



MISSION TRIP INFORMATION

DEPARTURE AND DESTINATION

HELP'S PRIMARY LOCATIONS OF MINISTRY ARE THE TOWNS OF EGBE AND OKOLOKE, WHICH ARE LOCATED IN KOGI STATE, NIGERIA. OUR TEAMS USUALLY DEPART FROM THE AIRPORTS IN DALLAS, TX AND/OR DETROIT, MI (AND OCCASIONALLY HOUSTON, TX). PLEASE CONTACT HELP'S OFFICE IF YOU HAVE QUESTIONS ABOUT THE CITY OF DEPARTURE.

COSTS AND DOCUMENTS

THE TOTAL TRIP COST IS BETWEEN \$2550 AND \$2750, DEPENDING ON AIRFARE, AND INCLUDES EVERYTHING EXCEPT SOUVENIRS AND INCIDENTALS, FOR WHICH YOU MAY WANT TO BRING APPROXIMATELY \$100 OR MORE IN CASH. (SEE NOTE AT THE TOP OF PAGE 5 ABOUT EXCHANGING DOLLARS FOR NAIRA [NIGERIAN CURRENCY].) *ALL TRIP PAYMENTS ARE CONSIDERED TAX-DEDUCTIBLE DONATIONS TO HELP, INC. AS SUCH, WE ARE UNABLE TO ISSUE A REFUND FOR ANY PORTION PAID TOWARD THE COST OF A TRIP, REGARDLESS OF THE REASON FOR CANCELLATION.* THE COSTS LISTED BELOW DO NOT INCLUDE THE EXPENSE OF DOMESTIC TRAVEL TO THE AIRPORT OF DEPARTURE.

FIRST DEADLINE – DUE 90 DAYS PRIOR TO DEPARTURE:

- \$150 DEPOSIT (RESERVES PLACE ON TRIP AND PLANE SEAT)
- MISSION TRIP APPLICATION

SECOND DEADLINE – DUE 60 DAYS PRIOR TO DEPARTURE:

- COST OF AIRFARE (BETWEEN \$1650 TO \$1850)

FINAL DEADLINE – DUE 45 DAYS PRIOR TO DEPARTURE:

- \$750 FINAL PAYMENT (COVERS VISA, TRAVEL INSURANCE, MEALS, ROOM/BOARD, TRANSPORTATION, ETC.)
- VISA APPLICATION
- PASSPORT
- YELLOW IMMUNIZATION CARD
- ONE PASSPORT PHOTO
- MEDICAL RELEASE FORM (MUST BE NOTARIZED)
- PERMISSION SLIP (IF UNDER 18 YEARS OF AGE; MUST BE NOTARIZED)

PASSPORT AND VISA INFORMATION

YOU WILL NEED TO OBTAIN A PASSPORT IN ORDER TO TRAVEL OUT OF THE COUNTRY. IF YOU HAVE NEVER HAD A PASSPORT OR NEED TO RENEW YOUR PASSPORT, PLEASE VISIT [HTTP://TRAVEL.STATE.GOV/PASSPORT](http://travel.state.gov/passport) FOR INSTRUCTIONS. IF YOUR PASSPORT WILL EXPIRE WITHIN 6 MONTHS OF YOUR DEPARTURE DATE, YOU WILL NEED TO RENEW IT. IT CAN TAKE AS LONG AS 10 WEEKS TO OBTAIN A NEW PASSPORT, SO PLEASE PLAN ACCORDINGLY. YOU WILL NEED TO SEND YOUR PASSPORT AND OTHER REQUIRED DOCUMENTS TO US 45 DAYS PRIOR TO YOUR DEPARTURE, SO WE CAN ORDER VISAS FROM THE NIGERIAN EMBASSY. PLEASE MAKE A COPY OF YOUR PASSPORT AND VISA APPLICATION FOR YOUR RECORDS BEFORE SENDING THEM TO US. WE WILL RETURN YOUR PASSPORT TO YOU ON THE DEPARTURE DATE, UNLESS YOU MAKE OTHER ARRANGEMENTS.

