



# Packing list

## Documents and money

- Passport
- Travel and insurance documents (airline tickets, 2 copies of invitation letter, etc.)
- Printed copies of the above documents
- Credit and debit card
- Cash (at least 50USD for the visa; if necessary more, if it does not work with the withdrawing)
- International driver's license, if you want to drive a car
- Emergency numbers

## Clothing

- Work clothes (see note in the respective project; in the medical field you will need special work clothes, which you can get at a reasonable price at your placement site)
- Light linen- or cotton-clothing, covering legs and arms (mosquito protection)
- Long and short outdoor pants and shirts
- Warm clothing depending on the season
- Fleece jacket/ hoodie
- Thick socks
- Rain jacket
- Sturdy + light footwear
- Flip-flops/ sandals
- Swimwear
- Towels
- Sunglasses
- Headgear that protects from the sun
- Hat, warm gloves (especially in winter)

## Technology

- Mobile phone + possibly old phone for local SIM card
- Camera
- memory cards
- Travel adapter type G for the power socket
- LED headlamp or flashlight
- Powerbank
- Any charging cables
- Headphones

## Hygiene and protection

- Toilet bag with shower kit, toothbrush, etc.
- Sun protection (min. SPF 30+)



- Insect protection (recommendation: No Bite + impregnation of clothes)
- First aid kit
- Small first-aid kit
- Detergent if necessary

### **Other**

- Small backpack or handbag with zipper for daily use
- Notebook and pen (diary)
- Travel guidebook
- Water bottle
- Guest gifts of any kind. The children/natives are very happy to receive small gifts (pens, crayons, balloons, stickers, bubbles, deodorants, perfume, Haribo, clothes, dolls, toy cars, cuddly toys,...).
- Reading material
- Sleeping mask and earplugs