

PACKING GUIDE

BAGGAGE

Each team member is allowed one checked bag weighing less than 50 pounds, one carry-on bag, and one personal item. You may be asked to take a Sozo team bag with trip supplies.

You should carry all essentials in your carry-on bag including your passport, yellow fever card, and visa approval. Pack an extra set of clothes in case anything should happen to your checked bag. We suggest using a small backpack as your carry-on that can also be used during your time in Uganda. Sozo Trading Co sells Sozo Children Patagonia backpacks.

CLOTHING GUIDELINES

When choosing appropriate clothing to pack, please refer to the guidelines below. Keep in mind, that you will get dirty in Uganda so we recommend not bringing any white or light-colored clothing. Team members should bring enough clothing to wear during the duration of their stay as there will not be laundry services available for short-term team members.

WOMEN

When choosing clothing for your trip, modest and loose-fitting clothing is key.

- You will NOT be able to wear the following items outside of the team quarters: shorts, tank tops, and low-cut shirts.
- Tops should not be tight fitting and must have sleeves.
- Cotton t-shirts are a great option.
- A light jacket or sweater is a good option for cool mornings and evenings.
- Capris, cropped pants, and modest jeans are also appropriate options.
- Loose skirts or maxi dresses, 3-4" long (below the knee), with cardigans should be brought for attending church, visiting homes, or women's ministry in the village community.
- Strapless dresses are prohibited.

MEN

- Jeans, cargo pants, or "knee-length shorts" may be worn.
- Men are not permitted to wear tank tops for cultural reasons.
- Basketball shorts, or nylon shorts should not be worn except within team quarters.
- Full-length pants and a collared shirt should be brought for attending church and visiting homes in the village communities.

SHOES

Comfortable shoes are very important for your trip.

- Sturdy flip-flops or sandals are great. Many team members wear Chacos or Texas while in Uganda. Be aware that some conditions may be unsanitary and closed-toe shoes may be preferred.



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BEDDING AND TOWELS

Team members will be required to bring twin sized bedding and personal towels for showering. We ask that you leave these items with Sozo in Uganda as you depart.

SNACKS

We recommend each team member bring snacks for your time in Uganda. Dry foods such as granola bars, nuts, dried fruit, etc. are great options to carry with you throughout the day. Team members are not allowed to share food with any child, staff member, or community member. Snacking is very cultural to Western society and you will notice Ugandans do not snack. Please refrain from snacking in front of our Ugandan family.

CHECK LIST

CLOTHING

- Clothing as described above
- Church Attire
- Light Jacket
- Rain Jacket
- Socks / undergarments
- Shoes

TOILETRIES

- Tooth Brush, tooth paste, floss
- Deodorant
- Soap / Body Wash
- Hair brush / hair care products
- Glasses / contacts / solution
- Hand Sanitizer
- Wet Wipes
- Feminine Products
- Any other products used on a regular basis

MEDICATION

- Anti-Malaria Medication
- Personal Medication (in prescribed bottles)
- Suggested: Anti-diarrheal, fever reducer, melatonin

MISCELLANEOUS

- Towel
- Wash cloth
- Twin-sized bedding
- Bible / pen/ journal
- Head lamp
- Snacks
- Laundry Bag
- Sleeping Pillow
- Travel / Carry On
- Passport
- Yellow Fever Card
- Mission Guide
- Headphones
- Chargers
- Extra pair of clothing
- Travel Pillow
- Water Bottle

