



South Africa Packing List 2017

Luggage Regulations

Small carry on (i.e. small to medium back pack...same back pack you will take out to the outreaches/construction)

Check in luggage: one bag filled with your personal items (take photos of what is in your bag) Check your particular airline to see the lb limit.

Packing List

- Passport or passport card
- Spending \$ for extra snacks, souvenirs, offerings, etc.
- International health insurance card with medi-evacuation coverage (check out Volunteer Card)
- Something inspiring to read
- Bible
- Notepad/pens
- If bringing anything electrical, will need international transformer and plug (can purchase at Walmart in luggage section)

Please note that South Africa is in the Southern Hemisphere and therefore on the opposite seasonal schedule of North America. So when it is Summer in the States, it is the Winter in South Africa. Winter time in South Africa means it gets very cold at night and in the mornings, and warms up during the day. Winter apparel is highly recommended as is layering for varying temperatures. There is NO central heating, so when it is 40 degrees outside, it is that (and sometimes colder) inside.

Dress Attire

As Christians and Missionaries, it is important to maintain a level of excellence and cultural sensitivity in the image we portray throughout the communities. We request that team members always maintain a neat and presentable appearance. In the event that a staff member of Impact Africa or Fuel International notices a team member in violation of the guidelines or an activity that is inappropriate, it will be brought to your attention. When out in the squatter camps, your clothes will become dirty due to the dust and dirt, so please bring appropriate clothing and shoes; you will be required to wear closed toed shoes when out in the squatter camps. For the fun activities; African Safari, Lion Park, and dinner out, you can wear more "normal" clothes as long as they are appropriate and modest. For African Church, the guys should wear nice dress pants with a nice shirt (Khakis and a polo type shirt is acceptable) and the ladies should wear a long skirt and nice top, a long modest dress, or nice pants with a nice top.

Packing List

- Sleeping Bag or sheets & a warm blanket
- Winter Outerwear – heavy winter coat, gloves, hat, and scarf
- One carry on (backpack) and one normal sized suitcase or duffel bag (You can check

one bag and have one small carry-on bag – typically a backpack)

(TSA Approved Luggage locks – Theft is always a possibility when traveling abroad, so it is best to lock your luggage while traveling.)

-Towels & washcloth

-Travel Pillow

-1 bottle of squeeze jelly and 1 jar of peanut butter (this is for your lunch!)

-Clothing: Please refer to the guidelines in the section above when deciding what to bring with you.

5-7 shirts (short and long sleeve for layering), 2-3 sweatshirts or sweaters

3-4 pairs of jeans or pants for ministry

-Ladies, please know that leggings/tights are not permitted to be worn as pants. You may wear leggings/tights for your pajamas or under your pants to keep warm.

-Warm pajamas, undergarments & warm wool socks (enough for at least one week)

-Church Attire

-Men: Khakis or nice pants with a nice Polo type shirt

-Ladies: Long Skirt with a nice top, a long dress, or nice pants with a nice top

-1-2 baseball caps/bandanas (optional)

-Cheap flip-flops (for showers)

-Tennis shoes/trail shoes (they will become very dirty from the squatter camps and you MUST wear closed toed shoes when out in ministry)

-Scarves, gloves and a beanie

-Toiletries (Shampoo, deodorant, face wash, tooth-brush, toothpaste, razor, etc.)

-Sunscreen (at least SPF30 – you will burn even in cold weather)

-Personal medication & cold/flu medicine. It will be very cold here, and from traveling you may get a bit of a cold or sore throat, so it is best to come prepared with the following:

-Cold/Sinus Medicine

-Allergy Medicine

-Pain reliever (Ibuprofen, Advil, etc.)

-Throat lozenges

-Tissues

-Chap Stick

-Vitamins

-Anti-diarrhea medicine (preferably tablets)

-Germ-X or anti-bacterial wipes

-Lotion (it is cold and dry in the winter, so you'll appreciate the lotion and chap stick)

-Bible, notebook, and pens

-Water bottle (VERY IMPORTANT!)

-Flashlight and batteries

-Ear plugs (if you are a light sleeper)

-Adaptors and/or converters for your electronic items

-Giveaway suggestions: Beach balls, face paint, candy, small toys, etc.

-Miscellaneous Helpful Items: Spending Money, Camera and batteries and/or charger, Powdered drink mix, candy, gum, granola bars, etc.

Theft is always a possibility when you travel abroad, so please do not bring anything that you cannot afford to lose. Make sure that each piece of your luggage meets the airline weight and size requirements for both checked and carry-on baggage.

DO NOT PACK

- Do not pack any liquids over 3 oz in your carry on (including peanut butter and jelly)
- Do not pack any knives, fireworks, explosives, etc. in your luggage
- Do not pack anything that you would be really upset about losing or getting stolen

Fuel International DRESS CODE

Please **DO NOT** wear the following items:

- 1) Tank tops at ministry sites (only at the missions compound or during free day activities)
- 2) Dresses or skirts above the knees at churches or outreaches
- 3) Two-piece swimsuits (unless worn with a non see through t-shirt over the top)
- 4) Tight pants/jeans or jeans with holes (conservative amount of holes may be worn in the missions compound only)
- 5) Pierced rings in any part of your body other than your ears (only two rings per ear during the trip)
- 6) Immodest shorts, bicycle shorts (*measure by taking your hand and reaching your finger tips from your knee up....shorts should not be any short than where your wrist lies on your leg when standing up*)
- 7) Any clothing that advertises Christian or secular rock bands, or any clothing advertising drugs (i.e. alcohol, tobacco, marijuana)
- 8) Expensive or gaudy jewelry
- 9) Tight leggings without shorts over them

Expected construction site dress code:

- 1) Closed toe shoes (i.e. tennis shoes, light weight boots) that might get ruined
- 2) Conservative shorts, pants, or jeans
- 3) T-shirt

Expected outreach dress code:

- 1) Conservative shorts, pants, jeans or skirts below the knee (females only :))
- 2) Comfortable shoes
- 3) T-shirts or button up shirts

Expected church dress code:

- 1) Guys: Casual dress pants, nice jeans with nice shirt
- 2) Gals: Below the knee dress or skirt with nice top
- 3) Nice but comfortable shoes

Impact Africa Guidelines

Trip Guidelines

Please review these guidelines prior to arrival so that you are fully aware of our expectations for each participant. We have found that these guidelines help ensure and facilitate a good experience for you, our staff and the local Africans. If you have any questions or concerns regarding these trip guidelines, please do not hesitate to ask. Our heart is that you will receive a high-quality missions experience and we desire to work with you to ensure that this happens.

- No illegal drugs, alcohol, or tobacco are allowed.
- No profanity or fighting.
- No males in females' bedrooms; no females in males' bedrooms, unless married.
- No public displays of affection between non - married team members.
- No romantic involvement (including excessive flirting) with Impact Africa staff, interns, interpreters, or nationals. Maintain a respectful attitude toward Impact Africa staff, the nationals, and the culture.
- No wandering off during ministry. Everyone must stay in his designated ministry group to ensure the safety of each team member.
- No handing out toys, candy, food, tracts, or any other item to a crowd of people. This must be reserved for a closed situation, such as in a home.
- Please be on time for all meals.
- No inappropriate clothing (i.e. crop tops, short shorts/skirts, t - shirts that promote things that could be misunderstood, etc.).
- Please remain in approved groups at all times and avoid people who may be intoxicated.

If at any point an Impact Africa staff member gives the team a direct order, it must be listened to promptly and without question.