

## Global Fund for Women Champions Caribbean Trip, June 2023

### *Suggested Packing List*

### Weather Conditions

You will be visiting the Caribbean, including Barbados, St. Kitts and Nevis in the month of June. The great part of the Caribbean is that it is a hot, tropical climate all year round with the wettest period starting in July. The Hurricane season begins in June, so some rain can be expected.

Temperatures in all of the places where you will visit average a high of 87°F and a low of 77°F.

### Luggage & Packing

We recommend packing any medications you take, a change of clothing and any valuables in your carry-on bag in case your checked bag is lost or delayed. Be sure to have luggage tags with your contact information on each bag and a lock when possible.

### The Essentials

#### Documents:

- Passport
- Round-trip flight itinerary
- Medical insurance policy & emergency numbers
- Covid vaccine card (original and photocopy)

#### Travel Essentials:

- Credit cards and cash
- Reusable water bottle
- Champions rocket notebook and pen
- Book or e-reader
- Journal and pens
- Day pack or cross-body bag and tote bag / packable reusable shopping bags
- Travel pillow

- Energy bars and dry snacks
- Earplugs
- Prescription medicine
- Glasses and sunglasses

#### Electronics:

- Camera, extra batteries, and charger
- Battery power bank/charger
- Chargers for all electronics
  - Plug adaptor (Type D and G) and converter - St. Kitts and Nevis operates on a 230V supply voltage and 60Hz
  - Plug adaptor (Type A and B) and converter - Barbados operates on 115V supply voltage and 50Hz

## Clothing

In the Caribbean, temperatures the weather will be hot and sunny. You will be meeting with Global Fund for Women's partners, high-level officials, farm visits and have beach activities, so you will need a wide range of attire, as recommended below. When outdoors, it will be warm though cool in indoor air-conditioned spaces.

**Important note:** Camouflage clothing is not allowed in the Caribbean Islands because it is considered to be for military and government officials only. Barbados, especially, is strict about this. Please do not pack or wear any camouflage clothing.

### General

- Comfortable cotton or linen clothing that is loose-fitting and breathable
- Light sweater for air-conditioned rooms
- Swimwear and beachwear
- Shawl or scarf
- Small umbrella or light waterproof jacket
- Sun hat or cap
- Socks and undergarments
- Sleepwear

### Visit & Activity Clothing Recommendations

- **Welcome Dinners (2):** Relaxed business attire - dresses, button down shirts
- **Partner Visits (2):** Relaxed - lightweight shirts and skirts / pants. Bermuda length shorts are okay

## Medical Kit & Toiletries

- Face masks to protect against Covid
- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste, and mouth wash
- Insect repellent
- Prescription medication with original labels
  - Cipro or antibiotic for stomach issues
  - Sleeping medication
- Over-the-counter medication
  - Allergy medication and epi-pen
  - Re-hydration salts or electrolyte powder, Emergen-C or Nuun tablets
  - Anti-diarrhea medication
  - Medication for indigestion - Pepto-Bismol, Tums, etc.

### • **High-Level Meetings:**

- Women: Business blouse and linen pants / skirts or dresses
- Men: Linen pants and shirt
- NO shorts

### • **Girls Care Summit (June 18) - casual**

- Women: shorts / skirts & lightweight top
- Men: polo shirts
- *Note: you will need to bring a swimsuit this day for the afternoon activity*

### • **Farm Visits:** Casual, comfortable, close-toed walking shoes / sneakers, pants & long sleeve shirts for sun protection and insects

- Painkillers
- Motion sickness medication - Dramamine
- First aid kit - antiseptic cream, Band-Aids
- Pre-moistened antibacterial hand wipes
- Skincare, shower and hair products
- Hairbrush, comb, hair ties, or clips
- Travel packs of tissues
- Eye drops
- Contact lenses and contact lens solution
- At home, rapid Covid tests
- Phone number of a trusted doctor