

QUICK GEAR CHECKLIST Africa
Reconciliation Ministries Network, Inc.

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

- ☐ Alarm clock (+battery) for travel + wristwatch
- ☐ Rolling duffel bags are ideal , but you'll need several locks (see www.campmor.com)
- ☐ Backpack and/or nylon or other valise and possibly a fanny pack
- ☐ Breath spray or drops (dental gum?); "Odor-eater" spray for shoes
- ☐ Camera with extra batteries and 1 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 hair dryer, a laptop, etc.). If you'll need electric power, consider buying a surge protection/plug adapter: Go to www.walkabouttravelgear.com/phone.htm for the "All in One Surge Protector" (about \$20). Have a media reader if you carry a laptop, and CD-writeables to which to download photos.
- ☐ Cash for country visa, debit or credit card (you can pay with VISA at many places—good especially for shopping for gifts in duty-free shops. Note: for larger denominations, use large bills newer than 2004, without any imperfections.
- ☐ Clothing for 2 weeks: bathrobe, 5 dress shirts and 4 pants (zip-off pant legs are good), 6 sets of underwear, cap, rain jacket, sandals, shoes well-waterproofed; Bring 2.5-gallon zipped plastic storage bags for shoes and to contain spills
- ☐ Driver's license in case you need to rent a car. Have a copy of your passport photo page with you. Make sure your Team leader has a clear copy
- ☐ Ear plugs and mask to block light (improves chances of sleep on jets and in noisy rooms)
- ☐ Email addresses that will be needed, in page-protector, or PDA; You can open a Yahoo.com email account and enter your address book online, for access globally.
- ☐ Flashlights: 2 less-expensive LED flashlights, or AA-size flashlight with extra alkaline batteries
- ☐ Granola or protein bars— e.g. PowerBar Protein Plus (they have sugar-free bars); dry-roasted nuts, decaf or caffeinated tea bags & sweetener
- ☐ Insect spray for bed (against bed bugs, earwigs)
- ☐ Knife, spoon, fork set (sharp knife for cutting nylon cord and fruit—not in carry-on luggage)
- ☐ Laundry bags—2 nylon mesh (@ clean and dirty clothes)— soap powder inside 2 zip-lock bags for doing personal laundry, retractable laundry line and miniature clothes pins (craft-style).
- ☐ Locks, TSA-approved for all compartments with valuables
- ☐ Meds: anti-itch gel, aspirin/ ibuprofen, Band-Aids, chewable vitamin C, vitamins, Doxycycline (for use as an anti-malarial prophylactic, if you prefer), Ex-lax, Immodium, anti-malarial (if don't use doxycycline), triple antibiotic ointment with topical pain reliever (generic); multi-vitamins, sleeping pills—generic, or melatonin (carry prescription drugs in carry-on in case baggage is lost) GaterAid mix/salt tablets for dehydration (try potato chips to get salt)
- ☐ Money/passport pouch —concealed (mine goes around the neck); Bring some smaller-denomination bills—1's, 5's, 10's for tips, etc.
- ☐ Mosquito net (use genuine Army surplus—without poles) & 25' of lightweight cord; Throw the net over your head to check for holes (seriously). You MAY want to treat the net with Permethrin before you leave, if you're not allergic to it. Consider leaving the net

in Africa. DEET for mosquitoes (100% spray bottles can leak, melting various plastics, etc.).

- ☐ Passport & yellow immunization card. Ask someone to ask if you have your passport as you leave for the airport.
- ☐ Pillow—air or filled horseshoe-style or compressible (camper) pillow, etc.
- ☐ Knife--sharp pocket knife/ scissors—put into checked baggage only.
- ☐ Suit jacket (wrinkle-free) and tie for preaching for men. Skirts for women (shorts are fine for traveling).
- ☐ Sunglasses
- ☐ Sweatshirt or sweater for airplane/airports and chilly mornings and evenings
- ☐ Tablet for writing, pens, highlighter, page protectors in poly notebook covers—consider small LED reading light that attaches to the book; compact Bible and compact concordance
- ☐ Toiletries: shampoo in small container (Walmart sells empty plastic bottles—unscrew top and put a scrap of plastic bag on, then reseal to help stop leakage), bar soap in container, antiperspirant for flights, safety razors, small size shaving cream for men, washcloth, towel, shower thongs, smaller toothpaste, toothbrush in holder, travel mirror, nail trimmers (checked baggage), toilet paper roll; Wash N' Dry™--80 self-contained packets and 2 packs of disposable washcloths; sunscreen. You may want a small travel hair dryer, with dual voltage
- ☐ Water Bottle--Nalgeen™-style (used with our water filtration system in Sudan, either wide or narrow-mouth)
- ☐ Waterless hand sanitizer (2-3 small bottles that have skin nutrients such as aloe)

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

Pen, small tablet or large lined sticky notes, prescription drugs, ear plugs, eye shades, travel-size deodorant, breath freshener/travel toothbrush & paste, reading glasses, travel pillow, copy of photo page of passport, address and phone number of destination. In concealed travel pouch should be your tickets, passport, debit/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 more difficult village living conditions (such as Sudan):

Katadyn microfilter (“Guide” model for groups <http://katadyn.com> , Lipton “cup of soup”; salted nuts; beef jerky; Gatorade; trail mix; protein bars; fly strips (sticky) for flies. Individuals may want to bring a microfilter bottle. Consider bringing a “solar shower.”

A laptop?

Pros: you can dump pictures from digital cameras onto hard drive. Bring blank CDs to share pictures before team disperses. A universal USB media card reader is very useful. You may need an extra battery. You can use it to work on presentations. It’s also useful to record expenses on a spreadsheet.

Cons: it is a target of thieves, so you always need to protect it. You may be in situations where you cannot recharge it, unless you have access to a generator. If weight is very critical, don’t bring it.

Sudan Flight Restrictions: 2007, Northwest Airlines, traveling through Amsterdam and MAF

1. You may have one piece of carryon luggage, which must be no larger than 45 linear inches (includes all dimensions). You may also have a purse or briefcase or laptop or small

backpack with dimensions not to exceed 15" x 11" x 6". You may also bring some reading material. See <http://www.nwa.com/travel/luggage/carryon.html>

Please see <http://www.tsa.gov/311/index.shtm> for carryon restrictions. These include not having any fluid in a container larger than 3 ozs. (unless a prescription drug, which you must declare), and having ONE 1-qt. clear zip-top plastic bag in which ALL your carry-on liquids are screened.

2. While our Northwest/KLM Flight allows a more generous weight, our MAF flight from Entebbe, Uganda to Torit allows only 33 pounds of baggage per person. Anything beyond that is subject to additional cost, which is up to the person carrying the extra weight to pay. You should include your carryon in the calculation. RMNI cannot pay for extra baggage weight, so please pack accordingly.

Here are some sites to learn simple Kiswahili phrases:

<http://www.blissites.com/kenya/language.html>

<http://www.world66.com/africa/kenya/language>

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