



## **Together Women Rise Journey to Malawi**

October 1 – 11, 2024

### *Suggested Packing List*

#### **Weather Conditions**

In Malawi, October marks the transition from the dry season to the rainy season. Temperatures remain warm, ranging from 25°C to 30°C (77°F to 86°F) in lower areas like Lilongwe and slightly cooler in higher altitudes. Rainfall gradually increases, bringing occasional showers and thunderstorms towards the end of the month. Humidity levels will also begin to rise, particularly after rainfall and near bodies of water like Lake Malawi. The landscape will be transforming as vegetation starts to flourish, turning lush and green after the dry spell.

#### **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 TSA-approved lock when possible.

#### **The Essentials**

##### Documents:

- Passport (original and photocopy)
- International flight itinerary
- Insurance policies (health & evacuation) & emergency phone numbers
- List of medications and any existing health conditions
- Emergency contact sheet (provided by Elevate Destinations)

##### Travel Essentials:

- Credit cards and cash
- Daypack for site visit days
- Reusable water bottle
- Notebook & pens
- Book or e-reader
- Energy bars
- Glasses & sunglasses
- Travel pillow & earplugs
- Prescription medicines



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#### Electronics:

- Camera, extra batteries, and charger
- Chargers for all electronics
- Battery power bank / charger
- Headphones or AirPods
- Plug adaptors and / or a universal adapter
- Headlamp (*good to have in case of powercuts, which may happen while in Malawi*)

#### **Clothing**

You are encouraged to pack with the cultural context of Malawi in mind. Generally, it is best to cover your shoulders and knees. Long pants and sleeves that are not too tight or form-fitting are ideal for men and women.

- Trousers/lightweight pants/jeans
- Skirts or dresses that fall below the knee
- Short-sleeved shirts
- Light, long-sleeved shirts (for sun protection and to repel mosquitoes)
- Sweater or light jacket for cooler evenings
- A couple of versatile “nice yet casual” outfits
- Comfortable, closed-toe walking shoes
- Shawl or scarf
- Small travel umbrella
- Waterproof jacket/poncho
- Sun hat or cap
- Sunglasses
- Socks and undergarments
- Sleep wear



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#### **Medical Kit & Toiletries**

- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste
- Insect repellent - Picaridin / DEET
- 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
- Rehydration 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 size soap and body or hand lotion
- Travel size shampoo and conditioner
- Hair brush, comb, hair ties or clips
- Eye drops
- Contact lenses & solution