



Mission Trip Packing List:

Mission work can take you all over the world, so it's important to be prepared. We've come up with this **mission trip packing list**. Pray and have fun!

NOTE: Packing for flights-- 3oz liquid bottle in 1 Ziploc bag that is 1 quart in size

THE 3-1-1 RULE FOR CARRY ON LIQUIDS



Clothing

As a representative of RPI, you will be expected to follow a certain dress code.

Modest clothing will be important to pack in order to respect local culture and customs.

Note: If you do not bring quick-dry clothing, you will need to adjust the number of items you pack.

Cotton and denim fabrics take a long time to dry, and you won't have access to a clothes dryer.

For Both Women and Men:

1 bandana— An all-purpose travel item; useful for wiping sweat on hot afternoons.

1 hat— Helps keep the sun out of your eyes and provides sun protection. The heat in Uganda is intense, and sunburn or heat exhaustion can occur.

1 robe — For covering up after showering. You may need to travel outside to reach the shower, and you will be walking through communal spaces where full coverage is expected.

Socks — At least one pair for every two days. *(Take into consideration that you may be doing hard work in red dirt and possibly around pricker weeds.)*

Work Gloves — One pair of work gloves for the projects we will be doing.

For Women:

ATTENTION: (If your trip is a work-focused project based specifically at the RPI Facility rather than in village communities, you may consider packing more capris, shorts, or long pants, which are acceptable there, and fewer dresses or skirts. However, when working in village settings, women are required to work in skirts and dresses as a cultural expectation, so please pack appropriately for your specific trip.)

**Note: If you are participating in a construction project, you may want to adjust your amounts at your discretion due to sweat, dirt, prickles, and no access to laundry.*

LONG SLEEVES/PANTS/DRESSES— **If you have tattoos—* In many instances, you will be required to cover your tattoos because it is a social taboo in many of the circles we work among.

4 sun dresses— Shift Dress or lightweight— In the village, we will be required to wear a dress, usually longer in length, and watch the modesty of the neckline (no cleavage).

2 pairs of capri, shorts, or long pants— shorts length should be close to your knees.

2 long sleeved shirts— Bug-proof clothing is a must-have for a mission trip. It's even better if it is wicking as well. Long-sleeved shirts are also great for layering.

4 short sleeved shirts— While working, it's a good idea to wear basic short-sleeved shirts that you don't mind getting dirty. I recommend inexpensive tees from a bargain store that you can throw away if needed. You will also be given a team T-shirt upon arrival.

1 tank top or sleeveless shirt— If you have a day off, you may wear a modest tank top or wear it under your other shirts.

1 long skirt— You can wear a skirt on your day off or even at work, depending on what your project involves. Dresses or skirts are required when working in or visiting village communities.

**Note: Skirts are also much easier to manage when using squat-style toilets.*

1 windbreaker, sweatshirt, or light jacket—In case it rains

1 pair of sweatpants or modest lounge pants — You will need something comfortable to wear on flights, throughout the week, and for sleeping if your team is staying at the RPI Facility, that is not too revealing. In village settings, wearing sweatpants may be considered taboo. For travel days, downtime, and sleeping; should be comfortable and modest.

1 pair pajamas — For village stays, dress-style or open pajamas are strongly recommended, as bathrooms use squat-style toilets and this style is easier to manage while maintaining modesty. If your trip does not require sleeping in village settings and you will be staying at the RPI Facility, traditional-style pajamas are acceptable; however, please choose lightweight, breathable options, as it is very hot in Uganda.

Bras— I recommend packing regular bras and at least one sports bra.

Underwear — Pack enough underwear for daily wear.

For Men:

ATTENTION: (If your trip is a work-focused project based specifically at the RPI Facility rather than in village communities, pants and shorts are acceptable there. However, when working in or visiting village settings, modest dress is a cultural expectation, so please pack appropriately for your specific trip.)

**Note: If you are participating in a construction project, you may want to adjust your amounts at your discretion due to sweat, dirt, prickles, and no access to laundry.*

LONG SLEEVES/PANTS— *If you have tattoos—**In many instances you will be required to cover your tattoos because it is a social tabu in many of the circles we work among.**

1 nice church outfit – Men dress up in this culture for church. You will need a clean pair of khakis and a dress shirt.

2 pairs of pants – Quick-dry is best; plan on one pair for every three to four days.

3 pairs of shorts – Quick-dry is best; plan on one pair for every three to four days. Shorts should be modest in length.

5 short-sleeved shirts – Quick-dry is best; plan on one shirt for every two to three days. Shirts made from **moisture-wicking, quick-dry fabric (often used in golf or athletic shirts)** are recommended. While working, it's a good idea to wear basic shirts that you don't mind getting dirty. You will also be given a team T-shirt upon arrival.

1–2 long-sleeved shirts – Bug-proof clothing is a must-have for a mission trip. It's even better if it is wicking as well. Long-sleeved shirts are also great for layering.

1 pair of sweatpants or modest lounge pants – You will need something comfortable to wear on flights, throughout the week, and for sleeping. For travel days, downtime, and sleeping; should be comfortable and modest.

1 pair pajamas – Choose pajamas that are modest and easy to manage. Traditional-style pajamas are acceptable; however, you may choose lightweight, breathable options, as it is very hot in Uganda. *If your team is staying in village settings, keep in mind that bathrooms are squat-style and may require using a flashlight at night, so ease of use is important.*

1 windbreaker, sweatshirt, or light jacket – *In case it rains.*

Undergarments— Quick-dry is best; pack enough undergarments for daily wear.

Men and Women Shoes

Optional: If you prefer or already own work boots and your project involves heavy construction, you may choose to bring them. Athletic shoes are sufficient for most projects. Remember, it's hot!

