

Jenneke's essential fieldwork packing

Official stuff

- passport
- yellow vaccinations booklet
- information on paper for
 - o health insurance
 - o travel insurance (+emergency phone number)
 - o credit/debit card blocking phone number
 - o itinerary
 - o local embassy
 - o local contact phone number
- letter from your institute stating
 - o your full name
 - o that you are associated to the institute
 - o what the purpose of your visit is
 - o how long you plan to stay
 - o contact details of the institute
 - o an official stamp

Health stuff

- mosquito net + hook screws
- water disinfectant (e.g. hadex)
- hand disinfectant
- face masks
- ORS
- loperamide
- antimalarials
- the normal first aid (paracetamol, plasters, disinfectant, tweezers, thermometer)
- enough of the medication you normally take, and then for another week

Handy stuff

- head lantern
- powerbanks
- [Huel](#) ('human fuel' – instant healthy food)
- pocket knife
- tape
- mobile wifi device
- plug adaptor / world plug
- dictionary
- tupperware-style containers (protects leftovers and sweet stuff from insects)
- piece of string (e.g. to hang clothes to dry, to hang a mosquito net)
- travel laundry soap

Resilience stuff

- diary/notebook
- something you really like and can't get where you are (cinnamon tea, sweets, perfume, body lotion, ...)
- your stuffed animal
- pictures of family/friends
- something to do by yourself that is not work (camera, crosswords, crochet, novel, ...)

- something that helps your body stay fit (running shoes, yoga mat, massage ball ...)

Other stuff

- nice clothes and shoes (you never know when you're invited to a graduation party, wedding, or presentation)
- presents for the people you meet

Normal stuff

- clothes (appropriate for weather and culture)
- toiletries (including sunscreen and DEET insect repellent)
- ear plugs
- telephone + charger
- pencil case (with coloured pens, pencil, eraser, needle&thread, scissors)

Work stuff

(research-dependent)