



Milliman Giving Fund: Ethiopia & Uganda October 2023 *Suggested Packing List*

Weather Conditions

Addis Ababa, Ethiopia, is located on a plateau with an elevation of 7,725 feet, and as such, the capital city experiences a pleasantly cool climate year-round. In October, the weather in Addis Ababa is usually delightful and warm with daily high temperatures around 71°F and daily low temperatures around 50°F. Nights and early mornings can be chilly, so be sure to bring layers.

In Kampala, Uganda, the daily high temperature is around 79°F and daily low temperatures are around 63°F. Cloudy, overcast skies are common and rain showers are likely. In Bwindi Impenetrable Forest, the daily high temperatures are around 73°F and the daily lows are around 52°F. The temperature can drop quite a bit in the evening and early morning, and a light jacket is definitely recommended.

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.

Luggage Restrictions

On your flight to Bwindi, the combined weight of both your carry-on and checked bag must not exceed 33lbs (15kg). The option to pay for overweight luggage can only be determined on the day of the flight, so we strongly suggest ensuring your luggage is not over the limit.* Your checked bag **must** be a soft-sided duffel or roller suitcase with foldaway handles that doesn't exceed these dimensions: 14in(L) x 12in(W) x 27.5in(H). Hard-sided suitcases of any kind are prohibited.

**There is an option to store excess luggage in Kampala and retrieve it at Entebbe Airport when you return from Bwindi on October 17.*

The Essentials

Documents:

- Passport (original and photocopy)
- International & Inter-Africa flight itinerary
- Tourist visas for Ethiopia & Uganda
- Medical Insurance Policy & emergency phone numbers

Travel Essentials:

- Credit cards and cash (see money section in country guide)
- Duffel, backpack or soft-sided suitcase for Bwindi flight- *14in(L) x 12in(W) x 27.5in(H)*
- Daypack for gorilla trekking
- Reusable water bottle
- Notebook & pens
- Book or e-reader
- Energy bars
- Glasses & sunglasses
- Travel pillow & earplugs
- Prescription medicine

Electronics:

- Camera, extra batteries, and charger
- Chargers for all electronics
- Battery power bank / charger
- Headphones or AirPods
- Plug adaptors or a universal adapter
 - For Ethiopia: Type C and converter
 - Ethiopia operates on a 220V supply voltage and 50Hz.
 - For Uganda: Type G and converter
 - Uganda operates on a 240V supply voltage and 50Hz.

Clothing

In Ethiopia and Uganda, especially in smaller cities and villages, women and men dress conservatively. However in cities like Addis Ababa and Entebbe, the dress code is more relaxed, especially in international hotels. As a general rule, we suggest wearing lightweight clothing that covers your shoulders and knees. During this trip, you will be meeting with Milliman's partners, going into rural villages, and visiting schools. We recommend being more mindful of your attire in these situations and make sure to dress on the more conservative side (shoulders and knees covered).

- Trousers/Lightweight pants/Jeans
- Skirts or dresses that fall below the knee
- Light, short sleeved shirts
- Sweater or light jacket for cooler evenings
- A couple versatile "nice yet casual" outfits
- Comfortable hiking clothing for gorilla trek
- Comfortable, closed toed walking shoes
- Shawl or scarf
- Small travel umbrella
- Waterproof jacket/poncho
- Sun hat or cap
- Socks and undergarments
- Sleep wear

Medical Kit & Toiletries

- Face mask (cloth, disposable, medical grade)
— mandatory for gorilla trekking
- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste
- Insect repellent - Picaridin / DEET for gorilla trekking
- Prescription medication with original labels
- Cipro or other antibiotic in case of stomach issues
- Sleeping medication if helpful
- Over the counter medication
- Allergy medication and epi-pen if needed
- Re-hydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Anti-diarrhea medication
- Medication for indigestion - Pepto-Bismol, Tums, etc.
- Painkillers
- First aid kit - antiseptic cream, Band-Aids
- Pre-moistened antibacterial hand wipes
- Travel-sized soap, and body or hand lotion
- Travel sized shampoo and conditioner
- Hair brush, comb, hair ties or clips
- Travel packs of tissues
- Eye drops
- Contact lenses and contact lens solution
- Phone number of a trusted doctor