

#### Shoes:

- Tevas (or other rugged sandals)-- very handy for walking around in the hot weather
- Nice shoes or sandals-- for when you are dressing up for presentations
- Sneakers for playing soccer or other games with the kids.

General Clothes. Think dark colors or things that don't show the dirt easily! Light-colored clothes look dirty pretty quickly.

- Skirts/dresses-- these are important to have when working in the villages (for women), going to community meetings, church, etc.
- Slacks-- it is good for men to bring at least one pair of nice (but comfortable) slacks for community meetings, church etc.
- Warm clothes-- you won't need much, but a thin fleece may be handy in the evenings, something waterproof is a good idea too.
- Shorts-- good for relaxing at night, but not appropriate for travel or working. Very few people wear shorts out of the house.
- Swimsuit—it doesn't take much space, and is nice to have in case there's an opportunity.
- Some kind of hat-- it's hot this time of year and the sun can be brutal. A hat can also be useful in keeping the dust out of your face when riding in the back of a pick-up truck.

#### Toiletries:

Your favorite toiletries will be hard to find, so if you are particular about the brands you use, bring enough for the trip. Standard toiletries (soap, tooth paste, etc.) are easily available. You may also want to bring packets of tissues for when toilet paper is in short supply.

#### Household supplies:

- Sheets-- a single, colored sheet (2m x 1m) can be helpful in places where the bed looks sketchy. You probably don't need to bring a sleeping bag, though you could bring a small fleece blanket.
- Towels-- these are bulky, you can probably get by with a smaller one than you are used to. Kikois/Kanga cloths are a good alternative. You can buy these locally or make them from your own cloth.
- Camping pad-- useful for when you are crashing on someone's floor, also can make the rough roads a little more bearable when you're in the back of a truck. But they are bulky, so we can probably make do with just one or two for the team.
- Mosquito net--D-Lab provides these, you should bring one along to help prevent mosquito bites (and malaria).
- Mosquito repellent-- always a good idea.
- Power converter/adaptor plugs-- if you are bringing along things that need to be charged.
- Shaving/vanity mirror-- useful for putting in contact lenses. You can also put it behind a candle or lantern to get a little more light at night.
- Drain plug-- useful for turning a sink into a washtub.
- Clothesline-- handy for drying clothes that you've washed by hand. Bring clothespins too!

#### Handy travel gear:

- Money belt, pouch or some other way to be discreet with your money.
- A dictionary or phrasebook (or both)
- Photocopies of all important documents (passport, WHO card, license, etc), also leave a copy at home

- Small flashlight with a couple spare batteries-- useful for finding the latrine at night, checking out scary noises in the bedroom, etc. If you bring a small LED light, be sure it has an on switch, not just a squeeze button.
- Leatherman/pocket knife-- but remember that this should go in your checked bag.
- Water filter and iodine drops-- we provide at least one set for every team, so you don't need to bring your own unless you want to.
- A couple 1-liter water bottles-- very useful. You may find that you need to drink an awful lot of water. They are also good for filtering water.
- Gatorade powder and/or oral rehydration salts-- for days when you get really dehydrated.
- Aspirin/Ibuprofen-- to help with dehydration (and other) headaches.
- Camera and plenty of memory cards, or more film that you thought possible, if you are not using digital.
- Ear plugs-- invaluable for long plane rides, bus trips, noisy lounges, snoring room-mates etc
- Hand wipes-- a couple individually wrapped wipes can come be very useful if you need to put contact lenses in or want to clean your hands before eating while on the road
- Anti-bacterial hand-stuff-- useful for cleaning your hands before you eat.
- Handkerchief or bandana-- millions of uses, including face mask, washcloth, bath towel, signal flag, sweat band, emergency hat, water filter. Bring a few.
- First aid kit-- we'll bring a large kit for the team, but everyone ought to have a few bandages and first aid cream with them for their own use.
- Medication-- bring twice as much as you need and divide it up into different bags so that you are okay in case a bag gets lost or stolen.
- Snacks-- it's sometimes nice to have a power bar (or something) on really long rides. If you have special dietary needs, you should bring extra, for when there nothing else you can eat.

### Packing:

- Medium-sized backpack with waist strap and heavy-duty zippers or a medium-sized suitcase with wheels. You'll need to fit your personal supplies in one bag; the other bag will be for team research supplies.
- Fanny pack-- a great way to keep cameras, notebooks, tools, etc handy, and useful for day hikes (doesn't get as hot as a backpack).
- Zipper locks or zip ties-- can be an easy way to keep your things secure.
- Nylon packing straps-- these are amazingly useful for strapping stuff onto your backpack. Find the kind with plastic buckles, so you can cinch them tight rather than tying them.
- Zip-loc bags-- really handy for protecting things from dust and water; also useful for collecting small things. Large trash bags can be useful for keeping things dry in the rainy season (or for transporting messy things back home).

### Entertainment:

- Books-- talk to your team to see if you can find a few books that you'll want to share, it'll be less to pack and useful when you run out of other discussion topics.
- Journal-- potentially one of the most valuable souvenirs from your experience. If you can find carbon paper, you can use the letters that you write as part of your journal.
- Art supplies, origami paper-- a great way to get to know local kids (and adults) when you aren't working.
- Games-- learning the local card games is another great way to integrate into the society; if you bring along your own deck, someone will teach you to play. It's also nice to have games that the team can play on long journeys, or when waiting around.
- Pictures from home-- people will enjoy learning about your home and family.

### Professional Supplies:

- Calculator-- often very handy, but best to bring one that you can leave behind
- Gifts for the heads of the organizations that you are working with and for your hosts
- Tool box-- make no assumptions about what we'll be able to find over there.

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