

# The Gambia Packing List

## Necessary Items

- Personal Spending money \$50- \$200. You will use this for souvenirs, extra tourism costs, personal offerings, and any extra's you desire (*like additional drinks or foods beyond your (3) meals*)...
- Mandatory Extra money:: 25.00 OPTIONAL Suggested love offering: 50.00 or more
- Driver's License
- Original Passport
- Original & copy of Medical License (if applicable)
- Stethoscope and any Medical Equipment
- Student ID card (if applicable)
- Bible
- Notebook and pen
- OPTIONAL Gift to missionaries *Gifts could include: worship cd's, teaching cd's, cd players, candy, bath & body lotions, kids gift, ect.*
- **CLOTHING:** *Girls will need to make sure anything they bring fits modest apparel. Capri's are acceptable but probably not shorts-except to sleep in. Guys can wear shorts-but only those that are loose & long. Modesty goes for guys as well! This is clothing we will wear only when not "officially" ministering. Other times you will be in skirts or pants. Please make sure that all shirts are loose fitting and that no pants are low riders...*
- 2-3 of pairs of shorts (cannot be above the knee for guys) & Below the knee Capri's for girls
- A pair of church pants & shirt for guys
- 1 Long skirts for girls \* Long indicates the skirt must not rise above the knee even when sitting. To the mid calf or ankle is most appropriate length.
- 1-2 pair of jeans or capris or light weight pants and T-shirts for everyday. ( No sleeveless t-shirts
- Undergarments
- Scrubs will not be worn everyday and are only applicable for those working in the clinics
- Tennis shoes or 1 pair of closed toed shoes
- Flip flops and / or sandals
- Bedtime clothes
- Toiletries
  - \_\_\_ Any prescription drugs (Your name must be on the label & medication must be in date)
  - \_\_\_ Any vitamins (You must keep them in original container)
  - \_\_\_ Cologne/Perfume/Deodorant (seal in zip lock bag)
  - \_\_\_ Electric Razor (battery), Shaving gear
  - \_\_\_ Hair Brush and Comb
  - \_\_\_ Shampoo (seal in zip lock bag)
  - \_\_\_ Antibacterial Soap (in plastic soap container)
  - \_\_\_ Antiseptic Mouthwash (also good for rinsing toothbrush)
  - \_\_\_ Toothbrush w/ case, Toothpaste
  - \_\_\_ Toilet paper
  - \_\_\_ Waterless hand sanitizer (antibacterial)
  - \_\_\_ Sunscreen (*the sun is hot and hard on your skin-be prepared!*)
  - \_\_\_ Tylenol or Motrin, Benadryl or Sudafed, & Pepto-Bismol (*Your gonna need these items for sure!*)
  - \_\_\_ If you are prone to allergies then bring your Allergy medication. You will need it in this country!
  - \_\_\_ Don't forget your anti-malaria medication
    - Insect repellent (make sure it has highest percentage of Deet in it)
    - Anti-itch ointment
    - Water bottle
    - Small Flash light
    - Small purse or side satchel to carry tracts during ministry
    - Camera
    - Candy, gum, snacks, etc. ( bring lots in case you get tired of the local cuisine)
    - Alarm clock

- Sunglasses
- Top Sheet and if needed small travel pillow
- Towel and washcloth

### **Special Packing Information**

**LUGGAGE RESTRICTIONS:** Each Team Member is allowed to bring one -50lb check-in bag( maximum of 62 linear inches (the combined length, width, and height of the baggage.) and one-13lb carry-on( 22 x 16 x 8 (46 linear inches.) and a purse/briefcase or camera bag. BB is taking ministry bags with them into the country so your second check-in bag will be given at training and will be a BB Ministry bag. Most international airlines are very stringent with their baggage requirements. Most international airlines weighs every piece of baggage (including the carry-on) and will charge \$25.00-75.00 extra for overweight pieces or extra pieces. I.E.: if you bring one extra piece of luggage, and it is oversize or overweight, you will be charged “on the spot”.

***BB will not be responsible for your personal items that exceed weight limits. You will be responsible to pay the fines given by the airlines. \*if airline changes regulations on baggage before trip, you will be responsible to pay for any luggage you check for travel.***

**ELECTRONICS:** Custom's requires you to label & notarize any electronics you bring into the country. This means if you are bringing a camera, video camera, guitar, mp3 player, Cd player, ect...- you MUST write the serial number of the item, description, and value-Then have it notarized with a statement that you are not going to sell the item upon entry. Please see example notarization form.

***BB will not be responsible for any items you bring into the country that customs repossesses.***

*Please pack light! Casual, light-weight clothes are best. Keep in mind that most of the time; it is very hot in the country. Light colored clothing helps you keep cooler than darker colors. Please refer to the guidelines for clothing regulations.*

# EXAMPLE NOTARIZATION FORM



## ***IPOD NANO***

***SERIAL NUMBER: 12598632874-897***

***Approximate Value 249.00 usd***

### ***Product Features***

- Color: Black***
- Storage and song capacity: 4 GB***

- Display:** 1.5-inch (diagonal) color LCD with LED backlight, 176 x 132 pixel resolution, .168-mm dot pitch, support for display of multiple languages and characters simultaneously
- Size (in inches):** 3.5 by 1.6 by 0.27
- Weight:** 1.5 ounces
- Included accessories:** Earbud headphones, USB cable, Dock adapter
- Headphones:** Earbud-style headphones with 18-mm drivers using Neodymium transducer
- Power and battery:** Built-in rechargeable lithium ion battery; playtime: Up to 14 hours when fully charged; photo slideshow with music viewing time: Up to 4 hours when fully charged; charging via USB or FireWire to computer system or power adapter
- Height:** 3.5 inches
- Width:** 1.6 inches
- Depth:** 0.27 inches
- Weight:** 1.5 ounces

I hereby certify that this Ipod Nano is mine) Full passport Name) and I will not sell or re-sell this I pod Nano. I (Full passport name) will return this electronic item back to my home in the United States of America when I return on (DATE).

(Passport Name) \_\_\_\_\_ Printed

(Passport Name) \_\_\_\_\_ Signed

## **NOTARY SECTION**

**Your signature(s) must be notarized**

State of \_\_\_\_\_ )

County of \_\_\_\_\_ ) ss.

Before me, the undersigned, a Notary Public, in and for said County and State, on this \_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, personally appeared [your name:] \_\_\_\_\_, to me known to be the identical persons who subscribed the foregoing instrument, and acknowledged to me that s/he executed the same as his/her free and voluntary act and deed, for the uses and purposes therein set forth.

Given under my hand and seal of office the day and year above written.

[SEAL]

\_\_\_\_\_  
NOTARY PUBLIC Com exp \_\_\_\_\_ Com no \_\_\_\_\_