

###### Packing Guide for Malawi

# Clothing

Keep in mind that all laundry is done by hand and hung to dry. Lightweight, quick dry clothing is highly recommended.

Men – lightweight pants, long shorts, collared short sleeve shirts, and t-shirts

Women – modest tops, loose fitting slacks, mid-calf to ankle length dresses and skirts. **Short skirts, low-rise pants, tank tops, shorts, tight or see-through dresses, and low-cut or revealing blouses are prohibited.**

Sufficient undergarments\* (at least a 7 day supply is recommended)

Sandals, comfortable walking shoes, and shower shoes (all broken in)

Lightweight rain poncho (especially if traveling during the rainy season)

Long-sleeve sweater, sweatshirt, or lightweight fleece

One nice outfit and closed toe shoes (in case you are invited to a religious service, wedding, or funeral)

\* If you are in a village where your laundry is done for you, please be sure to wash your own undergarments.

# Trash Disposal

Please discard all packaging and potential trash prior to your departure. Trash is not easily disposed of, and we ask that you be conscious of your waste.

# Miscellaneous Items

Passport with visa

Immunization card

DEET - for preventing mosquito bites (get advisement on safe use)

Permethrin for mosquito nets (optional)

To avoid the purchasing of plastic water bottles, bringing a water purification filter is recommended.

Iodine/chlorine tablets (e.g. Potable Aqua tablets)

Durable water bottle (e.g. Nalgene)

One back-packing towel and washcloth

Toiletries (e.g. shampoo\*\*, soap\*\*, deodorant, brush/comb, toothbrush, toothpaste, etc.)

Unscented lotion

Travel toothbrush or a toothbrush with a ventilated case

Mouthwash for disinfecting your toothbrush

It’s important to always carry toilet paper (Toilet paper may be purchased abroad; however, you may want to bring a few of your own rolls. Removing the cardboard tube makes rolls easier to pack).

Sleep sack/sleeping bag liner (cotton or silk)

Pillow case

Lightweight flashlight or headlamp with extra bulb and batteries

Sun hat, cap, or visor

Sunglasses

Small daypack or fanny pack

Snacks that do not melt (e.g. protein or granola bars)

Pocketknife (remember to pack in checked luggage)

Zip-lock bags (2-3 sizes)

Plastic shopping bags

Duct tape - may be stored by unwrapping from roll and rewrapping tape around the bottom of a water bottle

Luggage locks

Mini sewing kit

Biodegradable laundry detergent\*\*

A small bottle of bleach (a few drops can be used in bathing water and for laundry)

Photos of your family, home, pets, friends, and community to share

Journal or notebook and pens

Reading material

Digital camera with extra memory cards, batteries and/or charger

While you can charge your batteries in most locations, a solar battery charger is helpful and a great gift. You can find one for $17.50 on the following site: <http://www.raytechcatalog.com/product_info/solar-powered-batterycharger-145.html>.

Electrical adapter and converter

Solar camping shower (optional) – makes a good gift for the village when you leave

\*\* We recommend Dr. Bronner Magic Soaps for an all-in-one soap. Please visit www.drbronner.com for more information.

## Suggested Medical Kit

While you may be able to find many supplies abroad, access may be difficult and inconvenient. It is a good idea to consider packing the following items. It is also appreciated if you leave any remaining medical supplies when you depart.

Malaria medicine (see Health Guide for more information)

Electrolyte solution (to add to water)

Personal prescriptions, along with an extra copy of the paper prescription for refills/replacement if necessary

Extra prescription glasses

Multi-vitamin

30+ SPF Sun block for skin and lips

Aloe Vera gel (good for sunburns)

Antibacterial soap

Antibacterial hand sanitizing gel

Imodium or similar medication

Pepto-Bismol tablets

General purpose antibiotic (obtain from your doctor before you leave)

Halog cream (anti-inflammatory, antipruritic that is good for insect bites)

Bacitracin or other triple antibiotic ointment (topical antibacterial ointment for skin, as well as for cuts and abrasions)

Antihistamine (for bites and unexpected allergies)

Aspirin or other headache medications

Bandages, Band-Aids, Telfa pads, or New-Skin Antiseptic Liquid Bandage

Roll gauze (3")

Adhesive tape (one roll)

Scissors, nail clippers, and tweezers (remember to pack in checked luggage)

Sanitary pads, napkins, or tampons (women may want to consider talking with their doctor about means for postponing their period)

# Alternative First Aid Kit

Please note that these treatments are designed for non-serious conditions only, and should be purchased before travel.

Geranium, Catnip Oil, and Oil of Lemon Eucalyptus (for repelling mosquitoes)

Tissue Salt of Calcium Sulphate (CALC SULPH 6X) (for treating heat exhaustion)

Tea Tree Oil (natural antiseptic)

Slippery Elm capsules (to prevent diarrhea, take one before each meal)

Charcoal pills (for gas or an upset stomach)

Homeopathic Arsenicum Album, Carbo Vegetalis, Ipecac, or Nux Vomica (for treating diarrhea)

Psyllium Husks (for treating constipation)

Arnica Cream (to treat bruises and sprains, apply immediately)

Homeopathic Melatonin drops (for treating jet lag or regulating sleep)

Dr. Bach’s Rescue Remedy (for treating stress, panic attacks, or exhaustion)

Natural sleep remedies (can be found at your local health food store)

# Gifts and Donations

As you prepare for your trip, you may want to think of bringing practical gifts from home or requesting donations of medical supplies from your local medical centers, hospitals, grocery stores, and/or drug stores. Please do not bring toys or candy. You may also want to consider leaving some of your own supplies when you depart the villages.

A sample Donation Procurement Letter, containing a list of suggested gifts and donations, can be found in the Travel Preparation Documents section of our website.

Please also keep in mind as you pass through customs to declare all donations as **gifts**.