

WE INVITE YOU TO PARTNER WITH US

We invite you to partner with us by bringing donations in your second checked bag. To avoid incurring a second bag fee on your return trip, we recommend bringing a bag you can donate or a duffel bag that you could take back in your suitcase.

PACKING LIST FOR YOUR TRIP

ESSENTIALS

- Valid passport with Visa
(Must have 6 months validation remaining after your trip)
- Photocopy of passport
(Please keep in your carry-on)
- Water Bottle
- Alarm clock
- Backpack/small bag
- Bandanas, hat, or scarves
- Extra trash bag
- Bible, notebook & pen
- Bug spray with Deet
- Hand sanitizer/wet wipes
- Earplugs for light sleepers
- Small flashlight *(power outages do occur)*
- Sandals *(for showers)*
- Sunglasses
- Sunscreen
- Toiletries (unscented recommended)
- Closed-toe working/walking shoes
- Camera & charger/batteries

MEDICATION

- Malaria and Cipro Prescriptions
- Personal Prescriptions
- Allergy Medicine
- Ibuprofen/Tylenol
- Imodium AD/Pepto-Bismol/Tums
- Motion sickness medicine

FOOD & SUPPLIES

- Please store all food in sealed Ziplock bags with your name on it.
- Granola/breakfast/protein bars
- Snacks *(non-perishable)*
- Powdered Drinks: *Gatorade/Crystal light*

MEN'S CLOTHING

- Button, collared shirt or polo
- Work Jeans
- Khakis or light dress pants
- Shorts*
- Sweatshirt or jacket for evening
- Swimsuit (just in case)
- T-shirts (least two per day)
- Work clothes

WOMEN'S CLOTHING

- Head wrap / large scarf*
- Long dresses or skirts*
calf length (at least three)
- Capris/Pants/Jeans
- Shorts*
(only worn at Back2Back campus)
- Sweatshirt or jacket for evening
- Swimsuit *(one piece or tankini)*
- T-shirts *(at least two per day)*
- Work clothes

SEASONAL CLOTHING

- April-September: Raincoat
- December-January:
 - Warmer clothes
 - 60's-80's during day
 - Cooler at night
 - Dress in layers

MONEY

- \$100 cash is recommended
(bring only crisp \$50 and \$100 bills newer than 2007 to exchange)
- Travel snacks in airport
- Souvenirs *(Nigerian garments to wear)*

COMMUNICATION TO THE U.S. IS LIMITED

The base facility phone and computer is for Back2Back staff only. Mission participants may bring their own cell phone to be used only at the home base facility during individual free time. Keep in mind that not all cell phone or cell phone plans are covered in Nigeria. Please check with your provider to verify your phone and service provides access in Nigeria. Back2Back will provide a cell phone for use within Nigeria upon request from the group leader. Each participant may use that phone when they purchase Nigerian phone cards for 400N, or approximately \$3.33. That provides roughly 10 minutes of calling to the U.S.

Group members may also bring a laptop with wireless connection that can be used to update family members and supporters throughout the week. Please keep in mind that electricity and internet service frequently goes down; we cannot guarantee internet access. Otherwise, family members should expect to have no communication from you during the week. No news is good news!

PICTURES & VIDEOS

We recommend bringing a still and/or video camera to capture your experience in the orphanages and village, as well as the beautiful scenery in Nigeria. Always check with your group leader before using your camera. We advise against using your camera in the Nigerian airport.

* All shorts must be knee length. No tank tops, midriiffs, spaghetti strap shirts or leggings/spandex. You cannot wear camouflage in public.

* To be culturally sensitive, women will be asked to wear skirts and head wraps at certain times during the trip. You will be shown how to wear head wraps once you arrive in Nigeria.

* Please bring old clothes and shoes, as they may be ruined from work projects. Clothing may be donated at the end of the week if you so desire. Please also refrain from packing hair dryers, straighteners, designer clothes and expensive jewelry.