

END Fund Learning Trip to Nigeria

October 20-23, 2024

Suggested Packing List

Weather Conditions

Abuja, Nigeria has a tropical climate and is quite warm in October. The average temperature in Abuja in October for a typical day ranges from a high of 88°F (31°C) to a low of 70°F (21°C). October is the start of the dry season, but there is still a good possibility of rain.

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.

Dress Code

During this trip, there will be various meetings, partner workshops, advocacy meetings, and site visits. Business casual attire is recommended. Button-down shirts, slacks and blazers/jackets for men. Blouses, professional dresses, and optional blazers for women. Additionally, there will be a reception and gala dinner on October 22, so pack more festive clothing. Nigeria does not have any distinct cultural restrictions on clothing. The climate will be warm so keep that in mind as you are packing your clothes.

- Trousers/lightweight pants
- Skirts/dresses
- Button-down dress shirts, blouses
- Short-sleeved shirts as needed
- Professional attire
- Clothing for gala dinner
- Small travel umbrella
- Waterproof jacket/poncho
- Sleep wear
- Sweater or light jacket for cooler evenings
- Comfortable, closed-toe walking shoes
- Shawl or scarf
- Sun hat or cap
- Socks and undergarments

The Essentials

Documents:

- Passport (original and photocopy)
- International flight itinerary
- Medical insurance policy
- List of medications and any existing health conditions
- Emergency contact sheet (provided by Elevate Destinations before the trip)
- Visa on Arrival (Permit to Travel) document

Travel Essentials:

- Credit cards and cash

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

- Reusable water bottle
- Notebook & pens
- Book or e-reader
- Snacks
- Glasses & sunglasses
- Travel pillow & earplugs
- Prescription medications

Electronics:

- Chargers for all electronics
- Battery power bank / charger
- Headphones or AirPods
- Plug adaptors (D & G for Nigeria)

- 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