

## Global Village Recommended Kit List

### General Advice

- Try out your work boots before you go – best to ‘wear them in’ before your trip
- Baggage on flights can get lost. Take essential medicines and a change of clothes in your cabin baggage as well as in your hold baggage.
- Travel lightly. You will be surprised how little you actually need.
- Please be aware that many airports have security requirements for liquids and sharp items.

Personal protection equipment	Essential	Optional
Work boots (sturdy boots with STEEL TOE CAPS)	✓	
Work gloves		✓
Hard hat		✓
Building gloves x 3 pairs		✓
Eye goggles		✓
Dust mask x 2		✓
Knee pads		✓
Clothing	Essential	Optional
Work clothes – suggest both short sleeve and long sleeve for sun protection	✓	
Trousers (such as lightweight cargo trousers, avoid jeans)	✓	
Shorts (for building as well as leisure – culture allowing)		✓
Smart outfit (recommended for farewell dinner or church visit)		✓
Wide brimmed hat (to shade your face as you will be in the sun most of the day)	✓	
Casual clothing suitable for evenings (long sleeves for mosquito protection)	✓	
Warm clothing (check the weather details)		✓
Lightweight waterproof jacket	✓	
Bandana (good for keeping sun off your neck)		✓
Health	Essential	Optional
Insect repellent (containing 50% DEET)	✓	
Anti-malarials – check with a health professional/doctor if these are necessary	✓	
Small first aid kit, eyewash, paracetamol. (Substantial first aid kits will be available on-site)	✓	
Rehydration sachets, anti- diarrhoea medication	✓	
Blister plasters, ordinary plasters	✓	
Antibacterial hand sanitiser (or alcohol based hand gel)	✓	

Sun protection (maximum factor) for face, lips and body	✓	
After sun/Moisturiser	✓	
Prescription medicines (carry medicines in both the hold and cabin baggage). Also a good idea to keep a separate list of medicines with your documents and a doctor's letter to accompany any essential medicine needed.	✓	
<b>Documents</b>	<b>Essential</b>	<b>Optional</b>
Passport (and a photocopy kept apart from original)	✓	
Air travel tickets	✓	
Cash. Most airports will have a money exchange.	✓	
Credit and debit cards. Most airports will have a cash machine.		✓
Insurance coverage information ( <i>see appendix C</i> )	✓	
Vaccination certificates	✓	
<b>Other</b>	<b>Essential</b>	<b>Optional</b>
Day rucksack (for sun cream, camera, bottles of water, snacks)	✓	
Bum Bag (for personal items)	✓	
Toilet roll/moist wipes for on site	✓	
Sunglasses		✓
Camera, film/memory stick, batteries/charger		✓
Plug adaptor (only if bringing digital camera/phone charger etc)		✓
Contact lenses (bring spare lenses, and glasses in case of dust)		✓
Alarm clock/Watch		✓
Small torch (the wind-up torches save on bringing extra batteries)	✓	
Own water bottle (Pack in hold luggage)		✓
<b>Entertainment – and interaction with local children</b>	<b>Essential</b>	<b>Optional</b>
Photos of your family and pets		✓
Football/Frisbee/soft balls for cricket and other ball games		✓
Playing cards and other travel games		✓