



What to bring to Africa?

PRESCRIPTION FOR ANTIMALARIAL PILLS:

Options: Malarone, Lariam or Doxycycline (***we recommend Malarone***)

Malarone 95% effective and you take it everyday, but is more expensive than the others.

Lariam is 80% effective and you take it once a week,

Doxycycline is 60% effective and you take it every day (*this is an antibiotic*)

FYI Lariam potential side effects: increased headaches (*especially if prone to headaches*), bad dreams and/or hallucinations.

Make sure you read the instructions on when to start and end your medication.

You are begin the medication prior leaving, while traveling and post travel - the length of time are difference for each drug

KEY DOCUMENTS:

- Passport & Visa (keep a photocopy of both separate from your original copy)
- Yellow Card Immunization Record
- One Credit Card (if you get stuck in Europe)
- Spending Money (for souvenirs, eating out, etc.)
- Tickets & Itinerary
- Phone numbers of emergency contacts
- Medical Insurance & Travel Insurance

CLOTHING:

Weather is hot (*90 degrees and humid*), so you will mostly need light clothing for hot weather. The evenings sometimes have a cooler breeze, if it rains. Everything dusty, so bring clothing you don't mind could get ruined.

Ladies

- Bring capris or light pants (*only to be worn inside the orphanage safe home*)
- At least 3 to 4 below the knee skirts with a slip (*culturally offensive to see above the knee or shape of a women's legs*)
- Tank tops need to be at least 1 inch thick (*no spaghetti straps because culturally offensive*)

Men bring lightweight pants & couple collared shirts

Everyone:

- One light jacket (*evenings or for cold airplane*)

- 1-2 Long Sleeved cotton shirts in the evening (*to keep the mosquitos off*)
- Swim suit (*no bikinis, unless have a shirt to cover your body*)
- Socks (*3 or 4 pair*)
- Tennis shoes
- 1 pair of Sturdy sandals (*don't recommend walking around in flip flops*)
- Flip flops (*shower shoes*)

TOILETRIES & EXTRAS:

- NO MOSQUITO NET NEEDED** – this is provided
- 2-20 European outlets (*will need an adapter to plug in any electronics*)
- Pillow
- Twin bedding is provided, but if you prefer your own set feel free to bring it.
There will be a fan in the room. Light blanket if you are cold blooded.
- 2 light towels (*because takes awhile for things to dry – quick drying towel is ideal*)
- Washcloths
- Small flashlight
- Sunglasses
- Small Bible (*if have one*)
- Journal
- Lots of underwear
- Water bottle
- Ear plugs
- Sunscreen (30+)
- Hat
- Mosquito repellent (*your preference – recommend taking Garlic and Vit-B complex while on the trip to help deter mosquitos, but does NOT repel them*)
- Triple antibiotic anointment
- Hydrocortisone or Anti-itch cream
- Pepto-Bismol (*pill form*)
- Anti-bacterial gel (*hand sanitizer*)
- Sleep aid to help with jet lag
- Ziploc bags (*help to keep things from spilling in your bag*)
- Tylenol/Ibuprofen
- Personal toiletries (*toothpaste, shampoo, soap, etc.*)
- Protein bars/ beef jerky/nuts (*at least enough for 1 bar/or jerky snack a day*)

POSSIBLE GIFTS:

- Wind up flashlights (*not battery operated*)
- Children's book or sweet kids movies in French (nothing scary, about magic, or Voodoo - do not bring Disney's the *Princess and the Frog*)
- Nail polish and manicure stuff
- Deflated soccer balls with a pump
- Games for the kids in French (*like playing cards, Go Fish, Old Maid*)
- Frisbee's and yard type games
- Kid pencils and stickers