



END Fund Team Retreat in Rwanda, September 2022

Suggested Packing List

Weather Conditions

The weather in Rwanda varies between regions and seasons. Straddling the equator, there is little year-round fluctuation in temperature and no real winter or summer. There is a defined dry season from June to September, though in Volcanoes National Park and Nyungwe Forest that simply means less rains in these parks are wet throughout the year.

September is winter in Rwanda and the weather is generally cool and dry compared to other seasons. Afternoon temperatures are usually between 24°C/76°F and 30°C/86°F and vary greatly according to altitude and location. There is little rainfall during this time of year.

Luggage & Packing

It is recommend to pack 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.

Note: Plastic bags are banned in Rwanda. It is illegal to produce, sell and use plastic bags. Please back eco-friendly bags for your trip. Ziplock bags specifically used to carry toiletries will be permitted.

Essentials

- Documents
 - Passport (original and photocopy)
 - International flight itinerary, if flying into Rwanda
 - Medical Insurance Policy & emergency phone numbers
 - Covid Vaccination Card (original, photocopy, and digital copy with QR code)
- Credit cards and cash (see money section of Country Guide)
- Prescription glasses & sunglasses
- Plug adaptor (Type C or Type J) and converter - Rwanda operates on a 230V supply voltage and 50Hz

Important Reminder: Notify your bank about your travel plans so that the bank does not see charges as illicit activity and put a block on the card.



Clothing

For your team retreat in Rwanda, business casual clothing is not required - pack what you will feel comfortable in! It is advised to wear clothing that will cover your knees and shoulders.

- Women: Skirts, dresses or trousers / pants that fall below the knees
- Men: Shorts or pants that fall below the knees
- Light, short and long-sleeved shirts
- Warm layers for cool mornings and evenings, including a light jacket, fleece or sweatshirt
- Comfortable shoes - walking shoes and sandals & flip flops
- Shawl or scarf
- Swimsuit
- Waterproof jacket or poncho
- Sun hat or cap
- Socks and undergarments
- Sleep wear

Medical Kit & Toiletries

- Face masks and hand sanitizer and any other Covid PPE
- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste and travel sized mouth wash
- Prescription medication with original labels
- Allergy medication and epi-pen if needed
- Re-hydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Supplements and vitamins
- Anti-diarrhea medication and Pepto-Bismol
- First aid kit - antiseptic cream, band-aids, anti-bacterial wipes
- Painkillers
- Travel pack of tissues
- Eye drops
- Contact lenses and solution
- Travel-sized hand lotion and soap
- Travel-sized shampoo and conditioner
- Hair brush, comb, hair-ties or clips
- The phone number of a trusted doctor

Travel Essentials

- Book or e-reader
- Journal and pens
- Camera & extra batteries
- Energy bars and snacks, if you have personal preferences
- Day pack or cross-body bag
- Headphones or AirPods
- Rechargeable battery pack
- Watch or alarm clock
- Small, reusable pouches or bags
- Tote bag for trips to the markets
- Reusable water bottle
- Travel umbrella