

Group 14 Packing List

Compiled by G13

Sanibonani G14!

You are the 14th group of volunteers to serve in Swaziland since the Peace Corps' reentry into the country in 2002. On behalf of G12 and G13, we would like to welcome you into Swaziland and are here to offer a few packing tips and pointers.

This list has been compiled over the years with input from every group of Peace Corps Volunteers (PCVs). The current packing list was put together by the G13 Peer Support Identity Network (PSIN).

If you aren't into all of this narrative explanation, we have designed a quick and easy list for you to use instead. At the end of this document you can find a quick guide, labeled "Packing Shortcut." Although, we still recommend you read through this document as it contains very important info that is NOT outlined in that list. It's also really useful for shopping/checking things off.

Our favorite, most recommended items are in the "G13's Favorite Things" near the end of the document. Note that these items can also be found in their subject categories, but are repeated at the end for emphasis. These are the same items that were posted on the G14 Facebook group in December. Additionally, we felt like it was necessary to include what Peace Corps provides you throughout your service so you don't end up bringing extra stuff. You can also find that list on the last page! And please keep in mind that many products can be found in country, so if you have specific questions, please don't hesitate to ask, it could save you a lot of space and weight!

If you have any more questions about packing, or anything at all, feel free to hit up the G14 Facebook page or any of the emails of PSIN members below! We have an entire document attached that includes specific areas of expertise each PSIN member has, and we also know of G12/13 contacts who can aid in vegetarian, gluten-free questions.

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Important Things to Know:

- Training every year has varied on when cell service was established for the volunteer groups: G13 got their phone cards after about 2 weeks, while G12 had to wait till the end of Pre-Service Training (PST). Therefore, do not expect to have direct communication with individuals back home until the end of PST, but it could come sooner. During this time you will be allowed to send/receive snail-mail and packages, but calling, texting and internet access may not be allowed for some time.
- Swaziland offers a variety of stores and markets, so if you forget anything you can probably find it here. That being said, some things you still may want to purchase from the states, because you will not have constant access to shopping centers and many products aren't as durable as those from America.
- Please prioritize what you pack and weigh throughout the process. You don't want to be at the airport the morning of the flight and be

reorganizing your bags and asking others to stash some of your junk.....trust us.

Packing Logistics:

- When you arrive in country, you will only be allowed to keep one of your two checked bags with you during PST. The other will be placed in secure storage until right before Swearing-In at the end of PST. You will have about a week once arriving to rearrange your bags and put what you feel you can live a couple months without in your storage bag. Don't fret about this separation until you've reached country.
- Luggage: You are able to bring a total of 4 pieces of luggage on the plane: 2 pieces of checked luggage, 1 carry-on bag, and one personal item. Make sure to check your staging kit and online for exact international flight baggage measurements restrictions and current weight restrictions as these differ by airline. (Vacuum/Compression Bags can be useful when packing.)
 - Checked Bag #1&2: large internal frame backpacking backpack, large duffel with wheels/suitcase (see specs for size and weight limits in your staging kit).
 - Carry-on Bag: A day-pack/standard backpack/small suitcase. Note that these bags may be weighed at the airport so do not make them excessively heavy.
 - Personal Item: A shoulder bag/messenger bag/purse that zips/smaller backpack.
- Pack all valuables in your carry-on luggage. The Johannesburg airport is notorious for pilfering luggage, so carry all valuables on your person while traveling to Swaziland. For extra protection, bring luggage that can be locked with small baggage locks on zippers. You must choose locks that say, "TSA approved" on the packaging, meaning that airport security agents in the U.S. can open them and re-lock them. Non-TSA-approved locks will be removed and discarded before the bag even gets on the plane in the US.
- There are very strict luggage requirements (by the Airline and Peace Corps). Make sure you understand them and pack accordingly. If you go over the limit, you will have to either re-pack or pay a fee at the

airport (\$150 and up). You can always have things sent, either when you leave or later in your service.

- In your carry-on luggage plan to pack toiletries, nightwear, and 2 changes of clothes, just in case your checked luggage is delayed.
- When deciding what to pack, don't deprive yourself of something that makes you happy.

