



## Uganda Packing List

### CLOTHING/FOOTWEAR:

- Light clothing that can be layered – the weather will vary, so think layer, layer, layer. \* Consider the environment we will be in – bring clothes that are OK to get dirty because they WILL, EACH DAY. Also, when packing, think of respectful clothing. Short shorts/ short skirts, spaghetti strap tops, yoga pants/leggings, low cut shirts, and anything torn, ripped, or frayed are not permitted. These apply to both men & women. You will remain at the guest house during those trips if proper clothing isn't brought.
- Church outfit - See "Special Note" below.
- Shower shoes or flip-flops are a must. This helps keep feet safe and also helps with slippery floors.
- Comfortable shoes. We will walk a lot. Both tennis shoes and sandals are fine, but know that Ugandan dirt is red. Your feet will get DIRTY. You will want to wash your feet each night before climbing into bed.
- Baseball cap, hat, or visor to help protect your head. We are out in the sun most of our time.
- Sunglasses
- Undergarments and socks
- Swimsuit (Just in case we visit a pool or the River Nile.)

**SPECIAL NOTE:** Please know Ugandans take their church attire very seriously. They dress up! You will want to dress as nicely as possible while at their church! Women are required to have a long skirt (knee length or longer). Jewelry is acceptable and recommended while at church.

### SPECIAL ITEMS:

- Anti-malaria pills from your travel physician
- Imodium. (At least one person, every trip, drinks the water on accident. This will cause you a lot of issues! Please bring Imodium and take it immediately if you accidentally drink the water or put your toothbrush in it. Your team leaders should have extra toothbrushes. If it is not dry before you need to use it again, don't!
- DEET or something comparable. (Amazon sells bracelets that have DEET on them. They work well and can be worn for several days.)

- High proof Sunscreen! This is important!
- Hand fan (non-battery operated ones) to help keep you cool if you need some “moving air.”
- Reusable water bottle. The suggested size is 24-32 ounces.

#### **TOILETRIES & MEDICINES:**

- Personal hygiene items. These are not provided for you.
- Medicines (pack in your carry-on). Consider Imodium, Pepto Bismol, ibuprofen, Band aids, Neosporin, feminine products, etc.
- Hand sanitizer/wet wipes (Sanitizer is readily available and will be provided but it’s always nice to have one to carry in your own personal bag as well).
- Sunscreen, lip-balm, moisturizer
- Small pack of tissue or personal wipes (for places without T.P.)
- Hydration drinks (propel, Liquid IV, etc.) - This is very important!

#### **SUGGESTED TRAVEL ITEMS:**

- Earplugs to use for sleeping, if desired
- Ziplock/grocery bags – this is ALWAYS helpful when traveling for soiled or wet items
- Charging cords for your device(s)
- 220v - 3 prong outlet adapter (1 per person is fine OR you can share!)
- Bible, notebook or journal & writing device

**A GREAT ATTITUDE! This is a judgment-free zone. Bring your best, most open self. The more you give, the more you WILL receive.**

#### **LEAVE AT HOME:**

- Nice jewelry or family pieces - don’t bring them!
- Personal Electronics (other than personal phone)
- Bad attitudes
- Weapons of any kind
- CBD products (even if these are legal and you have a prescription. Leave them!)

#### **PLEASE CONSIDER:**

- International cell phone coverage - speak to your carrier before travel to make sure you are covered.
- Soft-sided luggage if possible! We will be putting a LOT of luggage into our van

- Once you are in Uganda meals are included along the trip. We will eat 3 balanced meals each day, but you may want to bring snacks for in-between meals. Be sure to pack snacks that will not melt in the heat.
- Limit cash to about \$100USD for incidentals. If we have time, we'll go to the market for small souvenirs or there may be other things you want to purchase on your own.

### **WHAT TO EXPECT**

WE ARE SERVANT LEADERS - to those around us and to each other. Please come with an open mind and an open heart.

We will each be assigned a few light duties to make the days run smoothly and to show our appreciation at the guest house. It's nothing too strenuous but many hands make light work.

GARBAGE SERVICE – There is no waste pick-up in-country. Garbage is taken to the yard and burned daily.

### **BATHROOM NOTES**

“If it's brown, flush it down, if it's yellow, let it mellow”.

Water is a commodity! We will have hot water for showers, but do plan to take quick showers and even consider turning off the water when it's not needed.

The water is hard and has a lot of iron content. \*Rust along the faucets is common.

### **Sample Uganda Itinerary, 10 days**

*This is only a sample for you to view. This is not our actual schedule.*

Day 1 Fly out of your selected city. Depart as a group, Amsterdam to Entebbe, arrive approx. 10:30 pm

Day 2 Jet lag day. Orientation, relax at the guest house, assemble shoes, change money

Day 3 Attend a local church service, evening debrief

Day 4 Meet the My360Project artisans, tour the Buzzi Empowerment Center, afternoon shoe give, evening debrief

Day 5 Community day, visits of local ministry partners, evening debrief

Day 6 5am departure for Jinja. Tour a partnering hospital, visit a local orphanage, see the headwaters of the River Nile. Overnight in Jinja.

Day 7 Late morning shoe give, return to My360Project guest house, evening debrief

Day 8 Tour a local hospital, participate in an area community project, evening debrief

Day 9 Community project, shoe give, evening debrief

Day 10 Flights to USA

