

CLOTHING

1 pairs of walking shoes / sneakers
 1 pair nicer shoes (For Shabbat)
 1 pair sandals (optional, can buy there)
 1 rainproof/light jacket/hoodie
 2 "tiyul" skirts
 2 skirts
 1 swimsuit (packed in a plastic bag)
 1 swimming outfit (for public swimming)
 5 pairs of socks (cotton blend)
 5 pairs of underwear
 4–6 shirts (long/short-sleeved, not cap sleeve various colors, a few you don't mind getting dirty)
 2 Shabbat Outfits
 1 hat – it gets SUNNY good to cover your head
 1 pair of pajamas/night apparel
 Make up and Jewelry (optional)

PLEASE PACK ACCORDING TO THE DRESS CODE :)

TOILETRIES/MEDICINE

Body soap/puff (washcloth)
 Toothbrush/toothpaste/floss
 Shampoo/conditioner
 Brush/comb
 Lotion
 ** Baby powder – South Africa can get hot and humid, so strategic application of baby powder keeps down uncomfortable friction
 Razor (non-electric)/shaving cream or soap
 ** Sunscreen – hard to find sunscreen below SPF 35
 Insect repellent (can buy strong stuff there)
 Prescription drugs (in original container with your name and your doctor's name, write down generic name)
 First aid kit/moleskin/blister kit
 Feminine hygiene products
 Deodorant
 Nail clippers/file/tweezers
 Spare glasses and/or prescription, or contact lenses and supplies
 Hand sanitizer
 Vitamins
 OTC remedies (whatever works for you): Pepto, decongestants, etc.

MONEY AND SECURITY:

Moneybelt: Passport, plane ticket, debit card, credit cards, driver's license
 \$200 cash or money in the bank for optional expenses.
 Call your bank and tell them you're leaving the country so they don't freeze your credit or debit cards!
 Security: Bury copies of your passport, plane ticket, and prescriptions in the bottom of your luggage.

OTHER:

Ziplock Bags, big ones. Organize your stuff, keep things dry.
 Computer or Tablet (optional, not necessary). Wifi is readily available.
 ***Toys, games, balloons, teaching tools, activities for the kids we work with!
 ***Photos of family and friends from home, to share with the kids we work with!
 ***Anything else that will help you connect to our sponsored South African kids/young adults.

PACK LIGHTLY!