YELLOW IMMUNIZATION CARDS

THE NIGERIAN EMBASSY REQUIRES PROOF OF YELLOW FEVER VACCINATION. YELLOW IMMUNIZATION CARDS CAN BE OBTAINED FROM YOUR PRIMARY CARE PHYSICIAN OR COUNTY HEALTH DEPARTMENT WHEN YOU RECEIVE THE REQUIRED IMMUNIZATIONS. SEE PG. 2 FOR A LIST OF REQUIRED AND RECOMMENDED IMMUNIZATIONS.

MEDICAL RELEASE FORM

A MEDICAL RELEASE FORM IS REQUIRED FOR EVERYONE GOING ON THE TRIP. THE FORM **MUST BE NOTARIZED**.

PERMISSION SLIP

A PERMISSION SLIP IS REQUIRED FOR MINORS (UNDER 18 YEARS OF AGE), EVEN THOSE WHOSE PARENT(S) WILL BE ATTENDING THE TRIP WITH THEM. THE FORM **MUST BE NOTARIZED**.

MEDICAL TRAVEL INSURANCE

BASIC EMERGENCY MEDICAL TRAVEL INSURANCE (\$100,000 MAXIMUM BENEFIT/\$500 DEDUCTIBLE) WILL BE PROVIDED FOR ALL PARTICIPANTS. CONTACT OUR OFFICE IF YOU WOULD LIKE TO RECEIVE A DESCRIPTION OF COVERAGE, LIMITS AND EXCLUSIONS. PLEASE CONTACT YOUR OWN HEALTH INSURANCE PROVIDER TO DETERMINE COVERAGE WHILE TRAVELING ABROAD.

MAIL ALL PAYMENTS AND DOCUMENTS TO: HELP INC. | ATTN: MISSIONS | 700 HARWOOD RD | SUITE A | HURST, TX | 76054

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT: JESSICA MACK | 817.581.7875 | MISSIONS@HELPWESTAFRICA

