

uganda trip check list.

NECESSITIES

- Passport
- Yellow Fever Card
- Cash
- Bible
- Notebook & Pen

EYEWEAR

- Prescription glasses (if needed)
- Sunglasses

CLOTHING / ACCESSORIES

- Oasis "Serve" T-Shirt & Watoto T-Shirt (both will be provided ahead of time)
- Comfortable Clothes to Build in (long pants & t-shirts)
- Outfit for Church (Pair of jeans to wear with "Serve" t-shirt)
- One Nicer Outfit (Jeans/Pants & a blouse for ladies / collared shirt for men; or a skirt or dress for ladies)
- Light Weight Jacket &/or Sweater (for evenings); Heavier Coat (depending on where layover is--e.g. London)
- Closed Toed Shoes (sneakers / work boots)
- Rain Gear (rain coat / rain boots / umbrella)
- Pajamas
- Hat
- Work Gloves & Weight Belt (if needed for building)

Please do NOT bring any of the following: shorts above the knee, tight or revealing clothing (tight pants/jeans, yoga pants or tight shirts), low cut shirts (no cleavage showing), excessively low-rise jeans, shirts that reveal the midriff, clothing with inappropriate or questionable words or images, clothing with military images or camouflage, clothing with rips, holes or stains.

MEDICAL

- Various Medicines (malaria pills, Cipro, anti-diarrheal medicine, laxatives, Advil/Tylenol, vitamins)
- Prescription Medicine (as needed, please pack this in your carry-on bag)
- Hand Sanitizer
- First Aid Items (band-aids, latex gloves, Neosporin, calamine lotion, Benadryl-cream or pills)
- Bug Repellant / Deet Spray or Lotion
- Sunscreen

TOILETRIES/ BEDTIME

- Toothbrush & Toothpaste
- Liquid Soap / Body Wash
- Shampoo/ Conditioner
- Flip Flops for Shower
- Deodorant
- Toilet Paper (a couple rolls)
- Hand Lotion
- Chapstick
- Hair Dryer (if needed)
- Wash Cloth / Towel (one just in case)
- Baby Wipes (great for freshening up on the plane & when showers or water is not available)
- Compact Mirror
- Feminine hygiene products (for women, if needed)

DAY-TO-DAY ITEMS

- Snacks (beef/turkey jerky, protein bars, nuts, crackers, trail mix, packets of tuna/salmon, chips, cookies)
- Small Backpack or Fanny Pack for Day Trips (versus larger backpack for carry-on)

TRAVEL

- Items for Down Time (magazines and/or books, deck of cards, iPod, small football)
- Backpack for Carry-on
- Money Pouch (for waist or neck)
- Blanket, Eye Mask &/or Neck Pillow (sleeping on plane)
- Re-closable Plastic Bags (small for toiletries / large for separating clothes, dirty laundry, etc.)

PHOTOS

- Camera
- SD Cards / Extra Film
- Charger
- Photos to share with your sponsored child

ELECTRONICS

- Voltage Converter: Uganda=240 Volts vs. US=120 Volts
- Outlet Adapter: UK version (3-pin)
- Travel Alarm Clock
- Mini Flashlight