

SUGGESTED RWANDA PACKING LIST

CARRY-ON BAG(s)

- Netbook/mouse/chord/carrying case
- iPod/case/clip/Bose headphones/charger/battery
- Thumb drive
- Camera(s) with charger(s), extra battery(ies), and all SD and/or flash cards
- Digital video camcorder (optional)
- Neck holder for passport, etc
- Cell phone w/SIM card/charging chord
- Pocket size notebook
- Yellow tablet
- Headlamp
- Extra AAA batteries
- Sunglasses
- Grounding Adaptor Plug D and the European Style Adaptor Plug Adapter plugs - http://www.magellans.com/store/guide/Countries_Rwanda?Args
- 3-way wall outlet



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- Digital voice recorder
- Neck pillow
- Earplugs
- Passport/Yellow fever vaccination certificate
- Airline tickets
- Insurance card/credit card/driver's license
- 1 copy of emergency contact information (includes primary physicians)
- 1 copy of itemized list of equipment
- 1 copy of passport
- Fanny pack – stickies, sleep mask, pens, pencils, highlighters, floss, Tylenol PM or Ambien, AM/PM pills in pill package/extra set of keys for locks
- Small travel alarm
- 1 change of underwear
- Toothbrush/holder/1tube of toothpaste
- Wet Ones for hand/face
- Money belt - ??? in 100s and 50s and newer than 2003 and no tears or ink marks
- Prescription meds
- Surgical mask
- Book of addresses and phone numbers
- Sani Hands packets
- Folding umbrella
- Cleaning cloths for glasses
- Gum
- Tic Tacs
- Travel size deodorant
- Clip with keys (on your belt)

CLOTHES

- Scrubs
- 6 pairs of convertible pants (100 % nylon)
- Gym set
- 2 long sleeve shirts (100 % nylon)
- 5 short sleeve shirts (100 % nylon)
- 1 microfleece vest
- 10 pairs wicked socks
- 4 pair of wicked long white socks
- 4 pair of wicked short white socks
- 7 wicked underwear
- 7 wicked T-shirts
- 2 pair shoes
 - Ecco shoes (water repellent fabric) – wear on plane
 - Tennis shoes
- PJ's
- Rain suit with hood
- Sun hat with neck chord
- Waterproof lined windbreaker and pants
- 10 handkerchiefs

PRESCRIPTION MEDICATIONS (keep in original labeled containers)

- Personal medications
- Anti-malarial
- Azithromycin or Cipro
- Flexeril (Cyclobenzaprine) 5mg
- Ambien (Zolpidem Tartrate) 10mg
- Tamiflu

OTC MEDICATIONS

- Immodium A-D
- Milk of Magnesia Chewables
- Tums
- Pepto-Bismol
- Metamucil
- Cold-eze
- Daily meds
- Caladryl
- Tylenol PM
- Excedrin
- Cough drops
- Echinacea
- Mucinex
- Gravimed (anti dizzy)
- Cough syrup

OTC MISCELLANEOUS

- Neosporin – ½ oz
- Small adhesive tape
- Antibacterial hand sanitizer (4 x 2 oz)
- Band-aids
- Lip protection
- Athletic Foot Cream
- Hydrocortisone Anti-itch Cream
- Preparation H
- GenTeal (moderate) eye drops
- After shave

TOILETRIES

- 4 oz shampoo
- Hair care products
- Shaving cream
- Razor/new blades
- Toothbrush
- 3 small toothpaste
- 1 floss
- Deodorant
- Wet Ones for hand/face (for Sensitive Skin)
- 3 Kleenex
- Mouthwash
- Corn starch

MISCELLANEOUS

- 2 x 2 oz Sawyer Control Release 20% Deet Insect Repellent (shelf life of 3 years)
- 2 x 2 oz Stay Put Sun Block by Sawyer
- Locks for bags
- Sewing kit
- Knee brace (if you have bad knees)
- Ace bandage
- 3 small hand towels
- 3 wash clothes
- Extra fingernail clippers
- Rubber bands, safety pins, paper clips, eyeglass repair, bag ties, crazy glue
- Cheap watch with a second hand
- Hangers
- Marking pen
- Energy bars
- Instant oatmeal
- Business cards
- Water bottle with belt
- Day pack
- “Where There is No Dentist”
- Hygiene book
- WC (portable water closet)
- 1 copy of emergency contact information (includes primary physicians)/bag
- 1 copy of itemized list of equipment/bag
- 1 copy of passport/bag
- Masking tape
- Extension chord
- Small scissors
- Book of matches
- Small spray bottle
- Zip lock bags (do not be seen with these as Rwanda has banned all plastic materials for environmental reasons)
- Bean bag for the serious photographer during our safari weekend
- Small English to French translation book