MEDICAL ISSUES

DISEASES FOUND IN NIGERIA

- **FOOD AND WATERBORNE DISEASES** **MAKE SURE YOUR FOOD AND DRINKING WATER ARE SAFE.** FOOD AND WATERBORNE DISEASES ARE THE PRIMARY CAUSE OF ILLNESS IN TRAVELERS. TRAVELERS' DIARRHEA CAN BE CAUSED BY VIRUSES, BACTERIA, OR PARASITES, WHICH ARE FOUND THROUGHOUT WEST AFRICA AND CAN CONTAMINATE FOOD OR WATER. INFECTIONS MAY CAUSE DIARRHEA AND VOMITING (*E. COLI*, *SALMONELLA*, CHOLERA, AND PARASITES), FEVER (TYPHOID FEVER AND TOXOPLASMOISIS), OR LIVER DAMAGE (HEPATITIS).
- **HEPATITIS A** OR IMMUNE GLOBULIN (IG) TRANSMISSION OF HEPATITIS A VIRUS CAN OCCUR THROUGH DIRECT PERSON-TO-PERSON CONTACT; THROUGH EXPOSURE TO CONTAMINATED WATER, ICE, OR SHELLFISH HARVESTED IN CONTAMINATED WATER; OR FROM FRUITS, VEGETABLES, OR OTHER FOODS THAT ARE EATEN UNCOOKED AND THAT WERE CONTAMINATED DURING HARVESTING OR SUBSEQUENT HANDLING.
- **MALARIA** - HUMANS GET MALARIA FROM THE BITE OF A MOSQUITO INFECTED WITH THE PARASITE. YOUR RISK OF MALARIA MAY BE HIGH IN ALL COUNTRIES IN WEST AFRICA, INCLUDING CITIES. ALL TRAVELERS TO WEST AFRICA, INCLUDING INFANTS, CHILDREN, AND FORMER RESIDENTS OF WEST AFRICA, MAY BE AT RISK FOR MALARIA. PREVENT THIS SERIOUS DISEASE BY SEEING YOUR HEALTH CARE PROVIDER FOR A PRESCRIPTION ANTI-MALARIAL DRUG AND BY PROTECTING YOURSELF AGAINST MOSQUITO BITES.
- **POLIO** IS STILL ENDEMIC IN NIGERIA.
- **RICKETTSIAL INFECTIONS** A NUMBER OF RICKETTSIAL INFECTIONS OCCUR IN THIS REGION. WEARING PROTECTIVE CLOTHING AND AVOIDING RURAL AREAS OR AREAS OF DENSE VEGETATION ALONG STREAMS IS THE BEST PROTECTION.
- **SCHISTOSOMIOSIS** A PARASITIC INFECTION; CAN BE CONTRACTED IN FRESH WATER IN THIS REGION. DO NOT SWIM IN FRESH WATER (EXCEPT IN WELL-CHLORINATED SWIMMING POOLS) IN THESE COUNTRIES.
- **TYPHOID FEVER** CAN BE CONTRACTED THROUGH CONTAMINATED DRINKING WATER OR FOOD, OR BY EATING FOOD OR DRINKING BEVERAGES THAT HAVE BEEN HANDLED BY A PERSON WHO IS INFECTED. LARGE OUTBREAKS ARE MOST OFTEN RELATED TO FECAL CONTAMINATION OF WATER SUPPLIES OR FOODS SOLD BY STREET VENDORS.
- **YELLOW FEVER** - A VIRAL DISEASE THAT IS TRANSMITTED TO HUMANS THROUGH THE BITE OF INFECTED MOSQUITOES. ILLNESS RANGES IN SEVERITY FROM AN INFLUENZA-LIKE SYNDROME TO SEVERE HEPATITIS AND HEMORRHAGIC FEVER. THE YELLOW FEVER VIRUS IS MAINTAINED IN NATURE BY MOSQUITO-BORNE TRANSMISSION BETWEEN NON-HUMAN PRIMATES. TRANSMISSION BY MOSQUITOES FROM ONE HUMAN TO ANOTHER OCCURS DURING EPIDEMICS OF "URBAN YELLOW FEVER."
- OTHER INFECTIONS THAT TEND TO OCCUR MORE OFTEN IN LONGER-TERM TRAVELERS (OR IMMIGRANTS FROM THE REGION) INCLUDE **TUBERCULOSIS, HIV AND HEPATITIS B.**

REQUIRED VACCINATIONS

YELLOW FEVER VACCINATION IS THE ONLY REQUIRED VACCINATION FOR ENTRY INTO NIGERIA. CONTACT YOUR COUNTY HEALTH DEPARTMENT TO FIND OUT WHERE YOU CAN OBTAIN THIS VACCINATION. THE PHYSICIAN WHO ADMINISTERS YOUR YELLOW FEVER VACCINATION WILL ISSUE YOUR YELLOW IMMUNIZATION CARD, AS PROOF THAT YOU HAVE BEEN VACCINATED. *REMEMBER: YOUR YELLOW IMMUNIZATION CARD IS DUE TO OUR OFFICE 45 DAYS PRIOR TO YOUR TRIP. PLEASE PLAN TO GET YOUR VACCINATION IN TIME TO MEET THE DEADLINE.*

