

NOTE: This is an example itinerary. Our trips vary greatly according to the needs and locations of the sites we are visiting.

Children of Promise

Example Itinerary

DATE: Days 1-11

Team Leader: Example Leader

Day 1- Team meet up at hub airport example- **Chicago ORD**. Begin journey to destination together.

Day 2- Continue travel to destination, arrive in the evening, check in to hotel, rest.

Day 3: Late morning start to help recover from travel. Meet hosts, visit first CofP site, begin child interviews, or attend church

Day 4: Child interviews

Day 5: Travel to next site, tourism along the way, visit local homes or church, meet CofP leaders

Day 6: Child interviews, home visits, local tourism.

Day 7: Travel to next site, visit local church, meet CofP leaders in the new region

Day 8: Child interviews. Travel to site of big tourism day (example safari, river cruise, etc.)

Day 9: Big tourism day (example safari, river cruise, etc.).

Day 10: Shopping. See any additional kids. Pack up. Leave for airport after dinner.

Day 11: **FLY USA.**

Notes: There will be lots of moving around on this trip, so we need to pack accordingly!

What to pack:

CARRY ON ONLY! CARRY ON ROLLER OR DUFFEL AND BACKPACK! Packing cubes help!

EXAMPLE RECOMMENDED PACKING LIST:

CLOTHING:

- Men: pants, shorts (mid-thigh or longer)
- Women: pants, skirts, or dresses (longer than the knee when sitting)
- Wrap for covering legs or shoulders on the fly.
- Lightweight, breathable pants
- Undergarments, socks
- **Hat, Sun hat with brim**
- Bandana (for dust, sweat, washing etc.)
- Short-sleeved shirts, cool and breathable
- Belt
- Pajamas
- Long-sleeved shirt or sweater for evening.
- Rain racket or poncho
- **Tennis shoes**
- Sandals/Flip flops (you may want plastic/rubber flip flops that you can wear in the shower)

Notes: Err on the side of modesty. Women should wear clothing that covers shoulders and knees when sitting. Shorts are acceptable in some locations but be prepared to cover up with a wrap if necessary. You should have one decent outfit for church services. You do not need to wear a suit or tie, but you should wear nicer clothing and ladies should wear dresses/skirts (lower than knee length). **On interview days, men should wear pants and women should wear pants, skirt, or dress, unless local director advises otherwise.**

BAGGAGE and MISC:

- 1 carry on roller (Including handles and wheels, the maximum dimensions for a carry-on are 22 inches long, 14 inches wide and 9 inches high.)
- 1 Carry-on or day pack
- Water bottle
- Chargers and cables (electricity is 220v)
- Convertors (<https://www.power-plugs-sockets.com/uganda/>)
- Camera, lenses, filters, memory disks
- Cell phone
- Batteries
- Hand washing soap to wash clothes.

TOILETRIES – Be careful with liquids when carrying on. We could always buy stuff.

- Soap, shampoo, conditioner
- Shaving supplies
- Nail clippers
- Toothbrush, toothpaste, floss
- Deodorant
- Moist hands-wipes, hand sanitizer
- Lotion, sunscreen

- Hairbrush, comb, mirror
- Small towel or washcloth
- Tissues
- Lip balm with sunscreen (small carry on)
- Insect repellent
- Q-tips
- Sewing kit
- Feminine products
- Cosmetics

FIRST AID

- Ibuprofen, Acetaminophen
- Band-Aids/plasters
- Disinfectant, antiseptic cream, antibiotic ointment
- Throat lozenges
- Vitamins
- **Diarrhea medicine or pepto**
- Antihistamines
- **Melatonin or other sleep aid**
- Antibiotics (talk to doctor)
- Prescription drugs (talk to doctor)
- Ginger and Ginkgo can be helpful for stomach problems.

OTHER

- Sunglasses
- Eyeglasses, contacts, solution
- Notebook, pencil, and pen
- **SNACKS:** Energy bars, hard candy, snacks, and comfort foods