



packing list

Comments on Clothes:

- In general, Africans are modest and traditional. Do not bring torn or ragged clothing; in a country trying to escape poverty, this is considered disrespectful and an insult.
- Laundry is air-dried, so fast-drying materials are best (blue jeans dry very slowly).
- Shoes are of utmost importance!!! You will do a lot of walking. Bring comfortable walking/hiking shoes, sandals, and a pair of thongs. If your feet are happy, you'll be happy too!!!
- **Girls:** anything above the knee is considered "private" and not for display.

Do NOT bring:

- Valuable jewelry
- Clothing that is expensive or requires dry-cleaning

Dress Code/Expectations During Class:

While participating in the Go ED. program you will be immersed in a culture that has different standards of dress than what you are familiar with in your home country, especially as a student attending classes. The leadership of Go Ed. prefers all students to use their own best judgment in choosing suitable clothing that demonstrates modesty and respect to our hosts. Students in your host countries usually dress smartly and stylishly, not frumpy nor sloppy. To assist you as you plan and pack for the trip, the following are examples of what is appropriate dress for attending class in the African culture:

- Men
 - No shorts
 - No tank tops
 - Flip-flops and sandals are acceptable
 - Business-suitable shoes
 - Lightweight jeans (no holes), khakis and "Dockers"
 - Clothing that is comfortable, loose-fitting, washable and made of cool materials
- Women
 - No shorts
 - No spaghetti straps (unless you have a not-see-through shirt over it), nothing too tight or midriff-showing
 - Light sleeveless shirts and decorate tanks are acceptable
 - No spandex or similar materials
 - Flip-flops and sandals are acceptable
 - Business-suitable shoes, including dress sandals
 - Lightweight jeans (no holes), pants, khakis, capris and "Dockers"
 - Clothing that is comfortable, loose-fitting, washable and made of cool materials
- For presentations
 - No flip-flops
 - More formal dress (business casual, conference dress)



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Carry-On (keep with you):

- Passport (keep a color copy at home and bring 2 copies!)
- Visa(s)
- Extra passport-size photos (4)
- Immunization card (World Health Organization yellow card)
- Prescription medications
- Glasses/contacts/contact solution
- Bible, journal, pen, A River Between by Ngugu Wa Th'iongo
- Valuable electronics (i.e. laptops, cameras, iPods, etc.)
- Travel-size toiletries
- Change of clothes
- Money belt (underneath clothing)
- Address/phone list

Miscellaneous:

- Zip-lock baggies (5-10)
- Alarm clock (battery operated)
- Pens/pencils
- Sunglasses/sun block with SPF 30/45
- Hat
- Flashlight with extra batteries
- Swimsuit (modest, one-piece)
- USB flash disk (thumb drive / jump drive)
- Vitamins
- Hand sanitizer/hand wipes
- Family pictures

For Practicum:

- Work gloves (for some)
- Small pillow
- Old sheet set – twin-size
- Thin, small towel
- Hiking shoes
- Roll up blanket

Medical Kit:

- Anti-diarrhea medicine (Imodium, Cipro)
- Bug repellent (deet content of at least 90%)
- Pain medication (Advil, Tylenol)
- Malaria medication -- see Immunization sheet; Doxycycline is cheap and available in Africa over the counter

Note: everything is available for purchase in capital cities: Kampala, Kigali, Addis Abba, and Maputo



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General Guidelines for Dress

Men:

- 1-2 pairs of long pants
- 3-4 short-sleeved shirts
- 2-3 nice, light-weight collared shirts for class and special occasions
- T-shirts and khakis for outdoor treks
- 2 pairs of shorts (longer in length)
- 1 pair exercise shorts
- 1 nice outfit – possibly black/navy pants good for a night out (not a suit)
- Swimming trunks
- Sweatshirt/sweatpants
- Windbreaker
- Hat for sun shade
- 7 pairs of underwear
- Lightweight socks that dry quickly
- 1 pair of flip-flops
- 2 pairs of comfortable sandals for walking (that won't give you a blister)
- 1 pair of tennis shoes

Women:

- 1 pair of shorts for around the house
- Capris are great – cool and modest for the city, travel, hiking
- Tank tops/sleeveless and lightweight shirts (no spaghetti straps)
- Lightweight tees
- 1 nice outfit – black pants might be good for a night out
- 2-3 knee length skirts or longer with leg room for walking
- 1-2 sleeveless dresses with room to walk freely (rural situations)
- 1 pair of jeans
- 1-2 long-sleeved shirts -- for a breezy cool evening
- 1 sweatshirt/sweatpants
- 1 windbreaker jacket
- 1 pair of pants
- Hat/bandanas
- 7 pair of underwear
- Cool PJs
- 1 pair of flip-flops
- 2 pairs of comfortable sandals for walking (that won't give you a blister)
- 1 pair of tennis shoes
- 1 one-piece swimsuit
- Feminine hygiene supplies (very expensive in East Africa, so bring enough for your entire trip)