

Personal packing list for Mission Trip

Luggage - 1 suitcase, less than 50 lbs., and $l + w + h = 62''$ or less
1 carry-on, 22" l, 16" w, 8" h

Clothes – casual - comfortable walking shoes (sandals not recommended), rain poncho, women wear skirts, men slacks for worship, light jacket
(Work clothes - including gloves, hat, shorts only for men)

Medications

Required immunization - yellow fever
Anti-malarial- prescription - (lariam, malarone, doxycyclene)
Personal medications - all bottles labeled
Anti-diarrhea - lomotil
Anti-biotic - cipro

Suntan lotion

Insect repellent - 30% deet or higher

Personal toiletries

Towels, liquid soap, handwipe as wash cloth, flip-flops for shower, antibacterial hand wipes

Extra glasses

Small pillow, full sheets

Earplugs

2 rolls toilet paper

Plastic bags for dirty clothes, etc.

Flashlight

Camera, extra batteries

Bible - devotional material

Journal/notebook, pens

Snacks – breakfast items

Backpack or shoulder bag

Electricity may not be available but converter needed for camera charging etc.

Spending money in Uganda- for personal items only (Clean \$100 bills, series 2003 or later for best conversion rate), no travelers checks

Any tools, knives, etc., must be in checked luggage only

Carry-on luggage should include passport, medications, change of clothes
(Small toothpaste or gels in zip lock bag - airline requirements)