

## What to pack

<b>General</b>	
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)	
<b>Documents</b>	
Passport (with Visa inside)	
Any personal medical documents	
Yellow Fever Certificate	
<b>Medical</b>	
Anti-malarial tablets ( <b>Named and in hand luggage</b> )	
Anti-Diarrhoea tablets / Rehydration sachets	
Insect repellent (e.g. Jungle Formula) and bite/sting cream	
Basic Medical Kit with plasters	
Anti-bacterial hand gel	
<b>Personal Hygiene</b> ( <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	
<b>Girls:</b> Sanitary products and a small airtight container e.g. Tupperware as no sanitary bins in hostel	
<b>Optional Extras</b>	
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	

