

NSFSS_Beach to Bush Program

Packing Guide

To get the most out of your study abroad experience, it is, of course, important to be well-prepared and have necessary personal items with you. While the specific items may vary depending on each student's particular needs, the environment and location, here are some general personal items to consider including:

1. **Identification and Travel Documents**

Carry your identification/travel documents such as:

- a valid passport;
- ID card;
- driver's licence;
- visas/permits/authorizations.

2. **Money and payment methods**

You will need some money for local expenses. Please consider:

- carrying some local currency or
- carrying cash in US dollars (no more than \$1000 cash);
- having access to a payment method such as a credit card or travel card (**highly recommended**).

3. **Appropriate Clothing**

Dress appropriately for the field visit based on the weather conditions and cultural norms:

- pants/dresses/shorts/skirts should be loose-fitting and lightweight for time spent in the field;
- tops/Outerwear- loose t-shirts/lightweight, long-sleeved shirts are optimal in the field for sun and insect protection;
- a sweater may be useful for lower temperatures at night;
- a waterproof hooded rain jacket will prove most useful in less than desirable weather;
- hiking boots, sneakers, sandals/flip flops;
- hat, sunglasses, bandana and scarf;
- underwear and socks- aim for lightweight, moisture-wicking synthetic material (not cotton).

4. **Personal Care Items**

Carry personal care items such as:

- Toiletries;
- Toothpaste;
- Sanitizer;
- Soap;
- shampoo
- menstrual care products.

5. Over the counter medication and prescriptions.

Bring enough medication to last you for the duration of the program:

- your doctor's prescriptions;
- Inhalers;
- allergy medications;
- contacts/glasses.

6. Recommended items for field and classroom

- computer with case;
- surge protectors and electrical adapters;
- flash drive or external hard drive;
- Binoculars;
- Headlamp or flashlight (with extra batteries);
- day pack: A small backpack for fitting everything you would need for a day in the field;
- notebooks and pens/pencils;
- water bottles: Two, 1-liter bottles recommended;
- insect repellent and sunscreen;
- a small or medium towel: Quick-dry is best;
- sleeping bag and travel pillow: Sleeping bag rated to 10°C;
- first aid kit- [see this recommended first-aid kit packing list here](#).

7. Additional Items for Your Consideration

- Swimsuit;
- earplugs/eye mask;
- baby wipes;
- English-Swahili dictionary;
- Hammock;
- duct tape;
- journal/games/books;
- Snacks/drink powders;
- headphones and/or bluetooth speaker;
- wristwatch;
- items to donate to communities/schools: School supplies, books; pens, water bottles, sunglasses, etc.

NOTE: It is important to consider the specific requirements and recommendations provided by NSFSS when preparing for a field visit. Adapt this list based on the unique circumstances and needs of your visit to ensure you have all the necessary personal items for a successful trip.