Toiletries:

- Bring a 3-month supply of any prescription medications. You will receive a medical kit in the middle of PST that has basic supplies in it like aspirin, antacids, sunscreen, etc. (a full list is provided in the What Peace Corps Provides section).
- Bring enough soap and shampoo for at least a few weeks, but after a short time you will be allowed to visit the stores and pick up anything else you need to restock on.
- Contacts and solution: Peace Corps doesn't "support" contact use, meaning they will not pay for or provide contacts or solution. Many volunteers wear them and you can get contact solution at local pharmacies, but it is expensive.
- Glasses: You must bring 2 pairs of glasses but Peace Corps will supply additional pairs if they are broken or lost.
- Multi-vitamins and other supplements (these are expensive here).
- Hair cutting shears- check the voltage **(240V; any voltage lower than this that you bring will literally blow up in your face; there are some available here for around 80-100 rand)**
- Women: A Diva cup should be an option to consider. Bring at least 1 month supply of tampons or pads for the training period, but it's a good idea for non-diva cup folks to bring as many as possible because the quality is not amazing here. They are also great packing material and good for care-packages.
- Hand Sanitizer
- Small mirror (these too can be picked up at small shops in towns)
- Afterbite/Off Spray (mosquitos get pretty bad in certain areas during the summer)

- Remember: Bring these, but only a 1 or 2 month supply (you will get to visit town within the first month after which these items are easily obtained)
 - Soap, shampoo and conditioner
 - Toothbrush, toothpaste, and floss
 - Sunscreen and lotion
 - Razor/razor heads
 - Deodorant
 - Brands available here: Nivea, Dove, Mitchium Pantene, Herbal Essence, VO5, Dark and Lovely, Loreal, Aquafresh, C, Vasaline

Clothing:

- Although it will be summer when you leave the United States, it will be the beginning of winter when you arrive in Swaziland. It is cold, getting down to the 30s at night and frost in the morning. Prepare accordingly.
- Clothing layers are important! Weather throughout your service is also highly dependent on where you live. Throughout Swaziland there are areas of low-veld (the hottest), mid-veld, and high-veld (the coolest).
- Clothing here is an important thing to consider for many reasons. When you leave your homestead and when you are in training, you will want to appear well groomed and professional, because Swazis pride themselves on attire and cleanliness, and PC wants you in business-casual attire during training.
- You should NOT bring/wear clothing that is torn, old, or raggedy. You do NOT need to buy a new wardrobe, most of what you own is probably suitable, but should plan to “look smart” whether at PST, working in community, or in church. It is required to look professional while in training especially. On the homestead you can dress down, and many volunteers are glad they brought their more casual, everyday clothes.
- Business casual/professional wear is the most appropriate when in training and working in community. It is culturally appropriate for women to wear skirts around the community and in town. *Note: during training, and whenever in town, skirts that are at least knee-

length are perfectly acceptable. But the conservative nature of your permanent site is variable. In some places you can wear pants, in others you have to wear skirts.

- Many volunteers bring frumpy clothes and wished they had brought the trendy items they left at home. Bring your favorite clothing. Even if you can't wear them out in the community, they'll make you happy on the homestead, town, going-out and on vacation. Remember that "provocative" clothing that shows more skin or is more "revealing" will invite heckling and some outright harassment.
- If possible don't bring anything white because of the dust. And black will just get too hot at times, so plan accordingly. Lightweight, wrinkle free, stain resistant and quick drying clothing is always great, especially in summer.
- Women: you will need to run in knee-length shorts or capris that are loose fitting. On top more fitted tanks/tees or sports jerseys, and regular old t-shirts are fine. You can also wear your favorite running capris, or pants even if they are tight, and use a common local wrap (lihiya) on top (skirt-like) for modesty. Many Swazis are getting familiar with jogging for exercise and while heckling is still common, many will understand and respect your running habits.
- Underwear (as many as you can pack)

Men:

- In many communities, shorts are not really worn by adults, but around most homesteads or when exercising it is fine. In hotter areas, it is more common to see men walking around in shorts and tanks.
- The more the material brings the better. It would not be a bad idea to invest in a few short sleeve, button up, hiking shirts.

