**PACKING LIST**

Pages 50-51 of your Journal give advice and a general list of what, and what not, to pack.

However, your Team Leader has amended the checklist below to add other items (not mentioned in the Journal) that are important to take to your specific trip destination, and to remove any items that are unnecessary and will take up valuable luggage space. Make sure you plan your purchases and then pack according to *this* version, as it will be more accurate!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Clothing** |  |  | **Documents** |
|  | Underwear (cotton) |  |  | Passport |
|  | Socks (cotton) |  |  | Visitor’s visa |
|  | Casual clothes |  |  | Photocopy of passport |
|  | Sweatshirt or fleece |  |  | Spare passport photos |
|  | SA T-Shirts /polo shirts |  |  | Vaccination Record Book |
|  | Long trousers/dresses/skirts (lightweight) |  |  | Yellow Fever Certificate |
|  | Raincoat (pack-a-mac only) |  |  | Travel tickets or e-tickets |
|  | Trainers /walking boots |  |  | Insurance policy |
|  | Nightwear |  |  | Contact details / emergency numbers |
|  |  |  |  | Guide / phrase book |
|  |  |  |  |  |
|  | **Hygiene** |  |  | **Practicalities** |
|  | Towel – a microfiber or quick-dry travel towel |  |  | Refillable water bottle |
|  | Toiletries |  |  | Small cushion / travel pillow |
|  | Bottle of hand-sanitising gel |  |  | Sturdy backpack or duffel bag |
|  | Loo roll |  |  | Money belt |
|  | Wet wipes |  |  | Sun hat / baseball cap |
|  |  |  |  | Mobile phone & charger |
|  | **Medical supplies** |  |  | Cotton sleeping bag |
|  | Mosquito net and strings/hooks to hang it |  |  | Drinks mix (choc/coffee) sachets |
|  | Sun cream / sun block |  |  | Torch and batteries |
|  | Aftersun lotion |  |  | Small padlocks for luggage (and keys) |
|  | Insect repellent (tropical strength) |  |  | Safety pins |
|  | Antimalarial medication |  |  | Glasses & case / contact lenses & solutions |
|  | Antihistamine tablets |  |  | Sunglasses/case |
|  | Bite cream |  |  | Earplugs |
|  | Painkillers |  |  |  |
|  | Rehydration tablets/sachets |  |  | **Optional extras** |
|  | Vitamin tablets |  |  | Camera and charger |
|  | Personal prescription medicines |  |  | Personal money – for souvenirs, etc |
|  |  |  |  | Travel adaptor plug |
|  | **Additional items** |  |  | Surge-protected power strip |
|  | Your GLIMPSE Journal |  |  | A book |
|  | Bible |  |  | Photos and pictures to show new friends |
|  | Pen |  |  | Snacks – granola bars, sweets, etc |
|  |  |  |  |  |