



UGANDA PERSONAL KIT LIST JUNE 2015

CLOTHES

Sun hat / baseball cap

Waterproof jacket (lightweight is best)

T-shirts / shirts x4 (quick dry preferable)

Jumper/hoody x2

Trousers x2

Underwear

Flip flops x1 pair

Casual shoes/trainers x1 pair

Swimming shorts x1

Skirt/sarong (for girls only) x2 (you will be able to buy these at the Thursday market as well if needed)

Pyjamas

- **YOU SHOULD NOT BRING ANY CLOTHES THAT LOOK EXPENSIVE - KEEP IT ALL PLAIN AND SIMPLE!**
- **YOU WILL BE DOING WASHING ON A REGULAR BASIS SO YOU DON'T NEED TO BRING A WHOLE WARDROBE!**
- **YOU SHOULD HAVE SOME SLIGHTLY SMARTER CLOTHES FOR 'SUNDAY DRESS'**

IMPORTANT!! ... A NOTE ON APPROPRIATE CLOTHING

GIRLS

You must not wear tight-fitting clothes – if in any doubt then go for the baggier option! Tops should be t-shirts with sleeves, i.e. no strappy tops. Your back should always be covered and t-shirts must NOT be low cut. You are free to wear skirts or trousers, but these should always cover the knees. Remember, the goal is to avoid attracting any unwanted attention!!

BOYS

Boys in Uganda may wear shorts, but men wear trousers, so you may wish to take this into account when packing. A casual shirt for Sundays would also be a good idea.

ESSENTIAL ITEMS

Passport + Yellow Fever Certificate + 2 passport photos

Rucksack for all belongings (50-70L)

Head torch and spare batteries

Sunglasses

Plug adaptor (British 3-pin plug)

Tissues, hand wipes, antibacterial soap

High factor sun cream (we will be at altitude in dry season!!)

Wash kit (feminine products if applicable, more guidance to come later from KB) and non-spray deodorant

Personal first aid kit (including plasters, antibacterial wipes, small tube of Savlon or antiseptic cream, alcohol wipes, any prescription medication taken by student)

Towel (small, quick dry if possible)

Toilet paper and/or tissues (1 roll/pack is plenty)

Bin Liners/Ziploc bags

Insect Repellent (DEET 50% recommended)

Water bottle (1l) – you will not need a water bladder

Plastic bags, Ziploc bags

Notebook/diary and pen/pencil

Watch (cheap, not showy)

Paper books (not E-books!) - plan as a group as we can swap with each other

Deck of cards / travel game

Small padlock

Spending Money – approximately USD\$100 will be plenty

Snacks for outward journey

OPTIONAL ITEMS

Camera

Small binoculars (for the game drive)

MP3 player

Sleeping bag or sleeping bag liner

THINGS NOT TO BRING!!

No expensive phones!

No international SIM cards!

No laptops or iPads!

No games consoles!

No expensive items, e.g. watches and jewellery!