

It is preferred if all items can be packed into a carry-on size suitcase so that checked larger suitcases can be used for mission supplies.

Packing List for WOMEN

- 4 T-shirts
- 2 Short-sleeved shirts or blouses (comfortable but a little dressier for church)
- 1 Dress (for church); unless you prefer to wear black pants with blouse
- 1 Long-sleeved shirt for evenings (mosquitos)
- 1 Black pants; comfortable but nice looking
- 2 Convertible pants
- 1 Capris pants or shorts
- 1 Pajamas (lightweight)
- 3 Bras
- 1 Scarf or head covering to wear at church

Packing List for MEN

- 3 Short-sleeved shirts
- 1 Long-sleeved shirt for evenings (mosquitos)
- 2 Polo shirts
- 2 Khaki pants
- 2 Convertible pants or shorts
- 1 Jeans
- 1 Bathing suit

Packing List for ALL

- 6 Underwear (quick dry)
- 4 Socks (quick dry)
- 1 Multi-pocket safari vest (lightweight) or fanny pack
- 1 Sandals (comfortable enough for prolonged walking)
- 1 Closed-toe shoes (e.g. tennis shoes)
- 1 Lightweight cover-up or robe (optional)
- 1 Hat for sun protection
- 1 Rain poncho
- 1 Jacket (lightweight for extra cool rainy nights); optional
- 2 Sunglasses
- 2 Tall kitchen garbage bags for dirty clothes

Personal Toiletries and Medications

- Shampoo, conditioner, body wash or bar soap, moisturizer, deodorant (small screw-top containers)
- Flip flops to wear in shower (optional)
- Liquid laundry soap to wash clothes (small container)
- Washcloth and towel
- Anti-septic hand wipes (used extensively)
- Flushable wipes; one package of 80 wipes is sufficient
- 2 small packages of Kleenex
- Cortisone cream (for bug bites)

- Sunscreen (SPF 30 – 50)
- Insect repellent (long-lasting cream or wipes)
- Band aids
- Anti-diarrheal (e.g. Imodium)
- Pain reliever (e.g. Tylenol, Advil, etc.)
- Antacid (e.g. Rolaids, Tums)
- Non-drowsy antihistamine (for potential rashes)
- Prescription medications prescribed by your doctor or Travel Clinic (e.g. Malaria medication, etc.)

MISCELLANEOUS:

- Passport with Nigerian visa and yellow immunization form
- Pens (few)
- Journal book
- Zipped pouch for valuables
- Neck pillows (for the flight)
- Two power converter/adapters for the area (3-square pin)
- Flashlight or reading light (essential)
- Suitcase lock
- Packets of powered Gatorade to add to bottled water (optional)
- Mosquito net (optional; typically not needed from April to July)
- Umbrella (optional)
- Pre-packaged snack items (non-melting) for prolonged days (optional)
- Power bank if bringing cell phone (optional)
- Additional spending money (optional) to exchange in Nigeria; \$50 and \$100 bills have the best exchange rate; series 2010 or newer is required



NOTES:

1. In general, the weather is very warm, humid and can be rainy.
2. Each person is allowed one small item (e.g. purse, backpack) and small suitcase to carry on (personal items and clothing), plus two suitcases (filled with mission supplies) that will be checked. Per TSA rules, you are allowed to bring a quart-sized bag of liquids, aerosols, gels, creams and pastes in your carry-on bag and through the checkpoint. These are limited to travel-sized containers that are 3.4 ounces (100 milliliters) or less per item.
3. Do not pack liquids in containers with lids or flip tops as pressure during flight may cause them to leak. Bring liquids in screw top containers.
4. It is not necessary to bring a cell phone. Okey will have a cell phone and will provide the number for you to provide to emergency contacts.
5. Bottled water will be provided at all destinations.
6. It is not necessary to bring money and credit cards as all expenses are covered. There may be an opportunity to purchase souvenirs and BIZAA will help exchange money.
7. BIZAA is looking for larger, used (but in decent condition) suit cases that can be filled with mission supplies and then left in Nigeria. If you have access to some, please let us know.