RECOMMENDED VACCINATIONS

- **MALARIA ORAL PROPHYLAXIS-**
IT IS STRONGLY RECOMMENDED TO TAKE MALARIA PROPHYLAXIS BEFORE, DURING AND AFTER YOUR TRIP, ACCORDING TO YOUR PHYSICIAN'S INSTRUCTIONS. MALARONE, MEFLUQUINE (IF NO HISTORY OF DEPRESSION) OR DOXYCYCLINE CAN BE USED. YOUR PHYSICIAN CAN HELP YOU DETERMINE WHICH DRUG IS BEST FOR YOU. PLEASE NOTIFY US IF YOU WILL NOT BE TAKING ANTI-MALARIAL MEDICATION.
- **HEPATITIS A VACCINE**
- **HEPATITIS B VACCINE -**
ESPECIALLY IF YOU MIGHT BE EXPOSED TO BLOOD OR BODY FLUIDS OR BE EXPOSED THROUGH MEDICAL TREATMENT. FOR EXAMPLE, HEALTH-CARE WORKERS.
- **TYPHOID FEVER VACCINE**
- **TETANUS-DIPHTHERIA / MEASLES / POLIO VACCINES -** BOOSTER-DOSES, AS NEEDED; ONE-TIME DOSE OF POLIO VACCINE AS AN ADULT.
- **** SPECIAL RECOMMENDATION: PRE-EXPOSURE RABIES VACCINE -**
IF YOU MIGHT HAVE EXTENSIVE, UNPROTECTED OUTDOOR EXPOSURE TO ANIMALS IN RURAL AREAS. FOR EXAMPLE, VETERINARY WORKERS.

SEE YOUR DOCTOR AT LEAST 6 WEEKS BEFORE YOUR TRIP TO MEET OUR DEADLINE AND TO ALLOW TIME FOR THE VACCINATIONS TO TAKE EFFECT. IF IT IS LESS THAN 6 WEEKS BEFORE YOU LEAVE, YOU SHOULD STILL SEE YOUR DOCTOR AND NOTIFY OUR OFFICE. IT MIGHT NOT BE TOO LATE TO GET YOUR SHOTS OR MEDICATIONS, AS WELL AS OTHER INFORMATION ABOUT HOW TO PROTECT YOURSELF FROM ILLNESS AND INJURY WHILE TRAVELING.



TO STAY HEALTHY DURING YOUR TRIP

- WASH YOUR HANDS OFTEN WITH SOAP AND WATER.
- IF HANDS ARE NOT VISIBLY SOILED, YOU CAN USE A WATERLESS, ALCOHOL-BASED HAND RUB TO CLEANSE HANDS.
- DRINK ONLY BOTTLED OR BOILED WATER, OR CARBONATED (BUBBLY) DRINKS IN CANS OR BOTTLES.
- AVOID TAP WATER, FOUNTAIN DRINKS, AND ICE CUBES.
- DO NOT DRINK BEVERAGES WITH ICE.
- DO NOT EAT DAIRY PRODUCTS, UNLESS YOU KNOW THEY HAVE BEEN PASTEURIZED.
- DO NOT EAT UNBLEACHED OR UNCOOKED FRUITS AND VEGETABLES.
- DO NOT EAT FOOD PURCHASED FROM STREET VENDORS OR FOOD THAT IS NOT WELL-COOKED.
- TAKE YOUR MALARIA PREVENTION MEDICATION BEFORE, DURING AND AFTER TRAVEL, AS DIRECTED BY YOUR PHYSICIAN.
- KEEP FEET CLEAN AND DRY, AND DO NOT GO BAREFOOT, EVEN ON BEACHES.
- PROTECT YOURSELF FROM MOSQUITO INSECT BITES:
 - WEAR LONG-SLEEVED SHIRTS, LONG PANTS/SKIRTS AND HATS WHEN IN “THE BUSH” (REMOTE AREAS).
 - USE INSECT REPELLENTS THAT CONTAIN DEET (N, N-DIETHYLMETHYLTOLUAMIDE).
 - IF NO SCREENING OR AIR CONDITIONING IS AVAILABLE: USE A PYRETHROID-CONTAINING SPRAY IN LIVING AND SLEEPING AREAS DURING EVENING AND NIGHT-TIME HOURS; SLEEP UNDER BED NETS, PREFERABLY INSECTICIDE-TREATED ONES.
- DO NOT SWIM IN FRESH WATER.
- DO NOT HANDLE ANIMALS – ESPECIALLY MONKEYS, DOGS AND CATS – TO AVOID BITES AND SERIOUS DISEASES, INCLUDING RABIES AND PLAGUE.
- AVOID POULTRY FARMS, BIRD MARKETS AND OTHER PLACES WHERE LIVE POULTRY IS RAISED OR KEPT.

