



WHAT TO BRING

Dress: As a general rule, dress should be modest, but comfortable. We recommend lightweight clothing. It will be warm and humid. Rain is also a good possibility at times. Men, in particular, should plan to bring ample shirts. With the exception of church services on Sunday, men can wear comfortable slacks or jeans, T-shirts or lightweight, short-sleeve shirts. Women can wear comfortable slacks or pants for free time and non-ministry activities, however long dresses or capris are appropriate when engaged in ministry. Shoes should also be comfortable. Tennis shoes/walking shoes would be appropriate, as well as sandals if durable and water proof, due to the possibility of rain and mud. For church on Sunday, the Ugandan people will come wearing their best. Particularly in the village if you end up attending a village church service. Women should wear a full-length sundress; not pants. Men should wear slacks and a dress shirt. Ties are recommended but not required. For city churches (like the House Church which you will definitely go to) more modern dress is fine. Pants are fine for both men and women, and you can dress more casually if you would like. Stay away from shorts in pretty much any context if possible.

Other Items to Pack

- Compact umbrella
- Lightweight jacket – evenings can be cool
- Prescription medications/toiletries
- Travel pillow
- Special electrical outlet adaptor-Africa uses 220v three-prong outlets
- Imodium capsules
- Malaria tablets
- Bug spray with DEET as the active ingredient – get the 100 percent DEET
- Basic nose/ear/throat/pain relief medications
- Antibiotics (broad spectrum)
- Camera
- Replacement batteries
- Sunscreen
- Anti-bacteria hand gel
- Lip balm
- Sunglasses
- Hat or baseball cap
- One bottled water (for first morning)
- Small backpack for day trips
- Flashlight
- Notepad for journaling
- Bible
- Snack food (nuts/trail mix)
- Protein bars. The diet in Uganda has little protein in it.
- Vitamins

WHAT NOT TO BRING

- Expensive jewelry
- Expensive electronics
- Weapons
- Things that melt easily
- Things that would draw insects
- Drugs or alcohol