



Kit List

May-Aug

- Travel as lightly as possible. Most toiletries are readily available in South Africa. Your personal belongings (i.e. the items on this list) need to fit in one suitcase/rolling duffel bag.
- In addition to your personal items, you may wish to consider bringing supplies for The Hope of Africa. These items could be medical supplies for medical teams, crafts and school supplies for camp volunteers, etc. These supplies should be discussed with your trip leader first.

Safety and Security

- Inside pockets in your pants/skirts/shorts
 - One sewn on the inside is the best way to keep your documents and money safe
- Have money belt/neck pouch/ankle wallet as backup

Documents

- Passport
- Photocopy of passport
- ATM card (adults only)
- Mastercard/Visa as backup (adults only)
- US dollars (for food/snacks in US airports)
- Vaccination record

Basic First Aid Kit including:

- Ibuprofen/aspirin
- Multivitamins (optional)
- Insect repellent
- Neosporin or some kind of disinfectant
- Band aids
- Imodium or equivalent
- Anti-malaria medicine (as decided with Dr.)

Clothes

This is a recommended list only:

- Cotton T-shirts/Tops
- Sweatshirts/sweaters (cool mornings)
- Cotton pants (or skirts—at least knee length)
- Jeans
- Shorts (modest length)
- Church clothes
- Sunglasses (cheap ones, please!)
- Sunhat/Baseball cap
- Socks
- Underwear
- Sneakers/hiking boots
- Sandals/flip-flops
- Fleece top (esp. in May - Aug)
- Sleepwear
- Light rain jacket with hood

Toiletries

- Small wash kit - shampoo, soap, etc.
- Razors/shaver (non-electric)
- Sun Lotion
- Lip and nose sunscreen
- Moisturizing cream
- Deodorant
- Antibacterial for hands

Temperature during May - Aug is typically cool at night and warm during the day. Layers work well. Sep - Apr is always warm. Bring summer clothes.

Other Important Items

Flashlight (and batteries)
Water bottle (sturdy, like Nalgene)
Earplugs (for light sleepers)
Paperbacks for reading
Bible
Journal/notebook & pen
Travel alarm clock
Address book (for postcards)
Camera
Musical instruments
Simple resources for arts/crafts/
games/music with children

Gifts for Local Children

If you would like to bring gifts for the children, it is a good idea to buy things locally, once you are there. However, if you do take things, please do not give out anything without permission from The Hope of Africa staff. Ideally, you will need a large number of identical items.

Gifts for Local People

- Postcards of the USA, Canada or UK
- Christian bookmarks, stickers
- Art supplies (pencils, pens, tablets)
- Simply jewelry (pins, bracelets)
- Candy



All valuables should be carried in your hand luggage and not in checked bags. Note that most airports limit carry-on luggage.

Only take what you are prepared to have stolen or damaged. You are advised against wearing wrist watches/jewelry.

Remove all valuable rings for the duration of the trip.

Useful information:

Due to intermittent electricity and poor phone lines, Internet access can be sporadic in Africa. Please be prepared for limited email availability. Nearer the time of departure you will be issued a phone number which can be passed onto relatives at home in case of emergency.

Other items always needed:

- Clothing for children (including new underwear)
- Medical supplies from the list above
- Art supplies
- Musical instruments
- Educational books
- Children's story books & games
- Bibles