ACCOMMODATIONS

HOUSING

VARIES. TRAVELERS USUALLY STAY AT HELP’S GUESTHOUSE IN EGBE AND/OR OKOLOKE. MEDICAL PERSONNEL TYPICALLY STAY AT THE GUESTHOUSE LOCATED AT ECWA HOSPITAL COMPOUND IN EGBE. OCCASIONALLY, TRIP PARTICIPANTS HAVE THE OPPORTUNITY TO STAY OVERNIGHT IN “THE BUSH” AND SLEEP IN FULANI HUTS.

PERSONAL BELONGINGS

LUGGAGE AND PERSONAL BELONGINGS WILL BE LEFT IN YOUR ROOM AS YOU GO ABOUT THE DAYS’ ACTIVITIES. YOUR THINGS SHOULD BE RELATIVELY SAFE THERE, SINCE THERE WILL BE STAFF AT THE HOTEL AND SECURITY GUARDS AT THE GUEST HOUSES. HOWEVER, PLEASE DO NOT BRING ANYTHING OF VALUE! THERE IS A RISK OF VALUABLE ITEMS BEING STOLEN. IF YOU BRING A LAPTOP, CAMERA, ETC., YOU WILL NEED TO TAKE THEM EVERYWHERE YOU GO, PREFERABLY IN A BACKPACK, SO IT’S EASIER TO CARRY.

TELEPHONES

LIMITED ACCESS. HELP PROVIDES A COUPLE OF CELL PHONES THAT ARE AVAILABLE FOR ALL TRIP PARTICIPANTS TO SHARE. CALLING CARDS MUST BE BOUGHT IN NIGERIA TO USE THESE PHONES AND ARE FAIRLY INEXPENSIVE. IF YOU HAVE A QUAD-BAND PHONE WITH PRE-APPROVED INTERNATIONAL SERVICE THAT COVERS THE REGION YOU’LL BE IN, YOU SHOULD BE ABLE TO MAKE CALLS FROM YOUR OWN CELL PHONE; BE AWARE THAT THIS GENERALLY COSTS SEVERAL DOLLARS PER MINUTE. CHECK WITH YOUR CELLULAR SERVICE PROVIDER BEFORE THE TRIP FOR COVERAGE AND RATES. *HOWEVER, ABILITY TO MAKE PHONE CALLS IS DEPENDENT ON WHETHER OR NOT THE PHONE SERVICES ARE WORKING. AVAILABILITY IS FAIRLY UNRELIABLE AND WILL FLUCTUATE.* AND REMEMBER, THE TIME IN NIGERIA IS SIX HOURS AHEAD OF U.S. CENTRAL STANDARD TIME DURING DAYLIGHT SAVINGS TIME (AFTER WE “SPRING FORWARD”), AND 7 HOURS AHEAD WHEN DAYLIGHT SAVINGS TIME ENDS (AFTER WE “FALL BACK”).

INTERNET

LIMITED ACCESS. THERE IS AN INTERNET CAFÉ NEAR THE ECWA HOSPITAL IN EGBE, WHERE TRAVELERS CAN ACCESS THE INTERNET, USING THE CAFÉ’S COMPUTERS. HOWEVER, INTERNET SERVICE IS ALSO FAIRLY UNRELIABLE AND WILL FLUCTUATE.

EMERGENCY CONTACT INFORMATION

STATE-SIDE EMERGENCIES – PRIOR TO EACH TRIP, HELP’S OFFICE WILL NOTIFY THE TRIP PARTICIPANTS OF INSTRUCTIONS AND AN EMERGENCY PHONE # TO GIVE THEIR FAMILY, IN CASE A FAMILY EMERGENCY ARISES AT HOME, WHILE YOU ARE ABROAD.

