


Mission Trip 2019 Check List

Check List	Airfare	
	Trip Cost	
	Passport	Print copies of your itinerary, passport, and yellow fever record sheet and put in your carry on, and suitcase.
	Shots	
	Yellow fever	Walgreens or Travel Clinic
	Malaria pills	Doctor
	Other shot options you may consider	
	Meds	
	Bottle of Advil or what you prefer	
	Something for upset stomach	Flight, timechange, and food can sometimes upset your stomach
	Cold packs	
	Antibacteria soap, gel or wipes	
	Travel toilet paper	
	Mosquito Spray, or Wipes	Please do not use anything over 30% deet, not good for you.
	Earplugs	
	Electronics - we will have wireless hub with us for internet access, as well as international phones	
	Ipad, laptop	
	Camera	
	Phone	
	Clothes	
	Men	
	Dress pants and shirt for church service	
	Cargo shorts	
	Jeans	
	Shirts or nice t-shirts	
	Comfortable shoes - wouldn't recommend white	
	Running or hiking shoes	
	Dress or casual shoes for church	
	Women	
	Dress or long skirts for church	
	Capri's or pants	
	Nice blouse, shirt or t-shirts	
	comfy walking shoes	
	The women in Uganda are very modest, let's submit to their culture	
	Accessories	
	Small hiking backpack - Sam's wholesale	
	This will help carry your water or important documents	
	Mine has the tube with the water pack inside	
	Converter/power adapter 220	
	Luggage: Need an identifier for your luggage	
	Florescent tape or Shoestrings	
		