1 pair of athletic shoes – Closed-toed shoes are essential if you're working on a building project. The red dirt may discolor your shoes.

1 pair of flip-flops – You will want something to slip on quickly to travel outdoors to the bathroom at night. If you are near squat-style toilets, you will want to make sure you have something on your feet. **In their culture, shoes are always removed before entering a building, and flip-flops are easy to slip on and off. For leisure, flip-flops are also helpful for quick, casual wear.**

1. Choose shoes you are comfortable standing and walking in for long periods of time.

Avoid bringing brand-new shoes that have not been broken in.

2. Many times, sandals may not be appropriate for work projects.

Toiletries

- **Shampoo / conditioner** – Travel sized and **TSA friendly**.
- **Soap or body wash** – Soap is usually easier to pack . You may also have a chance to buy this in-country on the team shopping day.
- **Toothbrush/Paste** – Also get a snap-on case so you don't get anything on your toothbrush. (Floss)
- **Deodorant** – You'll be glad you had it on the sweltering days.
- **Razor** – You might not see this item as essential, but it's your call.
- **Shaving Cream**
- **Brush** – Useful for pulling your hair back.
- **Hair ties and headbands** – Necessary to keep the hair off your neck on those hot days.
- **Prescriptions and medications**– Use original containers with your name on it.

Note: Visit a doctor before your trip to see what vaccinations and medications you need beforehand. **A Yellow Fever shot is required. For malaria prevention, we highly recommend Malarone.** From past experience, we have found that Malarone works best. Insurance may not always cover Malarone; however, it has proven to be the most effective option in protecting against malaria. Other medications have not worked as well.

- **Fingernail clippers**
- **Glasses/ Glasses Case**
- **Contacts**– Container/ Solution
- **First aid kit** – The basics, such as bandages, ibuprofen, and burn cream, should be sufficient; you may also want to include antiseptic wipes for cleaning cuts when water isn't nearby, blister care (moleskin or blister bandages), anti-diarrheal medication (loperamide/Imodium), oral rehydration or electrolyte packets, and an antihistamine.

The “Other” Stuff

- **Bible / journal**
- **Printed sermon/teaching notes, if necessary**
- **Several pens**
- **Passport and necessary visas** – Make sure you’ve acquired all required documents to visit the country and have copies printed.
- **Photocopy of your passport-** give a copy to your trip leader to keep for you.
- **Immunization paperwork** – Anything you were given when you received your yellow fever shot or medications. *Yellow fever paperwork is required upon arrival.*
- **Spending money** – Bring extra cash in case you are unable to find an ATM right away. **Bring crisp, new bills for exchange so you do not receive less value for your money.**
- **Deck of cards** – I always pack a deck of cards because it’s a form of entertainment that never needs charging.
- **Books**– It may be difficult to charge electronics, so you may want a physical book rather than an e-reader. Consider Christian books that you can leave behind for the facility.
- **iPod or music device and earbuds**– Keep yourself entertained on the long flight.
- **Sunglasses**
- **Flashlight-** You may need one to travel outdoors to the bathroom at night.
- **Travel pillow**
- **Towel**– Pack a **quick-drying towel** for convenience and extra space.
- **Bag for dirty/wet clothing**
- **Hand sanitizer** – **Very useful when traveling**; you may not have high availability of water to wash your hands.
- **Wet wipes/ flushable wipes/tissues**– You may not be able to shower as often as you might at home, so a quick face wipe can help you feel cleaner. **Very useful when traveling**; you may not have high availability of water to wash your hands.
- **Water bottle / LifeStraw** – Make sure your bottle is filled with potable water before drinking.
- **Flavored powders-** to add to your water bottle for taste
- **Snacks-** Jerky, nuts, trail mix, granola or protein bars, crackers, dried fruit, and electrolyte snacks.
- **Sleep mask / ear plugs**
- **Backpack**

Protection

- **Mosquito spray**– Purchase heavy-duty DEET mosquito spray. **99% DEET — BRING A BOTTLE.**
- **Insect bite spray and/or ointment**
- **Sunblock**– Save yourself from a miserable week of sunburn.
- **Aloe with lidocaine**
- **Digestive medications** (Both for Diarrhea and Constipation)
- **Pain reliever**
- **Sleep medication** – If you use sleep aids, bring what you normally take for time changes, noise, or unfamiliar sleeping environments.
- **Lotion**
- **Muscle cream**
- **Bandages/antibiotic ointment**

Other Tech Gear

- **Battery-operated or rechargeable fan**– It can be very hot, and you may want a fan to sleep with. You may not always have access to outlets or reliable power, so a battery-operated or USB-rechargeable fan is recommended.
- **Camera or smartphone camera** – Capture memories of your mission trip. Make sure devices are fully charged whenever possible, as charging opportunities may be limited. Be aware that international phone plans can result in significant fees, so you may want to consider options beyond relying on your phone alone.
- **Portable battery backup / power bank** – Bring at least one high-capacity power bank to recharge phones, cameras, or other small devices when power is unavailable.
- **Charging cables and power bricks** – Bring all necessary cables and wall chargers for your devices.
- **Electrical converter / plug adapters** – You will need the correct adapters for the country you are traveling to. I will also have a solar charger available to help.
- **Flashlight or headlamp (battery or rechargeable)** – Helpful for moving around at night, especially when traveling outdoors to bathrooms or during power outages.

Packing your luggage:

Typically, airlines allow:

- 1 carry-on bag (weight and size limits vary by airline)**
- 1 checked bag up to 50 lbs**
- 1 personal item (such as a backpack or purse)**

Try to keep all bags slightly under the maximum limits, as airport scales can vary, and we want to avoid having to rearrange items at the airport.