

## Uganda Visit 2024 – Kit List



Luggage Allowance for Heathrow to Entebbe with Emirates:

Luggage	Allowance	Additional information
Hold luggage	2 x 23 kg suitcases (maximum 158cm W+L+H)	One bag will be shared between personal belongings and donations and one bag will be entirely donations.
Hand luggage	One cabin bag 8 kg (no larger than 55x40x23 cm) and one personal item 4kg (no larger than 40x30x15 cm)	The hand luggage should be large and include the majority of clothing required for the trip. It will also be the only luggage taken on safari (the large suitcases will be stored in Entebbe)

<p><b>Essential Items</b></p> <ul style="list-style-type: none"> <li>○ Passport</li> <li>○ Yellow Fever Certificate</li> <li>○ Vaccination Record Card</li> <li>○ Anti-malaria tablets / 4 weeks' worth (names on packets)</li> <li>○ Sun cream SPF 50 <b>essential</b></li> </ul> <p><b>Other Items</b></p> <ul style="list-style-type: none"> <li>○ Head/small hand torch plus spare batteries</li> <li>○ Personal wash kit (soap/shower gel, toothbrush, toothpaste, shampoo, conditioner, deodorant)</li> <li>○ Thin towel (microfibre travel towels are ideal)</li> <li>○ Cheap camera/mobile phone</li> <li>○ Sturdy water bottle, clearly labelled name.</li> <li>○ Day bag/ small rucksack/ bum bag</li> <li>○ Cheap binoculars for safari</li> <li>○ Portable power bank</li> </ul> <p><b>Personal Medical/ Wellbeing</b></p> <p><i>Note: Medication to treat minor illnesses and injuries will be provided by the school if permission has been given on the Uganda consent form.</i></p> <ul style="list-style-type: none"> <li>○ Insect repellent min. 50 DEET (e.g. Jungle Formula Extra/Smidge)</li> <li>○ Medication for specific medical conditions e.g. inhalers (please notify the school via the medical beforehand)</li> <li>○ Travel Sickness medication (if required) – enough for <u>several days travel</u>.</li> <li>○ Vaseline (foot protection if wearing open shoes)</li> <li>○ Hand sanitiser gel</li> <li>○ Wet wipes</li> <li>○ Sanitary items (for female students)</li> <li>○ Ear plugs &amp; eye mask</li> </ul>	<p><b>Clothing (please label items name or initial, including underwear)</b></p> <p><b>Whilst in schools/cities</b></p> <ul style="list-style-type: none"> <li>○ Old clothing or clothes which can be left behind are most useful</li> <li>○ T-shirts</li> <li>○ Long cotton trousers &amp; long sleeved cotton shirts (for evening protection against mosquitos and daytime protection from the Sun)</li> <li>○ Nightwear (cotton would be best)</li> <li>○ Underwear</li> <li>○ Socks (cotton)</li> <li>○ Fleece or jumper (for cooler evenings)</li> <li>○ Shorts (must not be too short; for safari only)</li> <li>○ Trainers (old if possible) or walking boots</li> <li>○ Supportive sandals (crocs type)</li> <li>○ Sun hat</li> <li>○ Lightweight shower mac or poncho (not disposable/single use)</li> <li>○ Sunglasses</li> <li>○ Snack bars (if desired)</li> </ul> <p><b>For Safari</b></p> <ul style="list-style-type: none"> <li>○ Swimwear</li> <li>○ Flip flops/pool sliders</li> </ul> <p><i>School staff will hand wash our clothes most days so only 3-4 changes of clothing are needed. <b><u>Please label as many items as possible with your name.</u></b></i></p>
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## Kit List (page 2)

<b>Work equipment (optional)</b> <ul style="list-style-type: none"><li>○ gardening gloves</li><li>○ rubber gloves</li><li>○ paint brushes/rollers</li><li>○ roller trays</li><li>○ dish cloths/cleaning cloths</li><li>○ 'bags for life' in good condition to sort out donations</li></ul>	<b>Spending money</b> <p>A maximum of £150 would be the recommended amount.</p> <p>There will be an opportunity to change sterling into local currency upon arrival (you can only change currency into Uganda Shillings once in Uganda). A banking system is operated and recommended.</p> <p><i>Although we are insured, claims can take some time and so Personal items such as mobile phones, cameras, and MP3 players are the responsibility of the student.</i></p>
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### Optional Donations for Uganda

***We are always in need of large bags suitcases! If you have one to donate it can be dropped into main reception at school at any point during the year. Thank you.***

**Please bring donated items to school as soon as possible, students will be asked to pack their own donations suitcase. Donations can be left at main reception anytime throughout the academic year.**

Small toys e.g. Toy cars, dolls, baby toys

Sports equipment e.g. deflated sports balls

Colouring books and pencils

Arts and craft supplies e.g. beads, stickers

Educational posters or classroom supplies e.g. inflatable globes

Cotton tote bags/school bags

Good quality clothing for teenagers (light items like t-shirts and sportswear)

Good quality clothing for adults (dresses/suits/shirts – smart work wear is particularly useful to adults)

Baby clothes and reusable nappies

Football boots, good quality shoes

Bras (especially teenage bras) and new underwear

Items which would make good gifts for staff and helpers, new cosmetics or body care, perfume or watches in as new condition.

Ideally, students and teachers leave behind most of what they bring. i.e. we don't take brand new, expensive clothing but instead take mostly pre owned good quality clothes to wear while we are there and leave these behind.

People in Uganda are grateful for anything you can give them, if there is anything you think may be useful, it probably will be.