

EPPIC Ministries International

Personal Packing List

- A large and sturdy backpack.
- Travel clothes (seasonally dependant but layer because the temperature at home and in transit may not match the temperature once in country).
- Four to five sets of light weight and durable safari type clothes to wear once in country. For men, the Magellan safari pants and shirts are excellent. Women need to wear light weight long skirts or dresses down to the ankle and blouses. If possible, cover up any and all tattoos.
- A good light weight safari hat.
- A light weight and easily portable wind breaker type jacket.
- A pair of good summer hiking boots.
- A pair of flip-flops for showering.
- Your Bible, EJ Handbook, and EvangeCubes.
- A necklace type passport wallet with passport, ID, shot records, and travel/gift buying funds.
- A 110 to 220 power adapter for your cell phone.
- A cell phone and cell phone charger (optional).
- Camera (optional, most people just use their cell phone camera).
- Your prescription medications in their labeled containers. Try to get your primary care physician to give you a prescription of antibiotics for stomach/intestinal issues and another one for general infections such as sinus or strep throat as well as a prescription for nausea.
- Malaria pills (i.e., a prescription to prevent you from contracting Malaria while on the trip).
- Travel/souvenir money (recommend that you take at least \$200 and to get the best exchange rate get it in 50 and/or 100 dollar bills and make sure that the year that each bill was printed is 2003 or newer).
- Safari trip money (usually between \$250 to \$350 per person).
- Snack food (chocolate or chocolate covered items aren't good because they melt much too easy). High protein power bars work well.
- Candy for the kids. Five pounds should be plenty. Jolly Ranchers work great. They are individually wrapped and don't melt.
- Sun Screen/Block.
- Insect Repellant.
- Baby wipes and/or hand sanitizer.
- Two or more large kitchen size trash bags for use with laundry.
- A few extra zip-lock bags of various sizes for various purposes.
- Extra toothbrush.
- Tums or Pepto-Bismol tablets and/or other stomach/diarrhea over-the-counter medicines such as Imodium.
- All liquids in carry-on bags and backpacks must contain 3 ½ oz. or less and must all fit in one quart size clear plastic zip-lock type bag.

- Try to pack everything you must have to function during the EJ in your carry-on and backpack. However, make sure that you don't exceed the size and weight limitations. Leave as much space as possible in your one checked bag to carry shirts and dresses for African children and other mission related supplies and equipment. Laundry services will be available and are usually quite inexpensive.