

## South Africa Short-term Trip Travel Tips and Packing List

### Fast Facts

**Currency:** South Africa Rand (1 USD = 13.16 ZAR), note: this rate changes daily.

**Electrical:** 230v, a converter and plug adapter are required.

**Languages Spoken:** Afrikaans, English, regional languages including Zulu.

**Time Zone:** South Africa Standard Time, UTC+2 (7 hours ahead of EST, 6 hours ahead during daylight savings mid-March – early November)

#### **Weather/Climate:**

- May-Oct: Highs in the upper 70s-80s, lows in the upper 50s-60s.
- Nov-Apr: Highs in the upper mid-upper 80s, lows in the mid 60s-70s.
- Dressing in layers will help keep you comfortable whether it's warmer or cooler than expected.

**Lodging:** You will be staying in the ACM guest house. Bedding and towels are provided.

**Meals:** Meals are provided in the cost of your trip, but will be prepared by the team at the ACM guest house. The team will do its own shopping and food preparation.

**Water:** Only use bottled water for drinking and brushing your teeth. Bottled water will be provided so be sure to bring a refillable water bottle.

**Spending Money:** Your basic expenses will be covered; however, you may want personal cash for snacks, souvenirs, or love offerings. \$100-200 is recommended.

**Currency Exchange:** The best location to exchange money is at the airport upon arriving in South Africa, unless your team leader has made other arrangements.

**Shopping:** You will have opportunities to shop towards the end of the trip.

## What to Wear

All clothing should be modest as we are representatives of our Lord, our churches, ACM and the U.S. Therefore, we ask that there be nothing low-cut or sleeveless, no clothing that contains innuendos/political messages/profanity and no clothing with rips/holes.

- **Air Travel:** Dress casually and modestly. No leggings or clothing with rips or holes.
- **Ministry Days:** Men and women should wear pants, nice jeans, or long shorts and a casual (non-sleeveless) shirt. Capris are also acceptable for women. Medical personnel should wear scrubs.
- **Church:** Men should wear long pants and a long-sleeve, button-down shirt. Women should wear a long skirt (below the knee) and non-sleeveless shirt or blouse.
- **Touring/Sightseeing:** Men and women should wear pants, nice jeans, or long shorts and a casual (non-sleeveless) shirt. Capris are also acceptable for women.

## Packing

- Keep your passport with you, do not pack in checked baggage.
- Carry-ons: One suitcase that fits in overhead compartment, and one personal item that fits under seat in front of you.
  - Be sure to follow airlines size and weight guidelines.
  - It is also recommended to have a change of clothes in your carry-on in case your luggage is delayed.
- Reminder: You can only take small bottles (max 3oz. size) of liquids in your carry-on bags. Please put these in one clear Ziploc bag not to exceed the 1-quart size.
- Checked Bags: Plan to bring 2 large suitcases.
  - Be sure to follow airlines size and weight guidelines.
  - 1 suitcase is for personal items, 1 suitcase is for team supplies and medicine.
- Be sure to include identification on and inside each piece of luggage. Luggage tags will be provided to you on the day that you leave.
- Be sure to weigh and measure your bags before travel day.
- Write your name in all of your clothes including your laundry bag.

## **Other Travel Tips**

- Watch your luggage, passport, and belongings at all times. Never leave personal belongings unattended. Pickpockets and petty thefts are common within airports and tourist areas.
- Leave your valuables at home. Don't bring anything that you can't afford to lose, or anything that reinforces the idea of being a rich American.
- If you are bringing a credit card, remember to notify your credit card company that you will be traveling.

## Travel Items

- Passport
- Insurance card
- Backpack, passport pack
- \$100-\$200 (personal spending)
- Credit card
- Flight schedule, emergency contacts
- Travel toilet paper, Kleenex
- Plane neck pillow
- Personal snacks, gum

## Linens

- Towel, washcloth
- Bag for laundry

## Clothing

### *Women:*

- 2-3 pants, nice jeans, capris, long shorts
- Tees, blouses, shirts (1/day)
- Skirt (below the knee, church)
- Swimsuit (modest, one piece or tankini, mid-section must be covered)

### *Men:*

- 2-3 pants, nice jeans, long shorts
- Tees, shirts (1/day)
- Scrubs
- Long pants, long sleeved collared shirt (church)
- Swim shorts (modest, long)

### *All:*

- Scrubs (for clinics)
- Light jacket, sweater, hoodie (for cooler evenings)
- Sleepwear
- Underwear, socks
- Hat (sport or wide brimmed)
- Sandals, shoes (sturdy, comfortable for walking)
- Flip flops, shower/beach shoes
- Outfit for plane home

## Other Items

- Toiletries: soap, shampoo, shaving, feminine prods, etc.
- Glasses, contacts, solutions
- Sleep aids: meds, earplugs, mask, etc.
- Personal meds/prescriptions (pack in carry)
- Cipro – Rx
- Malarone- Rx
- Hair Dryer (if needed)
- Hand Sanitizer, wipes
- Sunscreen, sunglasses, Chapstick
- Bug repellent, repel wipes (containing DEET)
- Reusable water bottle
- Headlamp, flashlight, batteries
- Alarm clock
- Rain Gear: umbrella, poncho (dollar store)
- Bible
- Notebook, notepad, journal
- Team book and name tag
- Devotion for day scheduled
- Pens, pencils
- Life token
- Playing cards, games
- Headphones
- Camera, Batteries
- Phone, charger, cord
- Power convertor, plug adapter
- Family photos
- Binoculars (optional, for game park)
- Ministry supplies as designated by team