ONEWORLD HEALTH

PACKING CHECKLIST | OUTREACH TEAM UGANDA

You are allotted one carry-on and one personal bag. You will not be checking any bags, so pack light. Your carry-on must fit in the overhead bin, be less than 40 pounds, and something you could carry or wheel for a long distance.

GENERAL

- ☐ 1 Small 40-pound carry-on main luggage (carry-on)
- ☐ 1 everyday bag/backpack that fits under the seat in front of you (personal)
- ☐ US Passport
    - Original + 3 copies- in the event that you misplace your passport, store your passport copies in a different place from your original
    - Passport MUST be valid for 6 mo. after your travel return date
    - It needs to have at least 1 completely blank page or the airline will not let you travel
- ☐ Proof of Yellow Fever vaccination + Online VISA application + negative COVID-19 PCR Test
    - Keep with passport
    - Required for entry into country and at check-in in the US
    - While the COVID-19 vaccine is not required at entry, it would be a good idea to travel with your vaccination card
- ☐ Personal ID
- ☐ Spending Money
        - $30 bill for PCR test upon arrival (*this requirement may drop by trip time, bring in case)
        - Suggested $50-$100 for souvenirs and tips (Bank in Uganda *only* accepts crisp $50 and $100 bills printed *after* 2018)
- ☐ Credit Card
- ☐ Journal for personal processing and note taking
- ☐ Medical Insurance Card
- ☐ Evacuation Insurance Card (OneWorld Health will provide this prior to departure)
- ☐ Water bottle (Nalgene or similar)

EVERY DAY BASICS

- ☐ Comfortable outfit to wear on plane (2)
- ☐ Uganda: comfortable and conservative outfit for Sunday clinic tour (long skirt or pants)
- ☐ Cotton t-shirts or scrub tops for clinic days- *no tank tops please (3-5)*
- ☐ Scrub pants or some other lightweight pants/long capris for clinic days- *no shorts please (3-5)*
- ☐ Socks
- ☐ Underwear
- ☐ Sleepwear
- ☐ 1 long sleeve shirt or sweatshirt
- ☐ 1 pair closed toe shoes for clinic days
- ☐ Flip-flops or other shoes to wear around hotel
- ☐ Cheap sunglasses

- ☐ Free day outfit: comfortable and casual- *no shorts please*
- ☐ Swimsuit, two piece is fine

TOILETRIES

- ☐ Waterless antibacterial hand sanitizer and/or wet wipes
- ☐ Sunblock
- ☐ SPF ChapStick
- ☐ Deodorant
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Comb/brush
- ☐ Razor/shaving cream
- ☐ Soap
- ☐ Shampoo/Conditioner
- ☐ Skin care lotion/creams
- ☐ Travel tissue packs (for the latrines at clinic sites, there is no toilet paper there)
- ☐ Items for contact lenses & travel size solution
- ☐ Feminine hygiene items
- ☐ Bug spray

*All toiletries must be carried in a single, transparent, Ziploc bag if in a carry-on. No liquids or gels of any kind may exceed 3oz per container. See http://www.tsa.gov/311/index.shtm for details.

TRAVEL HEALTH

- ☐ Prescription Meds*
- ☐ Malaria RX*
- ☐ Diarrhea medicine (Pepto-Bismol is recommended)*
- ☐ Cold Medications
- ☐ Throat Lozenges
- ☐ Laxative
- ☐ Aspirin
- ☐ Allergy meds
- ☐ Tylenol/Advil
- ☐ Band-Aids
- ☐ Blister Treatment
- ☐ Antibiotic Cream
- ☐ Eye Drops

*The first three items are strongly recommended but the others are optional

EXTRAS (OPTIONAL)

- ☐ Bible
- ☐ Journal and Pens
- ☐ Rain jacket
- ☐ Small lightweight flashlight/headlamp

- ☐ Ziploc Bags for dirty or wet clothes
- ☐ Travel Pillow
- ☐ Baseball hat
- ☐ Bandanas/Sweatbands
- ☐ Power converter
    - Available at Target or Wal-Mart
    - **Great Britain** converter
- ☐ Snacks: well-sealed, bug-, heat-, and crush-proof food for yourself (Candy, gum, granola bars, Gatorade powder, protein bars, etc.). Due to the nature of the work we will be doing, we do not recommend bringing anything to share. Keep your dirty hands on your own food! ☺
- ☐ Pool towel

A FEW POINTERS FROM PREVIOUS VOLUNTEERS //

- Do not pack anything that may explode at high or low pressure (examples: jar of jelly, aerosol repellent, sodas)
- Towels and sheets are provided
- No illegal drugs, tobacco, or alcohol are allowed
- It's best to leave your jewelry at home. You should avoid fancy clothes, expensive watches, excessive makeup, wedding rings, etc. These things may attract unwanted attention and tend to distance us from the people we are serving.
- Long skirts, pants, capris, tees; no shorts. You'll attract enough attention already, no need for extra from your outfits.
- Dri-fit, cotton, fabrics that breathe are ideal
- Bluetooth speakers are fun to have in the pharmacy
- Load your iPad or phone up with pre-downloaded shows, movies and music. The Wi-Fi isn't fast enough to stream or download.
- DO NOT BRING A HAIR DRYER – we will all know why we have no electricity once word gets out…

MEDICAL VOLUNTEERS //

- We suggest bringing diagnostic equipment, but it is not necessary for you to do so. There is always a risk of loss. At anytime you want to see an in-country inventory of supplies, just ask! We are more than happy to share with you.

MOST IMPORTANTLY, BRING YOUR SENSE OF ADVENTURE, A GREAT ATTITUDE AND AN OPEN MIND AND HEART!