

Trip Travel Checklist

Clothing

- 3-4 outfits. (One should be somewhat dressy, for church. The weather gets warm, so you will need something cool, and the evenings are cool, so you will need something like a windbreaker or long-sleeved shirt. As much as possible, try to make these mix-and-match so you can get more mileage out of them. Please ensure that all clothing is appropriately modest. Girls, avoid tops with thin straps, skirts above the knee, etc. Public display of underwear will not be permitted on the trip. This includes guys' boxers. Please note: It is expected that men speaking in church be dressed in a nice shirt. Jacket & tie are not necessary.)
- Modest sleep wear
- Comfortable walking shoes. (Sandals or flip-flops are permitted but your feet will get incredibly dirty) Must be well broken in.
- Hat or cap to wear in the sun
- Laundry detergent - We suggest that you pack it in double ziploc bags.
- Underwear and socks. Suggest 7-8 changes of each.
(Note: Not sure how laundry will be done, could be by hand in a bucket or not done at all.)

Toiletries (Please ensure that you bring enough to last). They are very expensive out of country)

- Wash cloth
- One medium-size towel - We suggest the kind of compact, quick-dry towel which can be purchased at your local camping store.
- Soap (in container) or body wash
- Deodorant
- Toothbrush + toothpaste
- Shampoo
- Comb or brush
- Shaving needs
- Personal cosmetic items
- Suntan lotion with a high sunblock level. We could be in the sun a lot.
- Skin insect repellent with high (at least 50% Deet level)
- Toilet paper (it will be needed while traveling in Rwanda & India)
- 2 bottles of waterless hand sanitizer; this is essential and must be carried with you

Miscellaneous

- Granola bars or "power bars" - On occasions where the food might not agree with you or you wish to have a snack, (there are no 7-11's just down the street), you may wish to bring a box of small, nutritious snack bars.
- Travel alarm clock (or you could just your phones)
- Inexpensive or disposable camera. Cameras are frequently lost or stolen on outreach trips, so we suggest you not bring an expensive one.
- Money bag or money belt to be worn under clothes. (optional)
- Neck pillow for sleeping on planes (optional)
- Ear plugs for sleeping on planes (optional)
- Small length of cord to act as clothesline.
- Water bottle - this should be a rigid, unbreakable bottle, not the disposable kind (optional)
- Laundry bag (not plastic)
- Small flashlight (optional, could use your phone as well)
- Compact Bible
- Light, compact raingear
- Vaccination card
- Passport
- Travel Insurance documents (if purchased)
- Health Insurance card
- Cash (the amount of personal spending \$\$ is up to the individual but the recommendation is not more than \$300). Please bring \$50 dollar bills or above. In Rwanda, any note below \$20 is rarely accepted for exchange. Also, make sure the bills are dated for the year 2006 and above. The newer the better. Any bills dated before that year are not accepted for exchange. Bills for exchange must also be in excellent condition and not torn or crumpled. Place cash in a book during travel so that it doesn't get crumpled or bent. Requirements vary per country so check with team leader.
- Credit or debit card (optional, keep in mind Master Card or Visa are the most widely accepted)
- Advil, Pepto-Bismol, Immodium AD
- Malaria prevention (required)
- Cipro (required)
- Notepad and pen
- Resealable plastic bags (Ziploc)
- Pictures of your family. This means a lot to those we meet.
- Electrical adapters: The power in Rwanda is the same as in Europe: 220 volt, 50 cycle, with the same set of prongs as the Europeans use. Any electrical items such as razors or hair dryers need to be either able to adapt to 220, or must use a small transformer. You can pick these up for about \$25 at shops which sell luggage or specialize in international travel. CAA shops often carry them as well. India - Type D plug, CEE 7/16. Grounded 3-Prong plug. (pics & links shown below)
- Many people will ask you for your address. You may want to print up small cards (like a business card) with your name, address and e-mail on it. This will prevent you having to stop and write it down, and thus drawing a crowd. Be careful whom you give these out to, though. Reserve them for people with whom you have established some sort of relationship.

Notes

- ❑ Please note that in some places, we may not have a lot of security regarding our personal space or belongings. We recommend that you not bring small or expensive electronic items unless you plan to carry them on your person most of the time. Keep in mind you will need adapters to charge your any electronics.
- ❑ Make copies of your Vaccination card, passport, health insurance card. Leave one copy at home with relatives or friends and carry the other with you in a separate place from your passport.
- ❑ Leave a copy of your itinerary with family or friends at home so that you can be contacted in an emergency or crisis situation.

Tips for Packing

- ❑ Don't over pack! Pack everything in one medium suitcase. Use a small backpack to keep small items close at hand. Some teams will be spending the night in an airport. Include any medications, a change of clothing, and personal hygiene items in a carry-on or backpack in the event checked luggage is misplaced for a while. Don't pack any electrical items in your check-in luggage.
- ❑ Take seasonably and culturally appropriate clothes, most places are not climate-controlled.
- ❑ Take wrinkle-free, no-iron items that dry quickly.
- ❑ Avoid brand new shoes or shoes you don't mind getting really dirty; limit the number of shoes to just a couple of pairs.
- ❑ If bringing electrical devices, remember to bring the proper adapter! (see below)



Rwanda - Travel adapter you will need - works for cell phones, laptops, etc. Not hair dryers. Click [here](#) for Amazon link to buy.



India - Travel adapter you will need - works for cell phones, laptops, etc. Not hair dryers. Click [here](#) for Amazon link to buy.