



Uganda Packing List

Clothes:

Men: regular Day-to-Day clothes do just fine (I often wear shorts and a T-Shirt with sandals or Tennis Shoes)

Women: Regular day-to-Day clothes do fine, however, it is important to cover your knees at all time when we are away from “The Haven”. Long skirts are recommended, as Ugandan women always wear dresses or skirts. Tank tops are fine, but please remember this is a very conservative culture and we must continue to respect that as their guests.

- Toe closed shoes
- Heal closed sandals
- Swim Suite
- Sweatshirt
- Rain jacket
- Sun Hat
- Bandana/ Summer Scarf
- Sunglasses

DOP kit:

- Toothbrush/ toothpaste
- Sunscreen
- Bug Spray
- Tums/ Pepto-Bismol/ Anti-diuretic pills (helps stomach settle an unfamiliar meal)
- Aloe Vera (for possible sunburns)
- 2-4 portable bottles of Hand Sanitizer
- Soap/ Shampoo
- Gold Bond (You walk a lot)
- Vitamin C- airborne or any other form of Vitamin C supplement
- Malaria Medications
- Any other required medications

Extra Necessities

- Large water bottle!- or even two Large water bottles
- Journal
- Camera
- sunscreen
- Bug spray
- Headlamp/ Flashlight

- Spending money for \$100 entrance fee, eating in town, select dinners at “The Haven”, occasional village transportation, and gifts for home (about \$350 total- this very generous just to be safe)
- International Outlet Converter (Uganda uses British Outlets)
- Cliff Bars- Not all meals set well. Cliff bars are a good meal substitute.

Recommended

- Bible/ Books to read
- Chewing gum
- Music/ headphones