



TRAVEL INFORMATION

AIR TRAVEL AND ITINERARY

We will purchase your airline ticket approximately three months prior to departure. All team members must have \$2,000 in by this time to cover preparation expenses and the cost of the ticket. Team members converge for international departure at a designated East Coast airport (most commonly JFK International Airport). A packet containing information for your family members, including itinerary and contact information, will be emailed to you before your departure.

PASSPORT AND ENTRY VISA

Ugandan Water Project must receive (trips@ugandanwaterproject.com) the following documents from you in order to process your entry visa:

- Digital Copy of Passport -photo and signature pages. **Passport must be valid for 6 months past your date of departure.**
- Digital Copy of International Certificate of Vaccination (yellow booklet) - Including Yellow Fever vaccine official stamp.
- Uganda Entry Visa Application - Included in your Team Member Packet.
- Digital Color Passport Photo - 2x2 color passport photo is needed for the visa application.

Once we have received all team members' passports and documents, we will apply for your entry visa.

If you do not already have a passport or need to renew your current passport, please go to travel.state.gov/passport/passport_1738.html. Please note that you are responsible for all passport application fees as well as the application process itself.

VACCINATIONS

Travelers are strongly advised to visit a local health travel clinic 8-12 weeks prior to departure. Travel Clinics are up-to-date on all necessary immunizations and health advisories for Uganda. All travelers should review which vaccinations are required and recommended. The Ugandan government **REQUIRES** that all travelers to Uganda be vaccinated against Yellow Fever. All other recommended vaccinations are at your discretion. Please note that the level of risk for vaccine-preventable diseases can change at any time. We recommend Passport Health for a health travel clinic.

- www.passporthealthusa.com/locations

Travel clinics may be a bit higher priced for their services, but they will be the most informed about the current recommendations for travel to Uganda. Vaccinations can also be obtained from your physician as well as the County Department of Health. The following vaccine information has been taken directly from Passport Health of Upstate New York's travel guide to Uganda.

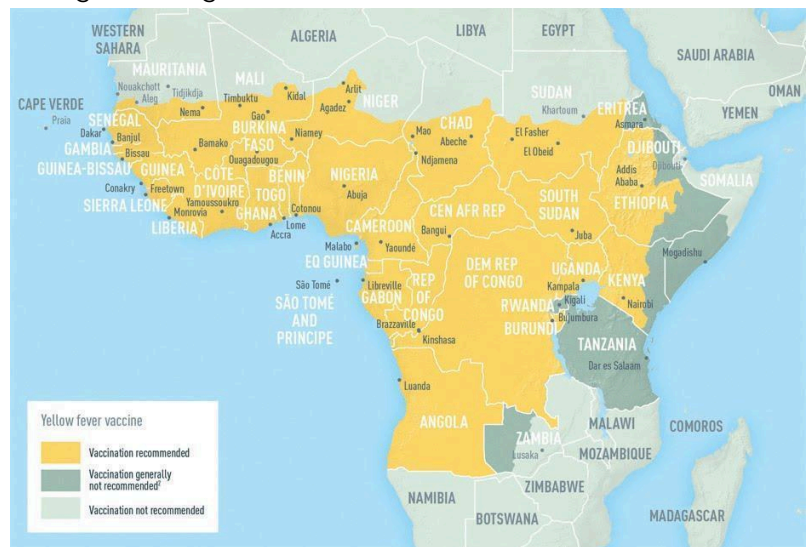
Routine Vaccinations

Routine Vaccinations should be current; these include;

- Influenza
- Measles/Mumps/Rubella (MMR)
- Pneumococcal
- Tetanus/Diphtheria/Pertussis
- Varicella
- Polio

Vaccinations for Uganda

- Yellow Fever – **REQUIRED**; Uganda is within the yellow fever endemic zone (see map).
- COVID-19 - Recommended for all travelers to Uganda and may be required for return travel to some countries.
- Typhoid – Recommended for all travelers to Uganda.
- Hepatitis A – Recommended for all non-immune travelers
- Hepatitis B – Recommended for long-term or frequent travelers, health care workers, travelers visiting more remote locations, travelers who will take "local" transport or eat "local" food, or if work-related injury is possible. Many travel health professionals recommend hepatitis B vaccination for all travelers regardless of destination.
- Meningococcal (Meningitis) – Recommended during outbreaks or for travel during the dry season (Oct-June). As many recent outbreaks have involved the w135 strain, quadrivalent vaccine (serogroups A, C, Y, and W135) should be considered.
- Rabies – Recommended if traveling to an area where quality medical care (including international standard rabies immune-globulin) may not be available after being bitten/scratched by an animal.



ANTI-MALARIA MEDICATIONS

Because malaria poses a serious health risk year-round across Uganda, the use of anti-malaria medications and other preventative measures is required. Travelers must maintain anti-malaria medication as prescribed. Please clarify with your doctor or health travel professional regarding which medication is best for you, when, and how often to take it. Please also check any side effects or contraindications for the medication.

