

## Packing Tips Check List

visit <http://www.ugandamission.net/travel/check.html> for details on each item

### Items you should carry personally

(fanny pack, purse, or back pack)

- Valid US Passport
- Certificate of Vaccination PHS-731
- Family Health Insurance Documents
- Airline tickets
- Personal Funds - credit card
- Small flashlight
- Medications (prescription & over-the-counter)
- Anti-malarial tablets

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### Items you should have in your carry-on

- Personal toilet items
  - Toilet Kit
  - Toilet Paper
  - Shower Kit
- Camera and film
- Insect repellent (Deet)
- Writing tablet (steno pad) for daily journal
- Bible & Presentation Notes
- Leisure reading materials
- Portable CD player/Mp3 Player, Walk Man
- Pocket size rain pouch
- Personal first aid supplies
- One small bottle of water
- One change of clothes

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### Items for checked bags or carry-on

- Benevolent items:
  - gifts
  - used clothes
  - Bibles & books
- Clothing (personal)
- Leatherman type tool or knife
- Lock (key or combination) & small chain
- Pillow
- Small roll of duct tape
- Sewing kit
- Single use rubber examination gloves

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Use the lines below to add your own items to the list

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