of theft. OR make 3 photocopies of the first two pages of your passport – the pages with the photograph and the data. Give one photocopy to Dr. Hackett or Hepner (Pdf better), and keep the other hidden in your belongings, NOT with your passport. There is an active black market for stolen American passports.
- ✓ Keep your Visa card numbers written down and stored at home and someplace away from your Visa card in your luggage.
- ✓ Bring your insurance card (copy of that should be given to the program directors).
- ✓ Media cards and camera batteries, and international adapter for charging your electronics.
- ✓ A lightweight jacket, sweater or sweatshirt for evenings. Keep it to one you can wear with everything. A cheap watch. Might want to leave good jewelry at home.
- ✓ Have any prescription drugs you need, especially necessary medications for malaria. Stomach upset/diarrhea medications such as Pepto-Bismol, (generic) Immodium, etc.
- ✓ Headlamp or flashlight. This one is **important**. Electricity not always available and you will definitely want a light for nighttime walks, bathroom trips, etc. Headlamps are more convenient. Cheaper versions are available for about \$10 (can be purchased in market there).
- ✓ Bring small umbrella (available in country) or **waterproof jacket**/sweatshirt with hood if you want. When it rains it pours. And it will rain, hard.
- ✓ 2 journals (1 personal, 1 field) or use your computer/iPad
- ✓ Wipes (available there)
- ✓ Spices (available there)
- ✓ Digital recorder (optional—group one will be available for research/events)
- ✓ Broad-brimmed hat (sunstroke is a real possibility) and/or **sunglasses** with neck strap
- ✓ Chapstick
- ✓ Small gifts, esp. if working with children (stickers, etc.?)
- ✓ Reading material/Kindle (latter can't be shared or left). We encourage each member of the group to bring at least ONE novel to share and leave behind.
- ✓ DVDs (if bringing a laptop – DVDs bought in-country are hit-or-miss), even CDs. CDs make great gifts for our musician friends.
- ✓ First-aid items (band-aids, etc. available there)
- ✓ Earplugs (your roommate may snore)
- ✓ Small, easy-to-carry snack items
- ✓ Water bottle
- ✓ Anti-itch lotion
- ✓ Lots of batteries for items that need them – batteries bought in-country are of very poor quality or expensive
- ✓ A plug adapter. Uganda uses the same plugs used in the U.K. (*pictured right*). You can also buy adapters in-country.
- ✓ A surge protector/power strip can come in handy (power fluctuates), but make sure it is of good quality.
- ✓ Patience and a sense of humor



“Don’t Bother to Pack” List

For Uganda:

- Any electrical appliances (including hair dryers) that only work on 110V power. Power adaptors that you can buy for \$19 here in the States simply do not work well. If you get a hair dryer, buy one that can switch from 110 to 240 power, and then buy the \$19 adaptor kits so you will have the proper plug-in units.
- Do not need an iron.
- Capris are more useful than shorts.
- Food and water.
- Cell phones – your US phone will not work in Uganda (unless you can change out the SIM card). Drs. Hepner and Hackett will have cell phones you can use in an emergency. You can buy cheapish ones there too.
- Perfumes attract insects.
- Peanut butter (plenty there!!!) Energy bars, cookies, candy available there (local, regional and imported)