

FOUNDATION FOR **GLOBAL LEADERSHIP**

Uganda

Packing List

Weather: 82 (F) high to 62 (F) low – June-August
* Average temperatures for this time of year, subject to variations via global climate change

Luggage: International airline weight restrictions average 23 kg (approx. 50 lbs). Many international airlines are adopting the 1 checked bag policy.

Money: U.S. dollars are accepted everywhere and ATM machines are widely available in Kampala. Hotels will change money for a commission.

When bringing U.S. dollars abroad, it is important to bring new bills without marks or tears. If you are bringing \$100 denominations, the dates must be 2003 or higher in order to exchange for full value. *Recommended: \$1's are very useful for tips, drinks and snacks and larger denominations are best for shopping and Visa/MasterCard are widely accepted however American Express is usually only accepted in hotels or upscale shopping.*

The trip is inclusive of all except the following: visa, gratuities, drinks (except water), and items of a personal nature.

NOTE: You may want to notify your bank and credit card companies that you are traveling overseas. It is becoming more common for banks and credit card companies to put a hold on cards when they see they are being used abroad.

Visas: Upon arrival in Uganda, you will need to pay between \$30.00 - \$50.00 and provide immigration with **2 passport photos**, the completed Visa form (you can find the Visa form at www.traveldocs.com) as well as your international Yellow Fever Vaccination certificate.

Alternatively, you can obtain your visa ahead of time directly through the Uganda embassy in Washington D.C. (contact information listed on Visa form) or through a visa service such as www.traveldocs.com.

Travel

Insurance: You will need to purchase medical and trip cancellation insurance prior to departure – this should include emergency evacuation as well as medical. Often you can purchase the necessary insurance when you purchase your international airfare or you can use a service such as www.traveldocs.com.

Electricity: Electricity overseas runs on 220 voltages. Make sure that any electrical appliances are dual voltage, if they are only 120V (standard for the U.S.), you will need to bring a converter. You will also need to bring an adapter in order to plug your appliances into the outlets.

Often, people are confused by the difference between a converter and an adapter:

Converter: A specific plug that converts electricity

Adapter: The plug that allows a U.S. appliance to be plugged into the outlet in the country visited. If you bring your own appliances, you will need an adapter suitable for East Africa.

Most digital cameras, cell phones and laptops are dual voltage (check for the 120/220V on the charger). Unless specifically designed for travel, most hair dryers are 120V only and require a converter.

Appliances: It is highly recommended to bring as little luggage as possible. There may not always be enough electricity to accommodate air dryers, curling irons and electric razors. Kampala frequently has power outages, and although the guesthouse and hotels have back-up generators, electricity should be used sparingly.

Internet: There are internet cafes in Kampala that are available.

Telephone: A local number will be provided for emergencies. In addition, FGL staff will have international cell phones with local SIM cards available for your use and you can buy “airtime” on arrival in Uganda.

Laundry: Laundry service is available at the guesthouse for a small cost.

Volunteer Program “to bring” list:

Clothing: Traveler’s Casual

We define traveler’s casual as comfortable and modest. Please DO NOT wear spaghetti straps, tank tops or shorts during at the project. Women’s shoulders should be covered with either shirt sleeves or a scarf. Men can wear nice t-shirts, polo shirts and long trousers.

Shoes: Closed-toed shoes are essential as many projects take place in slums or in areas where weather conditions can turn a dirt path to churning mud instantly.

Safari “to bring” list:

Clothing: Layers of light colored clothing (i.e. khaki or white). It will often be quite cold in the early mornings and in the evenings and then fairly warm during the day.

Light raincoat/ poncho (recommended)

Warm jacket, gloves and hat (recommended for early morning game drives)

Shoes: Comfortable walking shoes

Gorilla and Chimpanzee Trekking list:

Gorilla trekking is a “full body” experience as you follow the gorillas and there are no paths or trails! Gorilla habitat is comprised of stinging nettles and you will need to wear clothing that covers your arms and legs for protection. In addition, gloves are extremely important as you will need to use your hands to help clear your own path. Sturdy, well broken in hiking shoes with socks that cover your ankles are also important. The volcano range is also a rainforest and light rainfall can be expected so a light raincoat is also recommended.

Clothing: Long pants that are thick enough to protect you from stinging nettles
Long shirts that will protect your arms from stinging nettles
Gloves
Raincoat/ poncho
Hiking boots – already broken-in
Thick socks
Layered clothing options for varied temperatures

White Water Rafting:

- Swimsuit
- Shorts (preferably the type that dries quickly)
- Water shoes
- Sunscreen

Life jackets and helmets provided!

Personal First Aid Kit (optional):

- Vitamins
- Prescription medications
- Pain medications – Advil, Motrin, Aspirin, etc...
- Cold medications and/or throat lozenges
- Malaria prophylaxis
- Anti- Diarrhea and upset stomach medication (i.e. Imodium or Pepto Bismal)
- Motion sickness prophylaxis (i.e. Dramamine)
- Band-aids or moleskin
- Antiseptic solution

Other items:

- Anti-bacterial wipes
- Day pack/ back pack or fanny pack
- Camera (back-up camera/ batteries optional)
- Sunglasses
- Insect repellent
- Travel alarm
- Binoculars
- Extra glasses (if necessary)
- Contact solution (if necessary)
- Sunscreen
- Hat
- Travel pillow/ear plugs (optional)
- Ziplock or plastic bags (to pack your liquids or protect your camera and binoculars from dust)
- Lens cleaning materials (optional)
- Power bars, nuts, or snacks
- Books, journal, pen

Other Travel Suggestions:

- Bring 2 copies of your passport and put it in each piece of luggage (checked and carry-on). Make sure your regular luggage tags are firmly attached and have your current information.
- Using stuff sacks for the inside of your suitcases helps you stay organized packing and repacking throughout the trip.
- Keep one other copy of your flight itinerary somewhere in your luggage.
- Leave some room in your luggage to bring home gifts.
- You can bring pens or toys as small gifts for children that we will see and visit during our trip.
- Leave your expensive watches and jewelry at home.
- Often at the end of trips some people will decide to donate and leave items such as books and clothing with our guides or others. It is a great way to make room in your suitcase for the trip home.
- Pack light, review, unpack and take out all the extra you had the first time 😊