



# PACKING LIST

## CARRY-ON BAG

- One outfit, including undergarments
- Passport (and Yellow Fever card if received - not required)
- Trip Medical Insurance card
- Printed copy of complete flight Itinerary
- Spending Money
  - o Additional 30 US Dollars for visa application upon arrival in Kigali. See Guide for more details.
- Snacks
- Travel-size toiletries (toothpaste, toothbrush, deodorant) in a quart-sized clear Ziploc bag
- Valuables (e.g. laptops, phone, chargers)
- OPTIONAL: travel pillow, sleeping pills, socks, sweatshirt, headphones, eye mask, book, notepad, iPod, etc.

## CHECKED BAG - GENTLEMEN

### Clothes

- Slacks
- Belt
- Hat
- Button-down shirt
- Tie
- Cotton pants
- T-shirts
- Sweatshirt
- Light jacket - rainproof is best
- Underwear
- Socks
- PJ's
- Dress shoes
- Walking shoes
- Shower shoes
- Shorts - Boys may wear shorts, men do not culturally but may wear at Guest House

### Toiletries

- Disinfectant hand wipes/hand sanitizer
- Shampoo
- Soap
- Toothbrush & toothpaste
- Deodorant
- Razor
- Shaving cream
- Contact Solution (if applicable)
- Small amount of laundry detergent (Tide packets)

- Sunscreen
- Mosquito repellent with DEET
- Anti-itch cream for any bites

### Personal Items

- Small backpack or daypack
- Spending Money
- Bible
- Sunglasses
- Camera
- Camera charger or batteries
- Anti-malarial medication: Doxycycline or Malarone
- Ciproflaxin
- Imodium, Pepto Bismal, Tums
- Cold Medicine
- Tylenol
- 1 Roll Toilet paper
- OPTIONAL: watch, other prescriptions or supplements (probiotic), earplugs

### Optional

- Notebook or journal and pens
- Alarm Clock
- Snacks: energy bars, nuts, beef jerky, dried fruit, candy
- Gum
- Individual powdered drink mix, such as Crystal Light, instant coffee
- Gifts for your sponsored child

## CHECKED BAG - LADIES

### Clothes

- Dresses or skirts (knee length or longer)
- Cardigan
- Cotton pants or capris (no yoga pants)
- T-shirts or modest tank-tops
- Sweatshirt
- Light jacket - rainproof is best
- Bras & Underwear
- Socks
- PJ's
- Dress shoes
- Walking shoes
- Shower shoes
- Belt
- Hat

### Toiletries

- Disinfectant hand wipes/hand sanitizer
- Shampoo and conditioner
- Soap
- Toothbrush & toothpaste
- Deodorant
- Minimal make-up (optional)
- Hairbrush
- Hair ties and bobby pins
- Razor
- Shaving cream
- Contact Solution (if applicable)
- Lotion
- Feminine hygiene products
- Small amount of laundry detergent (Tide packets)
- Sunscreen

- Mosquito repellent with DEET
- Anti-itch cream for any bites
- OPTIONAL: headbands, travel hairdryer (with adaptor)

### Personal Items

- Small backpack, daypack or cross-body purse
- Spending Money
- Bible
- Sunglasses
- Camera
- Camera charger or batteries
- Anti-malarial medication: Doxycycline or Malarone
- Ciproflaxin
- Imodium, Pepto Bismal, Tums
- Cold Medicine
- Tylenol
- 1 Roll Toilet paper
- OPTIONAL: watch, other prescriptions or supplements (probiotic), earplugs

### Optional

- Notebook or journal and pens
- Alarm Clock
- Snacks: energy bars, nuts, beef jerky, dried fruit, candy
- Gum
- Individual powdered drink mix, such as Crystal Light, instant coffee
- Gifts for your sponsored child

### Don't Over-Pack!

- Rainy Seasons: March - April & September - December
- Dry Seasons: January - February & May - August
- Linens and bath towels are provided for you at the Guest House
- Laundry services are available for a small charge. For cultural reasons, please plan to wash your own undergarments.
- Each airline limits how many pieces of luggage you are able to check and carry-on. The maximum amount of weight also is listed according to the airline. Please be aware of weight limitations and cost per checked bag for your flight.
- If the airline approves 2 checked bags: Please plan to pack one for personal use and one for ministry use.
- Pack all of your belongings in suitcases, do not bring plastic tubs. When arriving in Rwanda and going through customs these tubs tend to raise questions with the officials.