OUT-OF-COUNTRY EMERGENCIES – HELP STAFF MEMBERS LIVING IN NIGERIA AND OUR TRIP LEADERS HAVE PHONES AND HELP’S STATE-SIDE CONTACT INFORMATION. THEY WILL KEEP OUR OFFICE INFORMED IF ANY PROBLEMS ARISE WHILE ABROAD.



TRAVEL & CULTURAL TIPS

CLIMATE

NIGERIA IS LOCATED JUST NORTH OF THE EQUATOR IN WEST AFRICA AND ENJOYS A TROPICAL CLIMATE. THERE ARE TWO WELL-MARKED SEASONS IN NIGERIA – RAINY SEASON AND DRY SEASON.

- *NOVEMBER - MARCH IS THE DRY SEASON WITH DAYTIME TEMPERATURES THAT CAN EXCEED 100°. DECEMBER IS THE COOLEST MONTH, WITH DRY, DUSTY WINDS, CALLED HARMATTAN. THE HOTTEST AND MOST HUMID MONTHS ARE FEBRUARY AND MARCH.*
- *APRIL - OCTOBER IS THE RAINY SEASON WITH LOWER PEAK TEMPERATURES BETWEEN 75°-95°.*

CLOTHING

- NO SLEEVELESS SHIRTS; SHORT-SLEEVES ARE OKAY.
- SANDALS ARE OKAY TO WEAR IN TOWN.
- WEAR LONG-SLEEVED SHIRTS, LONG PANTS/SKIRTS, HATS AND CLOSED-TOE SHOES WHEN IN THE BUSH.
- BRING A PONCHO AND LIGHT JACKET IF YOU ARE TRAVELING DURING THE RAINY SEASON.
- BRING A LIGHT JACKET IF YOU ARE TRAVELING DURING HARMATTAN.
- BRING MORE CLOTHES DURING THE RAINY SEASON, AS THEY TAKE LONGER TO DRY.
- LAUNDRY SERVICE WILL BE AVAILABLE.
- *MEN:* LIGHTWEIGHT PANTS ARE COOLER AND EASIER TO WASH THAN JEANS.

LADIES' DRESS CODE

FEMALES OVER THE AGE OF 10 MUST WEAR SKIRTS OR DRESSES THAT ARE MID-CALF-LENGTH OR LONGER, AND CANNOT WEAR PANTS, SHORTS OR CAPRIS. FEMALE CHILDREN CAN WEAR SHORTS, PANTS, ETC., BUT IF A FEMALE ADULT WEARS THE SAME, SHE IS SEEN AS A PROSTITUTE -- BOTH IN TOWN AND IN THE FULANI VILLAGES. HOWEVER, LADIES DO NOT HAVE TO WEAR A HEAD COVERING IN TOWN – ONLY WHEN VISITING THE FULANI VILLAGES.

- NO SHORTS, CAPRIS OR PANTS.
- NO LOW-CUT NECKLINES.
- SHIRTS MUST HAVE A SLEEVE.
- WOMEN MUST WEAR SKIRTS OR DRESSES THAT ARE MID-CALF TO ANKLE-LENGTH.
- WOMEN MUST WEAR HEAD WRAPS WHEN TRAVELING IN "THE BUSH" (*BANDANNAS, SCARVES, CAPS, ETC.*).
- LOOSE FITTING DRESSES ARE THE MOST COMFORTABLE.

