

The END Fund Board & Investors Trip to Ethiopia

May 2023

Suggested Packing List

Weather Conditions

Addis Ababa 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 May, the weather in Addis Ababa is usually delightful and warm, similar to Spring in North America and Europe. The average high temperature is 73 °F (22.8 °C), with an average low of 53°F (11.7 °C). Nights and early mornings can be chilly, so be sure to bring layers.

During your site visit to Arba Minch, you will find the weather a bit warmer. The average high temperature is 83 °F (28.3 °C) and the average low is 65 °F (18.3 °C).

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

- Passport (original and photocopy)
- International flight itinerary
- Tourist visa
- Travel & Medical Insurance Policy & emergency phone numbers
- Covid Vaccination Card (original, photocopy, and digital copy with QR code)
- Credit cards and cash (see money section in country guide)
- Reusable water bottle
- Notebook
- Prescription medicine
- Glasses and sunglasses
- Plug adaptor (Type C) and converter - Ethiopia operates on a 220V supply voltage and 50Hz

Clothing

In Ethiopia, especially in smaller cities and villages, women and men dress conservatively. We suggest packing lightweight clothes that cover your knees and shoulders. During this trip, you will be meeting with The END Fund's partners and visiting hospitals, clinics, and health labs, so please wear business/business casual clothing where appropriate.

In the city of Addis Ababa, the dress code is more relaxed, however shoulders and knees should still remain covered. When attending meetings in the hotel, it's recommended to follow a business/business casual dress code.

- Slacks / Trousers
- Collared dress shirts
- Skirts or dresses that fall below the knee
- Blazer or sport coat
- Dress shoes
- Light, short sleeved shirts
- Sweater or light jacket for cooler evenings
- A couple versatile "nice yet casual" outfits
- Comfortable, closed toed walking shoes
- Shawl or scarf
- Small umbrella or waterproof jacket/poncho just in case
- Sun hat or cap
- Socks and undergarments
- Sleep wear

Medical Kit & Toiletries

- 4-6 high-quality face masks to protect against Covid
- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste and travel sized mouth wash
- Insect repellent
- 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
- At home, rapid COVID tests (provided by the END Fund upon arrival)
- Phone number of a trusted doctor

Travel Essentials

- Book or e-reader
- Journal and pens
- Day pack or cross-body bag and tote bag / packable reusable shopping bags
- Camera, extra batteries, and charger
- Travel pillow
- Energy bars and snacks
- Chargers for all electronics
- Battery power bank / charger
- Flashlight or headlamp with extra batteries
- Watch / alarm clock
- Earplugs
- Headphones or AirPods