



Travel and packing tips from The Walking School Bus

Passport: Your passport must be valid for **6 months from the date of entry** into Uganda.

Visa- A visa is required to enter Uganda. They can be purchased at the airport in Entebbe upon arrival. The cost is **\$100 USD per person per visa**. Make sure you have **cash** to purchase.

Immunizations- Please call the travel clinic and make sure you have all of the immunizations and medications needed for travel to Uganda. **You must bring your travel clinic cards to Uganda as you will be asked to show proof of yellow fever immunization.**

Weather Information

- Mbale's weather in March is usually hot and sunny (High 37, Low 16). Keep in mind, it is the beginning of the rain season and we could see some rain. Pack a lightweight rain jacket.

Wifi/Cell Phones/Banking

- There will be wifi at the guest house and if your Phone is **unlocked**, you can purchase a sim card for it at the airport in Uganda for a very low price.
- You will be able to withdraw money at the local ATMs and there are international banks such as Barclays (30 minute drive from our guesthouse in Mbale). We would suggest you bring **\$500 USD** with you though just in case you have any atm/bank difficulties.



Security at the Guest House

Each of the bedrooms has a lock on the door for which you will be given a key. All of your valuables will be locked and safe in your room.

Food:

The food provided will be adequate and we will have three meals per day (mostly vegetarian- a lot of rice and beans). We suggest bringing some easily packed snacks/protein. Some ideas: peanut butter, instant oatmeal packages, power bars, granola bars and nuts.

Washing

There is some running water at the Guest House. It doesn't always run though...With that in mind, we suggest bringing wipes for your face and body. The women who run the guest house will wash your clothes if you would like for a fee.

Essential Items

- Quick Dry Towel
- Hat
- Sunscreen (minimum SPF 15, suggested 30)
- Adapter/Converter that covers Uganda (if needed for charging phones, computers batteries)
- Insect repellent with the highest content of DEET (30%)



Clothing

- 1 sweater
- 1 dress shirt - or long dress/skirt for services
- 1 zip or pullover fleece
- 1 raincoat (windbreaker)
- 1-2 long sleeved shirts
- 5-7 t-shirts for day (expect them to get dirty)
- 2 pair of shorts
- 1 pair of comfortable jeans/khakis for evening supper
- 2-4 pairs of light pants (expect them to get dirty)
- 7 pairs light socks
- Closed toe shoes for day/**hiking/working**
- Open toed shoe acceptable for camp
- Something such as pyjamas - to lounge in the guesthouse
- Undergarments
- Hat/Bandana and sunglasses for sun protection
- Work gloves/gardening gloves (optional, extras are provided)
- Small backpack/bag for daily use in Uganda
- Swim Suit

Do not bring any expensive or delicate clothing as this is definitely an adventure trip!

Note for girls/women- While there is no strict dress code (shoulders and knees need not be covered), we encourage you to dress modestly. Shorts and tank tops are definitely okay for hiking.



Toiletries

- Shampoo, soap and toiletries
- Spare set of contact lenses and/or glasses
- Toothbrush and toothpaste
- Shaving pack
- Comb, hairbrush
- Deodorant
- Body lotion
- Hand wipes or sanitizer
- Lip balm with SPF
- A supply of feminine products
- Travel size shampoo
- Soap in plastic container

Medication

- Malaria pills
- Anti-diuretics (Imodium)
- Extra supply of any medication you may need
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Optional

- Flashlight or headlamp (recommended for safari)
- A camera (extra/reusable batteries and film/ memory card)
- Notebook to use as a journal
- A thin scarf (great for covering your head and neck from the sun)
- Binoculars
- Extra plastic bags for muddy clothing and shoes



- Water Bottle (bottled water will be available)
- cards/board games

What Not to Bring

- Knives or weapons of any kind
- Hairdryers or curling irons
- Valuables

Document Holder

It is essential that everyone has a document holder to carry all your important documents (passport, money, immunizations record, etc).

Jewellery

We strongly recommend that all fine jewellery be left at home. This removes any chances of loss or theft. Casual dress and simplicity while in the community is most appropriate.

Please remember to:

- Label all your luggage with your name, address and full contact information.
- Keep your passport, visa, money, plane tickets and credit cards in a document holder on you while you're in transit.
- Keep a change of clothes, copies of your travel documents and any medication in your carry-on.
- Leave photocopies of all your travel information (passport, visa, immunizations, and prescriptions) with a trusted person at home.