

PACKING LIST

Packing for your trip to Africa can be an intimidating task. To help you out, Heart for Africa (Canada) has prepared a recommended packing list. Please use this list to help you pack for your trip.

AIRPLANE

- Neck pillow
- Earplugs
- Warm socks
- Sleep aids, sleep mask, ear plugs
- Books, playing cards, headphones, etc.
- Any must have medications (prescription or non-prescription), contact lenses, etc. • Valuable items should always be packed in your carry-on

CLOTHES – In all cases, modesty is the best policy, so please dress/pack with that in mind (Women need a skirt/wrap and men need long pants when out in the community).

- Jacket or fleece
- Rain jacket/poncho
- Comfortable footwear

NOTE: *When travelling in July, prepare for milder, cooler temperatures - especially in the evenings/mornings. When traveling in November - it will be HOT so make sure to bring clothing for warmer temperatures.*

OTHER IMPORTANT ITEMS

- Washcloths (bath towels are provided)
- Toiletries – Shampoo, Conditioner, Body wash, Toothbrush, etc.
- Refillable water bottle
- Small flashlight with extra batteries
- Backpack or fanny-pack to keep with you during the day
- Hat – Sun will be strong regardless of the temperature
- Sunglasses
- Sunscreen/Lip balm
- Hand Sanitizer
- Bug Repellant with Deet
- Basic first-aid items & over the counter medications (i.e. band-aids, antibiotic cream, Airborne, Zicam, Halls, Vitamin C, decongestant, Imodium, Dulcolax)
- Snacks – your favorite cereal bars, power bars, etc.

- Electric voltage converter/plug adapters
- Camera – extra memory cards/batteries
- Watch and/or alarm clock
- Stain stick for clothing/Travel size laundry detergent for hand (sink) washing
- Items to play with children if you are going out into the community: soccer balls & pump, bubbles, beach balls, stickers
- Polaroid cameras are great so you can immediately give children their picture

PACKING TIPS

- Don't forget to pack the two most important things...your plane ticket or e-ticket information and your passport! **Please remember that your passport needs at least FOUR blank pages - and must be valid for six months after your return date.**
- Make copies of your passport and keep a copy in a separate place in your luggage or on your person along with I.D.
- Pack your carry-on with all of your “must have” items: medicines, an extra change of clothes, important documents, etc. If your luggage is delayed for any reason it will be important to have these with you.
- Pack toiletries in zip top bags to avoid leakage.
- All medications, including vitamins, must be in their original container.
- Leave all expensive jewelry at home.
- Remember to leave room for souvenirs and gifts that you will be bringing back with you. You may consider packing bubble wrap for breakables traveling back in your suitcase, as it will not be available in Africa.
- Space bags are great for packing. These can usually be found at Bed, Bath, & Beyond.
- Your luggage can be donated.
- Pack valuable items (cameras etc.) in carry-on bags to avoid possibility of theft.
- Bring South African Rand in small bills.
- Use TSA luggage locks while flying and, in fact, we even suggest zip-tying your luggage for extra protection against theft.

If you have any questions please feel free to reach out.