

KWAYA UGANDA TOUR

WHAT TO BRING

Pack smart and travel light.

Consider each item you put in your luggage:

Will you use it more than once?

Does the risk of it being broken or stolen outweigh the need to take it?

What can be used in multiple situations and is most appropriate for the climate and culture?

In East Africa, it is usually hot during the day (27C) and milder at night (16-18C).

NOTE: Unless essential, best to leave your laptops and iPads at home.

DOCUMENTS

- Passport; passport photocopy packed separately to your passport
- Flight Tickets and Safari Docs
- Vaccination Booklet / Records
- Travel Medical Insurance Policy Card
- Credit card
- US or AUD Dollars - US\$50 note (dated after 2003) for Uganda visa upon arrival, plus \$US or AUD large notes \$50 or \$100 (dated after 2003) for spending money
- Additional Photo ID
- Shoulder Bag – For passports, credit card, tickets, money etc.

CLOTHING

- Cotton/linen/breathable shirts/tops to wear at the guesthouses - (ACC tops are for sale upon arrival.)

- All tops must cover the shoulders when we visit schools or institutions (ie no singlets.)
- Past-the-knee-length shorts or skirts; cotton/breathable pants and/or Jeans. If pants are tight, ladies.. a loose long top is needed to cover crutch and bum. Though you will see mini-skirts here and there (usually worn with leggings for modesty) keep them at home. Too short attire would immediately raise a cultural block and that would be counter-productive to your purpose in Uganda.
- Pair of shorts for soccer
- Socks and underwear
- Sleepwear
- Semi Formal for Church- Skirt below knees for women (no pants) and long pants for men.
- Lightweight waterproof jacket
- Sturdy footwear if going on Safari or working on outdoor projects; runners, thongs (for showers, etc)
- Swimwear
- Hat/cap
- If singing, performance shoes – black
- Ladies – Red Lipstick for performances. Your face shines on camera when you wear lippy and the audience can see you better.
- Performance Uniform - Black dress for ladies. black shirt and pants for the men.

OTHER NECESSITIES

- Toiletries (toothpaste, deodorant, etc) NOTE: scented toiletries can attract insects
- Antibacterial soap, shampoo etc
- Travel towel
- SARD Bio-degradable laundry soap to wash undies in room.(Note: Undies cannot be hung outside due to cultural restrictions).
- Water bottle
- Reseal-able plastic bags
- Prescription Medication - Should be kept in the original container, well marked with your name and your doctor's name, and packed in carry-on luggage.
- Travel clothesline (Can be purchased at Duty Free at the airport).

- Muesli Bars, High Energy Snacks
- Melatonin tablets, helps your body clock adjust
- Gardening Gloves (for those on gardening or clean up projects or jungle safaris) Three pairs (one for you and two to give away).
- Sunglasses
- Extra set of prescription eye-glasses and hard case
- U.K. Adapter for electric outlets.
- Flashlight and batteries

PHARMACEUTICAL

- Malaria Tablets – (as recommended by your pharmacist or doctor).
- Sunscreen
- Motion Sickness Tablets
- Paracetamol
- Insect repellent - Bushman – this product is at a strength suitable to areas with a high population of mosquitos (80% DEET) and comes with or without the added protection of sunscreen.
- Anti-itch cream
- Other creams are available which may be of benefit including hydrocortisone cream* (reduces redness and itchiness in case of a rash forming)
- Electrolytes – Hydralyte
- Anti-diarrhoea tablets
- Anti-nausea tablets
- Lip Balm
- Ear plugs