



125 E. Main St. #402*American Fork, UT • 84003 • www.motherswithoutborders.org • 801-607-5641

2011 Zambia Expedition Packing List

You will be allowed two pieces of checked luggage, **max weight 50 lbs. apiece**. You will be allowed **one carry on** (small wheeled suitcase) not exceeding 20 lbs. plus a small personal item (small backpack). The airlines are very strict about weight allowances; please weigh your bags before leaving home! You will be charged \$25-\$100 for each overweight bag.

Think light! You will be able to do laundry there, and there is VERY LITTLE room in the boarding house for personal belongings. Multiply your things by 4-8, that's how much stuff has to fit in your dorm room with your other roommates.

Clothes

- 1 Skirt (women) or dress
- 2 MWB t-shirts (required, we will supply these, you will be wearing MWB shirts every day but Sunday)
- 1 MWB t-shirt (optional, you can purchase from us for \$10)
- 2 pair pants (lightweight, fast-drying)
- Underwear
- Socks
- Pajamas – May, June & July it can be cold at night, bring something warm to sleep in
- Hat or visor
- Bandana
- **Work gloves- 2 pair**
- **Fleece jacket or hoodie sweatshirt** (nights and early mornings can be COLD, safari ride can be **extremely cold** if you don't have a jacket and/or sweatshirt)

Shoes

- Tennis shoes or something you can work in that are **close toed**. SERIOUSLY
- Tevas or sandals

Hygiene – when selecting items, **think small!** Share with a friend if you can. Pack all items that can leak in zip loc bags.

- Sunscreen
- Insect repellent with DEET
- Shampoo, body wash, face wash, lotion
- Deodorant
- Waterless anti-bacterial hand sanitizer
- Wet wipes – large package in a gallon size zip loc bag
- Toothbrush/toothpaste
- Chapstick or lip balm with sunscreen
- Malaria medicine
- Razor

Eye wear - Glasses (sun/regular)

- **Small first aid kit (in Ziploc sandwich size bag): NO BENEDRYL**

6-8 Band-aids	decongestant
anti biotic ointment	cough syrup or lozenges
insect bite treatment	zicam
anti diarrhea pills (Imodium)	whatever you take for cold & flu
pepto bismol tablets	advil or tylenol
small scissors and tweezers	ace bandage

Personal

- Flashlight/batteries (POWER GOES OUT OFTEN AND IT GETS DARK AT 5:30) **We recommend a headlamp.**
- 6 small packages of kleenex
- **Full sized bath Towel, hand towel and wash cloth** (something you don't mind leaving in Zambia)
- Camera/film if your camera uses it

- Adapter AND converter (if you need to recharge your camera batteries)
- Journal/pens (bring at least a dozen cheap pens, everyone will borrow them!)
- **Pictures of your family** (this comes in handy when getting to know people)
- Spending Money for:
 - Visa, shopping, laundry, tips, sodas, etc.
 - (Amt. is up to you - **\$50 or \$100 bills ONLY** we will change them into local currency)
- Visa/Master Card Credit Card (notify them you will use in Zambia)
- Copies of passport/visa credit card/Travel Insurance policy #
- Small daypack for use in Zambia each day
- **Money Belt for cash & passport**

Items to be left for use at our Children's Resource Center in Zambia

- 1 set twin sized bed sheets – ONE FLAT SHEET, ONE FITTED
- one pillow and pillow case

When you are ready to start packing:

Pack in your suitcases to be checked (maximum 50 lbs. each)

- **Peanut butter (1 giant large jar – place the jar in zip loc bag)**
- **1 box gallon** size zip loc bags (remove from box and place bags inside of one of the bags, seal it up)
- **Clorox surface wipes (or any brand of disinfectant surface wipes)** (put container in large zip loc bag)
- 6 small packages Kleenex
- Towels/wash cloth (please donate these to the Children's Resource Center when you leave)
- 1 set twin size bed sheets
- Supplies needed for your team projects
- Any other supplies you have been asked to collect to donate in Zambia
- **All personal liquid items prohibited inside airplane** (toothpaste, lotion, contact lens solution, gels, lip gloss gel, etc)

Pack in wheeled carry-on & daypack:

- **All your clothing**, hygiene and personal items (except those listed above)

In Moneybelt:

- Airline ticket, passport, Frequent Flyer Card, travel insurance info, credit cards, cash.

You may want to carry your pillow on the flight, it isn't counted as part of your luggage allowance. If there are long layovers you will be glad you have it! You will also be glad to have a decent pillow to sleep on while you're in Zambia. You will be a real hero if you bring something you're willing to leave behind! Just remember to leave anything you wish to donate with our Country Director or Project Manager so it can be distributed equitably.

Please don't bring:

- Jewelry
- expensive electronic equipment
- excess electric grooming aids
- cell phones (Please note: we will collect all cell phones, I pods, etc on your first day and return them to you the day you depart)
- ANYTHING valuable that you don't want to carry WITH YOU EVERY DAY to each work site and keep on your body AT ALL TIMES.

Remember that the electric currency is 220 and if you plug your equipment directly into the wall without a transformer/currency converter, it will burn it up FAST! Check to make sure your camera charger can accept 220 volts, then you will only need a plug adapter. If you want to download your photos onto one of our computers, please bring your cords and software and a disk to burn them onto.

EVERYTHING YOU DO MAKES A DIFFERENCE!