

What to pack

General	
Light, loose clothing that covers your shoulders, midriff and knees	
Sensible shoes with a thick sole	
<i>Other clothing e.g. shorts/vests and flip flops may be packed to wear at hostel and on adventure weekend but should not form the basis of your wardrobe.</i>	
Sun hat and sunglasses	
Journal/magazines/book	
Camera	
Wallet/purse (money belt useful if you have one for visiting market etc.)	
Small torch (in case of powercuts)	
Ice breaker item/s (see suggestions below)	
Documents	
Passport (with Visa inside)	
Any personal medical documents	
Yellow Fever Certificate	
Medical	
Anti-malarial tablets (Named and in hand luggage)	
Anti-Diarrhoea tablets / Rehydration sachets	
Insect repellent (e.g. Jungle Formula) and bite/sting cream	
Basic Medical Kit with plasters	
Anti-bacterial hand gel	
Personal Hygiene (<i>many of these are expensive to buy in country</i>)	
Toothpaste and toothbrush	
Shower gel	
Shampoo and conditioner	
Sun cream and after-sun	
Towel	
Deodorant	
Baby wipes / make up wipes (for quick freshen ups)	
Travel wash	
Girls: Sanitary products and a small airtight container e.g. Tupperware as no sanitary bins in hostel	
Optional Extras	
Flat sheet (or similar to sleep under if required)	
Travel sized concentrated squash (for adding to water)	
Individually wrapped/non-chocolatey snacks e.g. cereal bars, dried fruit	

Ice breaker – an item you can use to play with the children at the school/hostel as soon as we arrive.

E.g. ball, toy cars, story book, bubbles (pack in hold luggage), yo-yo, jigsaw puzzle...

What NOT to pack

Mosquito net (provided by hostel and hotel on adventure weekend)	
Military/Camouflage clothes	
A plug adapter (same as UK)	
Hairdryer / Hair straighteners	

Teaching assistants / sports coaches

If you have chosen **Teaching & Multi-Sport Coaching**, you might like to take some of the following. These items can be used in our lessons and then left as a donation after our visit.

Packs of chalk (jumbo chalk worked well last year)	
Colouring pencils and sharpeners	
Cheap exercise books / paper	
Old textbooks	
Number charts / dominoes / matching cards	
An atlas	
Cut out shapes and letters of the alphabet	
Large story books	
Board games and jigsaw puzzles	
Craft materials	
Stickers	
Parachute for games	
Balls (with a pump)	
Bats	
Cones	
Skipping Ropes	
Bibs	
Whistles	
Boots and Shin pads	
Sports kits e.g. football shirts	

Community builders

If you have chosen **Building and Renovation**, you might like to take:

Heavy duty gloves	
Old clothing to wear whilst working	
Dust masks	
Closed footwear	

Donations

While there is no obligation to take donations with you they are really appreciated and since we have a large luggage allowance (30kg of hold luggage which can be split over 2 bags) I think we should make the most of this.

Generally speaking, the following can be really valuable:

Good quality clothes	
Good quality shoes	
Sanitary products (no tampons)	
Toothbrushes and toothpaste	
Soap	
School bags	
Educational resources and stationary	

