

## QUICK GEAR CHECKLIST--S.Sudan, RMNI

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

- ☐ Rolling duffel bags are good, but some weigh over 10 lbs. when weight is an issue.
- ☐ Backpack and/or nylon or other valise and possibly a fanny pack (worn in front)
- ☐ Breath spray or drops (dental gum?) 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: Go to [www.walkabouttravelgear.com/phone.htm](http://www.walkabouttravelgear.com/phone.htm) for the "All in One Surge Protector" (about \$20). You might find this at BestBuy or Target for less.
- ☐ Cash for country, visa, debit or credit card (use one with embedded chip—good especially for shopping for gifts in duty-free shops). Notify credit card company of your travel plans—countries where you do and do not want transactions. Note: for larger denominations, use large bills newer than 2009, without any imperfections. Use new \$100 bills when carrying larger amounts of cash, but don't flash this money. You'll need two \$50 bills for two entry visas for Uganda.
- ☐ Clothing for 2 weeks: light bathrobe, 5 dress-casual shirts and 4 pants (zip-off pant legs are good, and dark colors are good to hide dirt), 6 sets of underwear (or fewer quick-drying versions), cap, 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.
- ☐ 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 and your home has a clear copy. Also carry consulate and embassy addresses with you.
- ☐ Ear plugs (or noise-cancelling headphones) and eye mask to block light (improves chances of sleep on jets and in noisy rooms). These are available in airports and at large office supply stores.
- ☐ Emailing is very difficult in some places, as is a cellphone network in S. Sudan. The team leader will try to confirm arrival in S. Sudan for your family..
- ☐ Flashlights: 2 LED flashlight/head lights
- ☐ Granola or protein bars— e.g. PowerBar Protein Plus (they have sugar-free bars); dry-roasted nuts, decaf or caffeinated tea bags & sweetener. Starbucks has very good instant coffee packets. Gatorade packets for water bottles.
- ☐ 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 (available at large office supply stores, etc.). Tie a cloth strip on your bag for easy ID. Also, put a baggage tag INSIDE your bag, in case the outside baggage tag is lost. If you carry something unusual in your checked bag (eg. lots of bottles of lotion), attach an 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 don't use doxycycline), triple antibiotic ointment ; melatonin to help sleep, if you'd like (carry prescription drugs in carry-on in case baggage is lost) Gatorade mix/salt tablets for dehydration (try peanuts for salt and protein). We recommend a single de-worming dose, such as Zepar, upon return, as a precaution.

- ☐ 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 (without poles) & 25' of lightweight cord;  
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. Consider leaving the net in Africa. DEET for mosquitoes (100% DEET is not a good idea.--it can leak, melting various plastics, etc.).
- ☐ Passport & yellow immunization card. **Ask someone to ask if you have your passport and your yellow card as you leave for the airport.**
- ☐ Air Pillow for airplane and sleeping--recommended.
- ☐ Knife--sharp pocket knife or scissors—put into checked baggage only.
- ☐ Suit jacket (wrinkle-free) and tie for preaching for men. Skirts for women (shorts are fine for traveling). Teaching is in business casual, with dress pants for men.
- ☐ Sunglasses, reading glasses as needed
- ☐ Sweatshirt or sweater for airplane/airports and chilly mornings and evenings
- ☐ Tablet for writing, pens, highlighter—compact Bible
- ☐ 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 for flights, 1-2 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 washcloths; sunscreen. Use only bottled water to brush teeth in Africa or potable (drinkable) water in airports/elsewhere.
- ☐ Water Bottle--Nalgeen™-style (used with our water filtration system in Sudan, either wide or narrow-mouth). Bring sufficient Gatorade or other sports-drink powder/liquid to add to bottled water, to help with high heat.
- ☐ 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. I use noise-cancelling headphones on the airplane.

#### **For more difficult village living conditions (such as 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 or UV light bottle.

#### **A laptop/tablet?**

Pros: you can dump pictures from digital cameras onto hard drive. Bring blank CDs to share pictures before team disperses. You may need an extra laptop battery. You can use it to work on presentations. It's also useful to record expenses on a spreadsheet and to preach/teach.

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 or other power. If weight is very critical, don't bring it. I usually bring a video projector. Use a tablet if you can get away with it.

Please see <http://www.tsa.gov/311/index.shtm> for carryon restrictions from the USA. These include not having any fluid in a container larger than 3 oz. (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. If we use a Missionary Aviation Fellowship (MAF) flight from Uganda to Torit, it allows only 33 pounds of baggage per person. Anything beyond that is subject to additional cost (\$1/pound), which is up to the person carrying the extra weight to let the team leader know **before** departing the USA. You should include your carryon in the calculation. RMNI will not pay for extra baggage weight.

3. RwandAir charges \$4.00/kilo for weight over 30 kilos (5/15).  
Jim Sutherland (5/5/15)