

## CMN AFRICA PACKING LIST

### CLOTHES

Fast-drying clothes  
Scrubs (medical teams)  
Ex-Officio(Give-N-Go)underwear  
Shoes & sandals (closed toe)  
Flip flops for showers  
Raincoat/Jacket  
Hat/cap/bandana/headband  
Swimsuit (optional)  
Sunglasses

#### Women:

Skirt/Dress below knees  
Shoulders covered at all times  
Capris/pants are acceptable  
Modest shorts worn around hotel

#### Men:

Long pants everyday  
Modest shorts worn around hotel

### MEDICAL

Personal prescriptions  
Pain killers  
Pepto-Bismol  
Insect repellent  
Visine for eyes  
Sunscreen  
Malaria meds

#### Current Immunizations:

Diphtheria, HepA,  
Yellow Fever, Tetanus,  
Typhoid Fever

### FOOD

B'fast & dinner provided at hotel  
Lunch - pack your daily lunch items  
Bottled water provided daily  
Protein/Granola/Power bars  
Trail mix/dried fruit/nuts  
Peanut butter (jar)  
Crackers/Pringles  
Tuna/chicken salad ready to eat kits  
Hard candy/Gum  
Beef jerky  
Salt/pepper to season food  
Non-dairy Creamers  
Oatmeal packets  
Drink Mixes to add to water  
Hot water is readily available  
Fresh fruit usually provided daily  
Chocolate(M&M's)-doesn't melt

### TOILETRIES

Personal items  
Hand sanitizer (gel & wipes)  
Bath wipes  
Towel/washcloth  
Kleenex (individual packs)  
Toilet paper

### MISCELLANEOUS

Travel pillow/pillowcase  
Sm battery operated fan  
Ear plugs  
Flashlight  
Power adaptor  
Camera/phone  
Chargers  
Laundry soap/clothes line  
Duct tape/Sharpies  
Bible/Journal  
Extra Ziploc bags  
Translator gifts (see below)

### Odds and Ends

1. Please use caution when eating foods. Make sure foods are well cooked and hot. Do not eat any fruits that cannot be peeled or uncooked salads or vegetables. Only consume drinks such as bottled sodas/ water, and drinks made with boiled water such as tea & coffee. Please do not drink any tap water, use it to brush teeth, or open mouth in shower. Bottled water is provided daily.
2. We normally give our translators a personal gift. Ideas: anything with USA or sports logos, pocket knives, caps, jewelry, scarves, and even pens are appreciated.
3. We have found that your local travel health clinic is the most economical way to get travel immunizations.
4. How much spending money should I bring? That is up to each individual. Credit cards are not widely accepted, so we suggest \$100-\$300 in cash. Bring crisp bills in denominations of 50's or 100's. Bills must be newer than 2003!
5. Your passport must be valid for at least 6 months following the trip.
6. Laundry service is available (at your expense) in many hotels. However, clothes may be damaged.
7. Please pack an extra change of clothes, toiletries, and all your meds in carry-on luggage.
8. CMN provides a phone for team members use.
9. Wifi is available at some hotels.
10. Immunizations needed: Diphtheria, Hepatitis A, Yellow Fever, Typhoid Fever, Tetanus (current)
11. Malaria medicine - follow your doctors orders