DO'S

- **DO BRING SNACKS AND INSTANT FOOD WITH YOU.**
SUGGESTIONS: TRAIL MIX, NUTS, DRIED FRUIT, CHEESE AND CRACKERS, BEEF JERKY, BREAKFAST/GRANOLA BARS, INSTANT OATMEAL, INSTANT MACARONI AND CHEESE, ETC. IF YOU ARE A COFFEE DRINKER, BRING INSTANT COFFEE OR COFFEE BAGS WITH YOU.
- **DO BRING PICTURES OF YOUR FRIENDS AND FAMILY TO SHOW THE NIGERIANS YOU MEET.**
NOTE: DO NOT INCLUDE PICTURES WITH EXPENSIVE ITEMS IN THEM. PICTURES SHOULD FOCUS MORE ON PEOPLE, THAN "THINGS".
- **DO HAND OUT HARD CANDY TO CHILDREN YOU MEET ON THE STREETS OR IN THE BUSH.**
- **DO EAT A BANANA WITH NIGERIAN FOOD, IF YOU FIND THE CUISINE TO BE TOO SPICY.**
- **DO SHOW PEOPLE YOU LOVE THEM; A SMILE GOES A LONG WAY WHEN YOU CAN'T SPEAK THE LANGUAGE.**
- **DO INTERACT WITH THE LOCALS, ESPECIALLY CHILDREN. THEY MAY HAVE NEVER SEEN AN AMERICAN BEFORE.**
- **DO TAKE PICTURES (AFTER GETTING APPROVAL FIRST) AND SHOW THEM THE PICTURES, IF YOU HAVE A DIGITAL CAMERA. THEY WILL BE OVERJOYED AND READY TO LET YOU "SHOOT AWAY".**
- **DO EAT WHAT THE FULANI SERVE YOU; AT LEAST TAKE A TASTE OF IT. OTHERWISE, IT IS TAKEN AS AN OFFENSE.**
NOTE: MOST MEALS WILL NOT BE EATEN WITH THE FULANI. HOWEVER, IF YOUR GROUP GETS THE OPPORTUNITY TO SPEND AN EVENING IN THE BUSH, THE FULANI WOMEN WILL MOST LIKELY COOK FOR YOU. BUT REMEMBER...DON'T DRINK THE WATER!

DON'TS

- **DON'T TAKE ANY UNAUTHORIZED PICTURES OR VIDEO AT THE AIRPORT OR AROUND ANY POLICE OR MILITARY PERSONNEL. YOUR CAMERA COULD BE CONFISCATED!**
- **DON'T TAKE PICTURES IN THE FULANI CAMPS, UNTIL IT IS APPROVED BY YOUR INTERPRETER.**
- *WOMEN:* **DON'T** INITIATE A HAND SHAKE WITH A MAN, ESPECIALLY A HIGH RANKING OFFICIAL OR KING.
- *WOMEN:* **DON'T** ADDRESS FULANI MEN, UNLESS YOUR INTERPRETER SAYS IT IS OKAY.
- *MEN:* **DON'T** WEAR EARRINGS; THIS IS SEEN AS A PAGAN PRACTICE.



