

## Circle of Hope International – PACKING LIST – June/July 2014

You have 1-50 lb. suitcase each. Plus 1 15 lb. carry-on limit.

June/July Weather in Malawi: Dry season. Warm days. Chilly nights.

### CLOTHES

*\*Will have access to laundry.*

#### Women:

- Skirts covered by a wrap at all times (*calf-length*)
- 4-5 t-shirts or solid colored Shirts (*no tanks*)
- 2 Nice Shirts for church
- Leggings for evenings
- Long socks for evenings
- Jacket or fleece
- Long-sleeve shirt
- Bathing suit
- Pajamas
- Comfy clothes for plane
- 6-7 pairs Underclothes
- Nice sandals (*for church*)
- Closed-toe shoes (*for daily use*)

#### Men:

- 3-4 Long pants (*jeans or khakis*)
- 2-3 Shorts (*for working*)
- 2-3 Dress Shirts
- Tie for church
- Jacket or fleece
- Long-sleeve shirt
- Long socks
- Bathing suit
- 6-7 pairs Underclothes
- Dress Shoes
- Tennis shoes

### MEDICINE

- Band Aids
- Antibiotic ointment
- Imodium
- Tylenol/Ibuprofen
- Pepto
- Dulcolax
- Personal prescriptions
- Malaria Meds
- Cipro Antibiotic

### TOILETRIES

*\*Pack in double zip lock bags, in travel size containers*

- Shampoo & Conditioner
- Body Wash
- Deodorant
- Toothbrush/toothpaste
- Hairbrush
- Kleenex
- Towel
- Sunscreen
- Hand sanitizer
- Wet wipes (*at least 2 packs*)
- Razor
- Make-up (*optional*)
- Contact & supplies
- Insect repellent
- Sanitary Supplies

### TOOLS

- Backpack
- Passport Holder (*must slip down inside shirt*)
- Bible
- Journal
- Headlamp/Flashlights
- Watch
- Pens/Pencils
- Large Zip lock bags
- ipod/ headphones
- Camera
- Memory cards
- Chargers

### FOOD (*optional*)

- Drink mixes
- Candy/ Gum
- Chocolate
- Instant coffee
- Granola Bars or other snack foods
- Any other comfort foods

### MISCELLANEOUS

- Passport
- Sunglasses
- Water Bottle (Nalgene)
- Sleeping Bag
- Pillow
- Pictures of family or friends
- Dryer sheets (fill these throughout your suitcase)
- Cards
- Toys for kids
- Gifts for children, staff or pastors
- Immunization record with yellow fever vaccine (if going on Safari)
- Spending Money

*SPECIAL NOTE: You may want to choose one outfit and put it in a double zip lock bag and label it for your return home. Your clothing and body will have a distinctive "Africa" odor when you return.*