

Kit List

The below kit list will give you guidance when packing for your trip. The list has suggestions for types of clothing and shoes, extra medical supplies and other items, such as torches, that you may find helpful during your stay in another country.

Tip: Print this page and check off the items below as you put them in your

Please note: steel cap boots are mandatory – you will be unable to build without these.

ESSENTIAL ITEMS	Packed it?
STEEL TOE CAP BOOTS – Sturdy Work Boots	
Trousers (such as lightweight cargo trousers, avoid jeans)	
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)	
Lightweight waterproof jacket	
Work clothes – suggest both short sleeve and long sleeve for sun protection	
Insect repellent (containing 50% DEET)	
Anti-malarial medication – 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 medicine needed.	
Small torch (the wind-up torches save on bringing extra batteries)	
Day rucksack (for sun cream, camera, bottles of water, snacks)	
Bum Bag (for personal items)	
Toilet roll/moist wipes for on site	

ESSENTIAL DOCUMENTS	Packed it?
Air travel tickets	
Cash. Most airports will have a money exchange.	
Passport (and a photocopy kept apart from original)	
Insurance coverage information (<i>see appendix C</i>)	
Vaccination certificates	

OPTIONAL ITEMS	Packed it?
Work gloves	
Hard hat – PROVIDED	
Shorts (for building as well as leisure – culture allowing)	
Warm clothing (check the weather details)	
Camera, film/memory stick, batteries/charger	
Plug adaptor (only if bringing digital camera/phone charger etc)	
Alarm clock/Watch	
Bandana (good for keeping sun off your neck) and Sunglasses	
Own water bottle (Pack in hold luggage)	
Photos of your family and pets	
Playing cards and other travel games	
Credit and debit cards. Most airports will have a cash machine.	