- Atovaquone plus proguanil (Malarone)
- Doxycycline (many brands and generic)
- Mefloquine (Larium and generics)

Our housing accommodations in Uganda also provide mosquito netting which must be used at night. Please make sure you pack bug repellent with at least 29% DEET or Sawyer brand controlled-release solution (available at Amazon). This needs to be applied ½ hour after applying sunscreen - preferably in the morning and at dusk.

BAGGAGE REQUIREMENTS

Each team member may bring only ONE check-in piece and ONE carry-on piece of baggage. While airlines do allow a second piece of check-in baggage for international travel, UWP will be using this allowance to bring organizational and team supplies to Uganda.



Once airline tickets are purchased, your Trip Coordinator will email you with the baggage requirements for the airline. It is extremely important to stay within the weight and dimensions set by the airline to avoid any problems at airport check-in.

Remember that you will be responsible for carrying your own baggage. It is also recommended that you bring a backpack as your carry-on baggage. You will use this bag while traveling to our various locations in Uganda. Your Trip Coordinator

will email you the details about what is currently allowed in carry-on baggage.

BAGGAGE TIPS

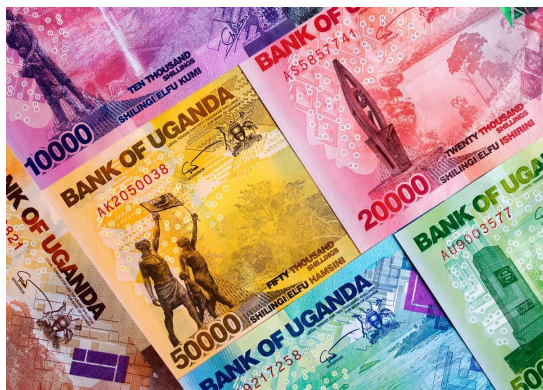
- Please be sure your check-in bag and your carry-on bag have a luggage tag with your full name, address, phone, and email address.
- Please purchase a TSA-approved lock for your check-in bag to be used during airport baggage transport.
- All carry-on liquids must be in containers less than 100ml/3.3oz and placed within ONE quart-sized clear Ziploc bag.
- Do not bring your best luggage. UWP will mark your bag with colored tape for easy identification in the baggage claim area.
- It is advised that you inventory (by list or photograph) the contents of your check-in bag and keep it in your carry-on bag or phone.
- Pack ALL prescription medication (in the original containers) in your carry-on bag.

PACKING & PREPARING FOR YOUR TRIP

SPENDING MONEY

Your trip fee includes round-trip airfare from the international departure airport, all meals, housing accommodations, in-country transportation, entry visa, travel insurance, and team supplies/activities. Please be aware that it does not cover additional costs such as additional snacks, beverages, souvenir shopping, etc.

The local currency is the Ugandan Shilling (UGX). In August 2023, \$1 USD is equal to roughly 3,700.00 UGX. For the latest exchange rate in your currency, visit <http://www.xe.com/ucc/full.shtml>. We will arrange a one-time currency exchange upon arrival in Uganda. *You will need to have your spending*



money in \$50 or 100 dollar bills, 2009 or newer with no tears or markings on the bill. Older or damaged currency is not accepted.

The amount of spending money you bring is up to you, but for 10-14 days, you'll probably find \$100-\$200 US sufficient. Our team members buy most of their souvenirs during a shopping day in a larger city such as Kampala or Jinja.

MEDICAL INSURANCE

Your trip fee includes travel insurance through Talent Trust Consultants, which is a subdivision of Aetna. They have coverage designed specifically for outreach trips. The policy includes medical coverage, trip interruption, loss or damage to baggage and other personal items, etc. Details regarding the policy will be emailed to each team member. Your own personal insurance may also have some overseas coverage available.

WATER FILTRATION

All team members will have access to filtered or bottled water while in Uganda and are loaned a Nalgene water bottle for in-country use. We prioritize drinking filtered water over disposable bottled water. It is NOT necessary to purchase a personal water filter.

WHAT TO WEAR

Shoes: Comfortable and sturdy shoes are a must as you will be doing a lot of walking and some time will be at construction sites. Closed-toed shoes with quality soles will ensure that your feet are protected from injury and burrowing chiggers (aka sand fleas) Flip flops/sandals are OK only at the hotel.

Jewelry: Please keep jewelry conservative. It is fine to wear a simple wedding band; however it is recommended for security purposes to leave the bling behind.

Men: Men traveling to Uganda will want to wear pants/jeans or shorts that are to-the-knee or longer. Avoid shirts with slogans or offensive images since words can take on different meaning in other cultures. Please, no camouflage clothing. During personal time we ask that all dress remain modest.



Women: Women traveling to Uganda will want to wear long opaque skirts, capris, pants, or shorts that are knee-length or longer for much of the trip. Ugandans typically dress conservatively and the local women tend to wear skirts. Please refrain from any form-fitting or revealing clothing, *including leggings*. Avoid shirts with slogans or offensive images since words can take on different meanings in other cultures. Please make sure tank top straps are at least 1 inch or wider with no visible bra straps.

