

QUICK GEAR /DOCUMENT CHECKLIST--S.Sudan, RMNI

Why this list? It's a simple checklist to make sure that you have the "essentials."

- ☐ Be careful to weigh your bags. Rwandair charges \$4.00/kilo for weight over 30 kilos (66 lbs.). Mission Aviation Fellowship (MAF) and World Food Program Flights are also limited in weight. Ask your travel agent if a humanitarian allowance of free bags is available for ministry items. Extra bags may cost \$200.00 USD each.
- ☐ Backpack and/or nylon or valise. If using a fanny pack, wear it in front, but it will mark you as a foreigner (hard to disguise anyway). The Maelstrom Hiking Backpack is a good one for a carryon item.
- ☐ Breath spray or drops (dental gum?) and deodorant body spray for airplane.
- ☐ Camera with extra batteries and large gig media card, plus a recharger for rechargeable batteries, (for which you'll need a plug adaptor). Make sure your recharger is good for 240 volts (same for a laptop/tablet, etc.). If you'll need electric power, consider buying a surge protection/plug adapter:
- ☐ Cash for country, credit card (use one with embedded chip—good especially for shopping for gifts in duty-free shops). You may or may not need to notify your credit card company of your travel plans—countries where you do and do not want transactions. Note--use bills 2006 or newer for \$10s; 2003 or newer \$20s; 2004 or later \$50's and 2013 or later \$100s, without any marks or imperfections on them. Don't expose this money in public.
- ☐ Clothing for 2 weeks: light bathrobe, 5 dress-casual shirts and 4 light-weight pants (zip-off pant legs are good, and dark colors are good to hide dirt), 6 sets of underwear (or fewer quick-drying versions), large-brim hat to protect from the sun, light rain jacket/poncho, shower sandals, shoes well-waterproofed, socks, 2.5-gallon zipped plastic storage bags for clothing and shoes, and to contain liquid spills. They are also good for washing clothes. It's hot at night, so you may wish to simply use underwear
- ☐ Due to the extreme heat in S. Sudan when it's not rainy season, I suggest using a cooling towel (Chill Pal) or neck/head band—it works. I also suggest getting a personal fan such as the Travelon 3-speed folding fan, or larger OPOLAR F401 USB fan. If working in Juba only, I suggest going in the rainy season, when it's cooler. We try not to travel roads outside Juba, but if necessary dry season is preferable.
A driver's license was required by Juba airport officials in 2022 to provide a street address. Have a copy of your passport photo page with you. You will need your passport number when retrieving your COVID PCR result, if still required at Juba. Make sure your Team leader and your home have a clear copy. Also carry consulate and embassy addresses with you and enroll in the US Embassy S.T.E.P. program, so the embassy knows how to reach you.
- ☐ Ear plugs (or noise-cancelling headphones) and eye mask to block light (improves chances of sleep on jets and in noisy rooms). A neck pillow for airplane and possibly sleeping is recommended.
- ☐ Emailing is difficult in some places. You may wish to use your smartphone for text messages, and WhatsApp, or Skype with WiFi..
- ☐ Flashlights: 2 LED flashlight or head lights, with extra batteries. Consider a small camping lantern for room light when power may go off, or a flashlight with lamp capability.
- ☐ Granola or protein bars; salted dry-roasted nuts (salt and protein), decaf or caffeinated tea bags & sweetener. Starbucks has very good instant coffee packets. You will probably need a 1 qt. bottle backup when working away from a ready clean-water source, and a simple water filtration system such as Sawyer MINI Water Filtration System.
- ☐ Laundry bags—2 nylon mesh (@ clean and dirty clothes)— soap powder inside 2 zip-lock bags for doing personal laundry, laundry line and small clothes pins. Carry 2.5 gallon

