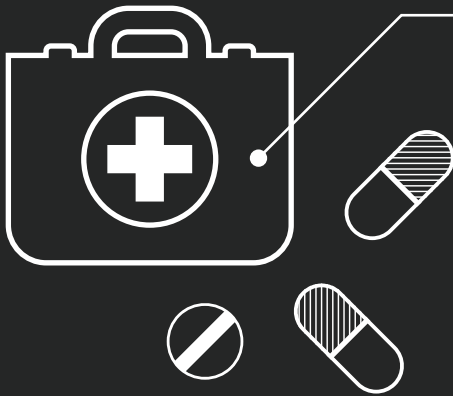


An example of personal clothing and equipment list.



Personal Medication

- Malarial prophylaxis
- Mild analgesia
- Immodium
- Dioralyte
- Sun cream
- Lip balm / Vaseline
- Water purification tablets
- Talcum powder
- First aid kit
- Condoms



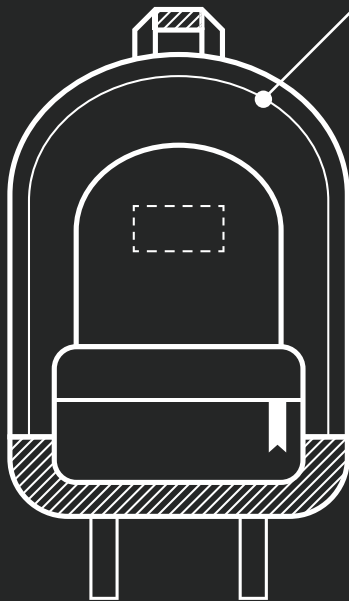
Documentation

- Passport
- Travel documents
- Cash

You can adjust this according to the time of year, duration of posting or visit and task.

**** Remember to keep your Grab Bag with you at all times when travelling.**

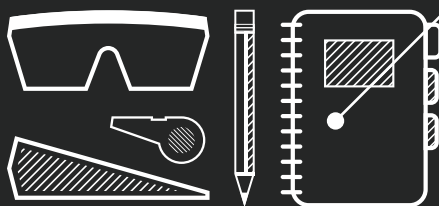
An example of personal clothing and equipment list.



Grab Bag / 24 hour bag contents

(with carabiner for securing your bag on transport)

- Copy of passport, ID card, accreditation
- Mobile phone, spare battery and chargers
- Spare currency
- Trauma first aid kit, 2x trauma bandage, 1x tourniquet
- Ballistic glasses / eye protection
- Head torch
- Waterproof jacket
- Water / dry rations
- Lighter
- Personal medication
- Water purification tablets / water filter straw
- Tissues / wet wipes / toilet roll
- Sunscreen
- Mosquito net / Insect repellent
- Batteries
- Sun hat / shemagh
- Gloves
- GPS, map and compass
- Multipurpose tool / knife
- Reading material
- Notebook and pen / pencil
- Door wedge



Personal Items

(some may be carried in your Grab Bag)

- Goggles
- Whistle
- Reading material
- Notebook and pen / pencil
- Door wedge