Even when remaining at our compound or the hotel, we ask that you remain modest in your clothing choices since staff are Ugandan and we will occasionally have visitors on our compound grounds.

PACKING LIST

Pack lightly - you will use less than you think! You will have access to paid laundry service at the hotel. Be prepared for variances in temperature and humidity.

Clothes:

- Pants/Jeans/capris – preferred for bug protection (no leggings, please)
- Shorts – to-the-knee length or longer
- Skirts – knee length or longer, opaque (not see-through)
- Shirts – no slogans or offensive images, no low cut, not form-fitting
- Tank tops – 1-inch strap or wider, no spaghetti straps, no visible bra straps
- One dress casual outfit – collared shirt and khakis for men, skirt/dress and blouse for women
- pajamas or appropriate sleepwear (evenings can be cool)
- Undergarments

- Shoes – sturdy, comfortable, closed-toe
- Flip flops/sandals for guesthouse
- Socks
- Hat – for sun protection or a bad hair day
- Lightweight rain/wind jacket or sweatshirt

Medications:

- Prescriptions – pack in carry-on bag in original containers
- Malaria Medication – pack in carry-on bag
- Cipro or Xifaxin for travelers diarrhea – pack in carry-on bag
- OTC Medications/vitamins – pack in carry-on bag

Personal_Care:

- Bug repellent – at least 29% Deet or Sawyer Brand time-released formula (available Amazon)
- Permethrin based clothing spray (Wal-Mart or Amazon) – spray your clothes and let them dry **BEFORE** you pack them.
- Hand sanitizer – 1-2 travel size bottles depending on how much you use
- Sunscreen – SPF 30 or higher and water-resistant
- Lip Balm
- Deodorant (please)
- Shampoo/Conditioner
- Soap
- Toothbrush and toothpaste
- Razor and Shaving Cream
- Small pack of tissues
- Wet wipes or baby wipes
- Feminine care products
- Roll of camping toilet paper in plastic bag (there is NO toilet paper in village latrines)
- Handkerchief or bandana - more useful than you'd think!
- Eyeglasses or contacts/solution
- Sleeping Aids – ear plugs, blindfold, drugs (for air travel and snoring roommates)

Travel Gear:

- Electricity power converter (110 to 220) only if needed
- Plug adaptor for electronics
- Money Belt – to be worn under clothes
- TSA-approved luggage lock
- Camera (optional) - with extra batteries. memory cards, charger
- Cell Phone and charger
- Headlamp/flashlight – for power outages
- Short clothesline (optional) with 10-12 clothes pins for handwashing
- Trial size laundry detergent
- Sunglasses
- Small umbrella – for sun/rain protection and privacy shield
- Travel pillow

Extras:

- Journal and pens
- Photos from home to show with local people
- Snacks - energy bars, trail mix, etc. (sometimes meal times vary or not appealing)
- Powdered Gatorade or electrolytes
- Gum or candy
- Laundry bag or garbage bag for dirty clothes
- Re-sealable plastic bags – various sizes for items that are soiled, smelly, etc.
- Cash, bank card (optional)

DONATIONS AND SUPPLIES

Opportunity Fund: Your participation in this journey with UWP will have a surprising impact on the people around you- friends, family, colleagues - and they will want to be part of your experience in some way. The most common way others can be part of your trip is by giving to your team's Opportunity Fund. Every member will have a fundraising page specific to you where you can share a couple of thoughts about why you are going to Uganda with UWP and an invitation for folks to make a donation. These funds are all pooled together in the combined Opportunity Fund for the team which your team will participate in deploying to meet specific needs related to UWP's mission. This could be to fund things like specific water projects, or provide equipment or invest in training for Ugandan staff.

The other way people can be part of this experience is by providing specific items the organization needs. Prior to each trip, we will identify those specific items and provide a list that can be shared with anyone who asks. Some items may be something like size 5 soccer balls and good quality air pumps - great for sharing with kids when we are in the field or at school projects. Other items may be more technical like a link to double-sealed radial 6204 bearings which we use to upgrade hand-pumps.

We ask all team members to make an effort to invite people in their lives to come along on the journey by giving in some way. Our favorite book reminds us that where people put their treasure their hearts follow . . . they will go with you when they give. Some teams head to Uganda with significant resources in their Opportunity Fund and are able to enjoy the incredible experience of deploying those resources in a way that impacts thousands of lives.

Monetary donations can be made using the links we will provide for you or by check (made out to UWP) and sent to the address below. Please indicate in the memo: Opportunity Fund.

Ugandan Water Project
P.O. Box 262
Lima, NY 14485

ADDITIONAL REQUESTS AND BAGGAGE

As we are a working team and part of a larger organization, UWP team members do not act as couriers to transport items to others already in Uganda outside of the relationships UWP has already established. We take great care to itemize and use the space offered through our 2-bag travel arrangements. Our organization is liable for the inventory that we transport, so team members should communicate any outside requests for approval by the Trip Coordinator and CEO. For instance, if you have a friend with a contact in Uganda and they message asking if they can ship a couple of cell phones to you to bring, that needs to be discussed with UWP prior to departure to avoid problems culturally, legally etc.