PACKING LIST *

- ✓ \$100 OR MORE IN CASH (*FOR SOUVENIRS AND INCIDENTALS*)
NOTE: BRING NEW \$100 DOLLAR BILLS ONLY (WITH THE LARGE FACE ON IT) TO BE EXCHANGED FOR NIGERIAN CURRENCY (NAIRA). MONEY-CHANGERS ONLY ACCEPT NEW, \$100 AMERICAN BILLS. SMALLER DENOMINATIONS/OLDER BILLS CANNOT BE EXCHANGED FOR NAIRA, BUT CAN BE USED TO PURCHASE THINGS AT THE AIRPORT, ON YOUR WAY TO AND FROM NIGERIA.
- ✓ MALARIA PREVENTATIVE MEDICATION
- ✓ CLOTHING (*SEE ABOVE SUGGESTIONS*)
- ✓ HAT/CAP (*MEN*)
- ✓ HEAD COVERING (*WOMEN*)
- ✓ SUNGLASSES
- ✓ TOWEL
- ✓ SNACKS
- ✓ UMBRELLA OR PONCHO DURING RAINY SEASON
- ✓ TOILETRIES (*MOTEL PROVIDES TOILET PAPER, SOAP AND LINENS*)
- ✓ FLASHLIGHT AND EXTRA BATTERIES
- ✓ SMALL TRAVEL ALARM CLOCK
- ✓ CAMERA
- ✓ BACKPACK (*FOR TRAVELING IN THE BUSH*)
- ✓ BIBLE, JOURNAL AND PEN
- ✓ POCKET KNIFE (*MUST BE PACKED IN YOUR "CHECKED" LUGGAGE*)
- ✓ HARD CANDY FOR CHILDREN
- ✓ ELECTRICAL ADAPTER (*IF DESIRED; THEY USE 220V WITH 2 ROUND PRONGS*)
- ✓ MOSQUITO NET (*IF DESIRED*)
- ✓ PILLOW (*BRING YOUR OWN, IF DESIRED*)
- ✓ QUEEN-SIZE FLAT SHEET (*BRING YOUR OWN TO COVER BED, IF DESIRED*)
- ✓ LIGHT BLANKET (*BRING YOUR OWN, IF DESIRED*)
- ✓ HEADPHONES WITH SOFT PRAISE MUSIC (*TO DROWN OUT UNFAMILIAR SOUNDS AT NIGHT, IF DESIRED*)
- ✓ FIRST AID KIT (*SUGGESTIONS BELOW*)
 - PERSONAL PRESCRIPTION MEDICATIONS
NOTE: COPIES OF ALL PRESCRIPTIONS, INCLUDING THE GENERIC NAMES FOR MEDICATIONS SHOULD BE CARRIED. A NOTE FROM THE PRESCRIBING PHYSICIAN ON LETTERHEAD STATIONARY SHOULD BE CARRIED FOR CONTROLLED SUBSTANCES AND INJECTABLE MEDICATIONS.
 - DIARRHEA MEDICATION (*E. G., BISMUTH SUBSALICYLATE, LOPERAMIDE*)
 - ANTIBIOTIC FOR SELF-TREATMENT OF MODERATE TO SEVERE DIARRHEA (*CONTACT YOUR PHYSICIAN*)
 - BASIC FIRST-AID ITEMS (*ADHESIVE BANDAGES, GAUZE, ACE WRAP, ANTISEPTIC, TWEEZERS, SCISSORS, COTTON-TIPPED APPLICATORS*)
 - ANTIHISTAMINE
 - DECONGESTANT, ALONE OR IN COMBINATION WITH ANTIHISTAMINE
 - MOTION SICKNESS MEDICATION
 - ACETAMINOPHEN, ASPIRIN, IBUPROFEN, OR OTHER MEDICATION FOR PAIN OR FEVER
 - COUGH SUPPRESSANT/EXPECTORANT
 - THROAT LOZENGES
 - ANTACID
 - ANTIFUNGAL AND ANTIBACTERIAL OINTMENTS OR CREAMS
 - 1% HYDROCORTISONE CREAM
 - INSECT REPELLENT CONTAINING DEET (*UP TO 50*)
 - SUNSCREEN (*PREFERABLY SPF 15 OR GREATER*)
 - DIGITAL THERMOMETER
 - ORAL REHYDRATION SOLUTION PACKETS
 - ANTIBACTERIAL HAND WIPES OR ALCOHOL-BASED HAND SANITIZER
 - MOLESKIN FOR BLISTERS
 - LUBRICATING EYE DROPS (*E. G., NATURAL TEARS*)
 - MILD SEDATIVE (*E. G., ZOLPIDEM*) OR OTHER SLEEP AID
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* **NOTE** : THE AIRLINE ONLY ALLOWS TWO PIECES OF LUGGAGE TO BE CHECKED PER PERSON. WE OFTEN HAVE BOXES OF SUPPLIES THAT WE CAN SEND TO NIGERIA AS A SECOND PIECE OF LUGGAGE. IF YOU ARE ABLE TO TAKE ONLY ONE PIECE OF LUGGAGE, PLEASE CONTACT US SO WE CAN PACK A BOX OF SUPPLIES TO BE SENT AS YOUR SECOND PIECE OF LUGGAGE. FOR LUGGAGE SIZE AND WEIGHT SPECIFICATIONS, PLEASE CONTACT US OR REFER TO THE AIRLINE'S WEBSITE.

