

Suggestions of things to bring compiled by a former female graduate student conducting research

	CLOTHING				TOILETRIES
2	closed-toe shoes			2	Small hand sanitizer
1	sun/baseball hat			1	Large hand sanitizer
1	rain jacket				hair elastics
1	rain pants				lip balm with SPF
3	Field t-shirts/tank tops				SPF 45+ sunscreen
3	Field long-sleeve shirts			1	sewing kit
3	Field pants/jeans				You can buy shampoo and conditioner
lots	cotton underwear				
4	Sports bras				TRAVEL
lots	socks			1	passport
1	hiking boots			1	vaccination book
1	rainboots			1	US cash (only 100 Bills, newest possible)
1	Town pants			2	US - UK plug adapters
2	Town shirts				eReader or books (novels)
1	fleece jacket or sweatshirt			2	passport photocopies
1	bandana			1	health insurance info & copies
1	shorts (close to the knee)			1	copy airline e-ticket
				1	credit card (4 digit PIN)
	OTHER			1	bank card (4 digit PIN)
1	day pack			2	photos of yourself (passport size)
1	Alarm clock				
2	waterbottles				FIRST AID
2	headlamps				first aid kit
1	sunglasses				Gravol,
1	insect repellent				Benadryl
2	Tupperware (good ones) Lunch				Tylenol, Advil, Aleve, etc.
2	small combo locks				anti-biotic cream (e.g. Polysporin)
1	digital camera & charger				moleskin, blister care
	computer				tweezers
	USB stick			1	clear nail polish (for mango flies)
	small travel umbrella				anti-itch cream/gel (e.g. Goldbond)
	roll duct tape				anti-malarial (e.g. Malarone)
					immodium and laxative
	GET IN AFRICA				
	flip flops				
	towel				
	plastic data folders				
	mosquito net				
	kitchen stuff				
	iron				
	anti-Giardia meds (Flagyl)				
	electricity stabilizer				
	shampoo, toothpaste, etc.				