

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 (expiration date 6 months after trip)
- ☐ Certificate of Vaccination PHS-731
- ☐ Family Health Insurance Documents (copies)
- ☐ Travel Itinerary (from team leader)
- ☐ Airline tickets (receive at time of check-in)
- ☐ Personal Funds and credit card
- ☐ Small flashlight
- ☐ Medications (prescription & over-the-counter)
- ☐ Anti-malarial tablets
- ☐ Camera (film if needed, extra batteries)

Items you should have in your carry-on

- ☐ Personal toilet items & Shower Kit
- ☐ Insect repellent (Deet at 95% or higher)
- ☐ Writing tablet (steno pad) for daily journal
- ☐ Bible & any presentation notes
- ☐ Leisure reading materials
- ☐ Portable CD player/Mp3 Player, Walk Man, etc.
- ☐ Pocket size rain pouch
- ☐ Personal first aid supplies
- ☐ One change of underwear, blouse or shirt

Items for checked bags or carry-on

- ☐ Benevolent items:
 - ☐ gifts
 - ☐ used clothes
 - ☐ Bibles & books
- ☐ Clothing (personal)
- ☐ Extra batteries
- ☐ Leatherman type tool or knife (optional)
- ☐ Lock (key or combination) & small chain (optional)
- ☐ Pillow (optional but recommended)
- ☐ Small roll of duct tape (emergency repairs)
- ☐ One roll toilet paper
- ☐ Sewing kit (optional)
- ☐ Single use rubber examination gloves (optional)

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

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[illegible]