- zip-lock bag to use as a washing machine.
- ☐ Locks, TSA-approved for all compartments with valuables (search at Amazon). Tie a colored cloth strip on your bags for easy ID. Have your email address on your checked baggage tag. Also, put a baggage tag **INSIDE** your bag, in case the outside baggage tag is lost. Or an Air Tag or equivalent. If you carry something unusual in your checked bag (eg. lots of bottles of lotion), attach a note explaining why you are carrying it, or TSA may confiscate it. They may anyway.
 - ☐ Meds: anti-itch gel, aspirin/ ibuprofen, Band-Aids, chewable vitamin C, multivitamins, Doxycycline (for use as an anti-malarial prophylactic, if you prefer), Ex-lax, Immodium, anti-malarial (if not using doxycycline), triple antibiotic ointment ; melatonin to help sleep, if you'd like (carry prescription drugs in carry-on in case baggage is lost). We recommend a single de-worming dose, such as Zepar, upon return, as a precaution.
 - ☐ Money/passport pouch –concealed (neck or attached to belt inside pants); Bring some smaller-denomination bills—1's, 5's, 10's for tips, etc.
 - ☐ If staying in a hotel, check to see if a mosquito net is needed. If so, a mosquito net & 25' of lightweight cord is appropriate. Check on how it would be suspended. Throw the net over your head to check for holes if used surplus (seriously). You **MAY** want to treat the net with Permethrin before you leave, if you're not allergic to it (I am). Consider leaving the net in Africa. DEET for mosquitoes (25% is probably adequate--100% DEET is not a good idea--it can leak, melting plastics, etc.).
 - ☐ Passport & yellow immunization card. **Ask someone to ask you if you have your passport and your yellow immunization card as you leave for the airport. You must have 180 days on passport for S. Sudan. As of 9/2022, a negative COVID-19 PCR test was required by Juba airport officials, for arrival **AND** in-country results presented before departure. It was requested to be seen several times.**
 - ☐ Knife--sharp pocket knife or scissors—put into checked baggage only.
 - ☐ Suit jacket (wrinkle-free) for preaching for men. Skirts for women in church, pants for travel and work (shorts are fine for traveling). Teaching is in business casual, with dress pants for men.
 - ☐ Sunglasses, reading, computer glasses as needed
 - ☐ Sweatshirt or sweater for airplane/airports and chilly mornings and evenings
 - ☐ Tablet for writing, pens, highlighter—compact Bible or Bible app.
 - ☐ Toiletries: shampoo in small container (Walmart sells empty 3 oz. plastic bottles—unscrew top and put a scrap of plastic bag on, then reseal to help stop leakage), bar soap in container, antiperspirant/deodorant, 2 safety razors, small size shaving cream for men, washcloth, towel, shower thongs, smaller toothpaste, toothbrush in holder, travel mirror, nail trimmers (checked baggage), full toilet paper roll; Wash N' Dry™--80 self-contained packets **and** 2 packs of disposable anti-bacterial washcloths; sunscreen. Use only bottled water to brush teeth in Africa or potable (drinkable) water in airports/elsewhere.
 - ☐ Waterless hand sanitizer (2-3 small bottles that have skin nutrients such as aloe)

TRAVEL VISAS

See for S. Sudan: <http://www.southsudanembassyusa.org/visa/> You must have 180 days left on your passport upon arrival. The S. Sudan visa must be obtained from their Washington, DC embassy. The cost has been \$160 (as of 4/2023). Allow 2-weeks minimum to send via FedEx (preferably) express, with a return express envelope enclosed.

To carry on your person or in carry-on for the flight:

Pen, small tablet, prescription drugs, ear plugs, eye shades, hat, travel-size deodorant/body spray, breath freshener/travel toothbrush & paste, reading or computer glasses, travel neck pillow, copy of photo page of passport, address and phone number of destination-contact person(s). In concealed travel pouch should be your tickets, passport, credit cards, and currency. Of course, if you bring a camera, a laptop computer, or a video projector, they should be carried with you, not as checked baggage.

For difficult village living conditions (such as in South Sudan):

MSR Gravity Filter (Campmor.com), Lipton “cup of soup”; salted nuts; beef jerky; Gatorade; trail mix; protein bars. Individuals may want to bring a microfilter bottle, such as the Sawyer filter, listed above.

A laptop/tablet?

You can dump pictures from digital cameras onto the hard drive. You can use it to work on presentations. It's also useful to record expenses on a spreadsheet and to directly preach/teach from it, in large font. It is a target of thieves, so you always need to protect it, not leaving it in a vehicle. You may be in situations where you cannot recharge it, unless you have access to a generator or other power. If weight is very critical, don't bring it unless it's light. I usually bring a video projector. Use a tablet if you can get away with it. Don't store sensitive information that may be offensive to the host government on the laptop.

Note current carryon restrictions from the USA.

Jim Sutherland (4/2023)