**The Gambia 2023/4 Kit List**

***Please print and tick off as you get your kit list together.***

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| --- | --- | --- | --- | --- |
| **Topic** | **Items** | **Qty** | **Tick** | **Comments** |
|  |  |  |  |  |
| **Luggage** | Suite Case or holdall - Robust and large enough for all your items and your 10 water filters. | 1 |  |  |
|  | Rucksack for aircraft overhead storage. Plan will be to take this with you each day while installing filters, to carry your water, lunch, any other essential items, hence backpack option may be best | 1 |  |  |
|  | Plastic wallet for your passport and other certificates | 1 |  |  |
|  |  |  |  |  |
| **Documents** | Passport – Plus a photocopy of Identification page, for you & your emergency contact in UK | 1 |  |  |
|  | Yellow Fever Certificate | 1 |  |  |
|  | Safeguarding Pocket guide | 1 |  |  |
|  | NHS COVID Proof of Vaccinations – Print off/hard copy & Phone QR code required | 1 |  |  |
|  |  |  |  |  |
| **Food / Drink** | Any treats you feel you may want to take, e.g., cereal bars, biscuits, or favourite snack, variety cereal packs |  |  |  |
|  | Tea bags, herbal tea bags, powdered milk for your tea. |  |  |  |
|  | Large Tupperware sandwich box for your lunches. Plus, a re-freezable ice pack/block to put inside to keep food cool. | 1 |  |  |
|  | Travel Cup (hot drinks) | 1 |  |  |
|  | Plate (Large), Bowl (Medium, for a decent portion of desert/stew) | 1 of each |  |  |
|  | Knife, Spoon & Fork | 1 of each |  |  |
|  | ONE per room - Tea towel & washing up liquid (environmentally friendly) |  |  |  |
|  | 2 litre water bottle / write your name on it | 1 |  |  |
|  |  |  |  |  |
| **Medicines** | Any prescriptions medicines (inform Team First Aider or Team Leader if you have any). Bring Drs. Note for all prescription drugs) |  |  |  |
|  | Sufficient Insect repellent to last the duration, day, and night. Ensure maximum strength, for example Jungle Formula Maximum or [Boots Repel Maximum DEET & PMD Aerosol 125ml | Boots](https://www.boots.com/boots-repel-maximum-deet-pmd-aerosol-125ml-10276027?cm_mmc=bmm-buk-google-ppc-_-PLAs_HeroCompare-_-OTC-_-UK_Smart_Shopping_OTC&gclid=Cj0KCQiA95aRBhCsARIsAC2xvfytpG-taxhpucLZm5ZTXfbr79Cg1ZP-VKP_CcEDNdqhUux-BTlWkxUaAiEuEALw_wcB&gclsrc=aw.ds) | Lots |  |  |
|  | High factor sun protection (waterproof, for when we’re on the beach) | 1 |  |  |
|  | The Team Leader will be bringing a well-stocked first aid kit |  |  |  |
|  |  |  |  |  |
| **Clothes** | Comfortable loose clothing, the day will be hot 20 - 30 degrees. In the day we may be walking through bush and on uneven track. |  |  |  |
| **Day** | Long trousers, ideally not tight fitting (heat). Ladies’ long trousers (harem trousers) that elasticate at the ankle, cool and prevents insects getting to your legs. | 3 |  |  |
|  | Trainers, with socks. For safety reasons nothing open toed, no flip flops or sandals. | 2 |  |  |
|  | T-shirts are ok for men and woman. No vest tops for modesty purposes and to prevent sun burn. | 5 |  |  |
|  | Hat, it will be hot & sunny every day |  |  |  |
| **Evening** | May be chilly in the evening, PLEASE bring suitable warm clothing, just in case.  No dress-code. However, be sensible and protect yourself against insects, for example long trousers, jeans, harem trousers. Wear modest clothing, if skirts, below the knee. |  |  |  |
|  | Fleece (use to travel in from UK), the airplanes are cold, plus you’ll save space in your case | 1 |  |  |
|  | Long trousers/track suit bottoms | 1 |  |  |
|  | Long sleaved top/hoody/track suit top | 1 |  |  |
|  | T shirt/polo shirt | 1 |  |  |
|  | Pair of Shorts | 1 |  |  |
|  |  |  |  |  |
| **Towel** | While at the accommodation | 1 |  |  |
|  | Beach towel | 1 |  |  |
|  |  |  |  |  |
| **Hygiene** | All your usual items, for example deodorant, toothbrush, and paste. |  |  |  |
|  | Shower gel – Mosquito’s avoid lemon smells.So, ensure you bring **lemon** scented, for example ASDA’s Original Source Lemon or AVON Skin So-Soft lemon. |  |  |  |
|  | Antibacterial gel for your hands. Enough for the whole trip, for example every time you go to the loo, after you wash your hands, before and after you eat, when we’re out and about. | Lots |  |  |
|  | Sanitary products for the ladies |  |  |  |
|  | Wet wipes. There will be toilet paper in the rooms, plus when we’re in the villages. However, when we’re in villages there may be no toilets or no handwash facilities, wet wipes are ideal, also for use before you eat. Note: While in villages there will probably be long-drop toilets, which will be smelly, a tip is Tiger Balm to apply under your nose: <https://www.boots.com/tiger-balm-red-ointment-30g-10223197> | 1 |  |  |
|  | **While in The Gambia be environmentally aware…take your rubbish back to the accommodation!!!**  Plastic Zipped bag (approx. 20x30cms) for personal waste while in villages (wet-wipes, plastic)  Plastic bag to carry your dirty plates & cutlery back to the accommodation. |  |  |  |
| **Other** | Phone charger / Don’t use as voice/data is very expensive.  Your trip leader will have a phone for emergency use. They will send a message each day to your emergency contacts provide brief update for assurance purposes. | 1 |  |  |
|  | Mosquito nets. Should be there, but sometimes they’re not in 100% great condition. You may feel more comfortable taking your own. On amazon they range in price from £9 - £18. (Speak to your room mates, they may have one already, to save the cost) | 1 |  |  |
|  | Ear plugs for sleeping in case you have a nosey neighbour. Also, call to pray &/or rooster &/or pigeons on roof) | 1 pair |  |  |
|  | Comfy indoor shoes to walk around the accommodation | 1 |  |  |
|  | Beach wear for swimming in sea and sunbathing | 1 |  |  |
|  | Pillow (travel/otherwise) |  |  |  |
|  | Sunglasses (Not expensive brand) | 1 |  |  |
|  | Light cotton sheet – Not required, but optional for modesty while sleeping |  |  |  |
|  | Head torch for outside in evenings | 1 |  |  |
|  | Notebook & pen | 1 |  |  |
|  | Your Bible | 1 |  |  |
|  | Double, or even treble adaptor. Only 2 single sockets available in each room |  |  |  |
|  | Travel adaptor **not** required. They use the same as we do, i.e., type G & The Gambia operates on a 230V supply voltage at 50Hz | N/A |  |  |
|  | Credit cards accepted in the tourist areas/towns. You may want to take spending money, or money for local gifts. UK £’s is widely exchangeable. US $’s are too, but make sure they are no older than 5 years | £30 |  |  |
|  |  |  |  |  |
| **Don’t Bring** | Expensive branded clothing, or jewellery, watches, or technology |  |  |  |
|  |  |  |  |  |
|  | **IF** you plan to bring an expensive camera, DON’T place it in your suitcase, which will be stored in aircraft hold, carry with you at all times in your hand luggage. |  |  |  |

Any questions or concerns please contact your Team Leader, or **Phil Savage** on 07747 565979