- o 2-3 pairs of khakis/slacks (lightweight is good for heat)
- o 1 pair of quick dry hiking pants
- o 1 pair of jeans
- o 1-2 pair shorts
- o 1 pair swim suit trunks
- o 2-3 pair athletic shorts
- o 3-4 short sleeve professional button up/polo shirts

- o 3-4 long sleeve button up shirts
 - o 6-8 T-shirts (short and long sleeve)
 - o Belt
 - o Warm Jacket/ Fleece
 - o Rain jacket
 - o 10-14 pairs of underwear
 - o 6-8 pairs of socks
 - o 1-2 pair wool socks
 - o Long underwear
 - o 1 tie
 - o Sweatpants/lounging
 - o Hats (sun and cold)
 - o 1 pair of nice brown shoes for business casual/professional (black shoes get dirty very easily)
 - o 1 pair of comfortable trail runners/ running shoes/ light hiking shoes (if you exercise, these are a must)
 - o 1 pair of Teva/ Keen/ Chaco sandals
 - o Flip flops/Crocks
 - o 1 pair tennis shoes
 - o 1-2 sweaters/sweatshirts
 - o Warm, light-weight gloves
 - o 3-4 undershirts/tanks
 - o 1-2 tank tops (for lounging or exercise)
- You will be asked not to wear jeans while at training facility during PST.

Women:

***Important to note that while traditionally women wear long skirts, some less conservative fashions are beginning to be popular and accepted. This is largely dependent on the community and its proximity to more urban/ more progressive areas. While maxi-skirts and dresses are always appropriate, usually as long as the skirt covers your knees, you will be fine. Do not underestimate your desire to look cute while volunteering! Most people skip out bringing clothes they would normally wear or feel comfortable in but please do not do so. Bringing and wearing normal clothes at site helps you feel more homey sometimes plus it will be great to have for when you go out to town and

on vacation. *Note if you wear a size 10 in shoes and up you will have a more difficult time finding shoes.

- o 7-8 skirts- about knee length or longer
- o 1-2 slips or spandex
- o 2-3 dresses- about knee length or longer
- o 2 pairs of pants
- o 2 loose fit casual cloth or linen pants
- o 1-2 pairs of gym shorts- about knee length
- o 1-2 pairs of shorts (for sun and vacation time)
- o 2 pairs of tights or leggings (useful to put under skirts and dresses for cold days)
- o 2-3 pairs of either capri, yoga or sweat pants
- o 2-3 tank tops
- o 5-6 shirts
- o 2-4 long sleeve shirts or cardigans
- o 4 dressy/professional blouses
- o Unlimited underwear
- o 3 sports bras
- o 4-5 bras
- o 5-6 pairs of socks (not white)
- o 1 light jacket/fleece
- o 1 rain jacket
- o 1 swimsuit (bikini or one piece is fine)
- o Cute going out clothes!!!
- o 1 pair of runners or light hiking shoes
- o 2 pairs of either Teva/Chacos/Birkenstocks/Crocs/Keens
- o 1-2 pairs of flip flops
- o 1-2 pairs of nice flats or shoes (for vacation and special occasions)
- o 1 pair of comfortable everyday wear flats
- o Jewelry- faux jewelry to spice up outfits! (Swazi women like to rock bling) Faux wedding bands can be useful in denying daily marriage proposals
- o 1-2 scarves (for accessory and head covering for sunny/windy days)
- o Make-up and nail polish

* You will be asked not to wear pants for the entirety of PST (first 10 weeks) with the exception of the handful of days you get to visit town.

Miscellaneous:

- Passport- Peace Corps will give you a no-fee passport at your Staging Event. You will use this passport for all of your travel during your service. It is also valid for a few months after you complete your service, and covers most people's travel home to the US. If you plan to travel for a long time after you finish Peace Corps, bring your personal passport as well (provided the expiry date is appropriate).
- ATM and/or credit card, linked to your bank account in the US. PCVs can pull money from the States at ATMs, and often do so for vacation. Make sure to call and tell your bank you will be living and traveling in Southern Africa for at least two years so they don't put a hold on your account when you try to use your card here. Look at your international charges and fees. Make sure you have your routing number and account number before departure.
- Review all personal docs---drivers licenses, credit/debit cards, etc....and make sure that expiration dates are AFTER planned return to USA. Make sure you make a photocopies of all important cards/passports/documents—bring one and leave one with family.
- Study Materials (GRE, MCAT, LSAT, etc) Some volunteers choose to study for these exams and apply to grad school from Swaziland. The computer tests are offered in Jo-burg, and paper test offered throughout South Africa. These are great care package items because you will be busy during training and might regret bringing test- prep books instead of something more initially important. *Note: there are study materials available in the volunteer lounge, but are often out of date, so if you want something more recent, bring it or have it sent
- Exercise: Many volunteers work out in community, so feel free to bring any exercise items you want. If you plan on running in your community, you may be harassed or stared at. Ladies are recommended to wear wraps over their pants or running shorts. For workout options in your hut, many PCVs have videos (P90X, Yoga, etc) or yoga mats, which can be bought here. If you ask current volunteers, you can most likely snag programs like Insanity, T-25, etc. from their hard drives too.
- A collapsible insulated cooler. Some volunteers have found it helpful for transporting meat on public transport on hot days!

- Personal property insurance - If you feel as though you are bringing several expensive items, it may be worth to look into purchasing personal property insurance for yourself.

Hut Supplies and Other Stuff:

- Steripen/Life Straw (for water purification; but you will receive a purifier here)
- Duct tape
- A Leatherman/Multitool
- Travel Sewing Kit
- Items to decorate your hut in that remind you of home
 - A world and/or USA and/or map of the area you lived
 - Photos of your family and friends (you'll want these)
 - Flags
- Compact umbrella
- Solar shower
- A hammock
- Carabineer clips
- Rope
- Safety pins
- 2 Nalgene reusable water bottles (these also make great gifts, they love them here)
- 2 quick-dry/ Turkish towel
- 1 set of fitted bed sheets (PC gives us bedding but the quality is lower and pretty loose, but they aren't bad)
- Sleeping bag
- A tent (it's often a lower price to use a tent at hostels/backpackers.)
- A watch and/or travel alarm clock (especially when electricity turns off)
- Bring any hobby items (instruments, sports, knitting, art, ect)
- Books –we do not recommend bringing many hard copy books (there are over 1,000 books in the Peace Corps office covering a wide variety of topics. There are also thousands of e-books at your disposal that PCVs share also. *Note: You will receive a Kindle from PC for work, and although it is a more basic edition, you can load e-books onto it)

- A few weeks into training you are expected to begin cooking for yourself. A great cookbook developed by Peace Corps Volunteers will be provided during training and contains all basic recipes. However, if you have favorite recipes from home, please bring and share them.
- Gatorade, Emergen-C, crystal light, Starbucks coffee powdered beverage mixes, etc. (the coffee here is horrible, so these instant packs can save lives for those of us addicts)
- Collapsible/reusable Grocery Bags
- Zip lock bags
- Flashlight/Headlamp with extra batteries
- Date book/diary/journal
- Compactible hanging shelf for shoes or clothes
- Command Hooks
- Camelbak Water Carrier
- Sunglasses
- Kitchen Items (quality here is pretty low)
 - Good Drying Towels (they are expensive and hit-or-miss here)
 - Knives (again, expensive and poor quality, bring some from home!!)
 - Can Opener (you receive one from the PC, but it is not great)
 - Vegetable Peeler (available here)
 - Tupperware (available here at any PEP, but if you have room, bring some good stuff)
 - Spices (there is a lot of MSG here but you will be able to find a lot of basic spices)
 - Wine Key/Bottle Opener
- Solar lights (a handful of you will not have electricity during training, and even at permanent site)
- Anything American to show your host family; they are very intrigued about your home and you will come to find, many don't know all that much about the homeland

Electronics:

- Unlocked Smartphone

- It is recommended to bring or purchase in country a smartphone (a phone that can access the internet through wifi or data and use applications like Facebook and Whatsapp)
 - You need an unlocked smartphone that takes a SIM card. SIM cards and SD are two different things, so please open up your phone or ask your provider if you phone holds a SIM card.
 - **YOUR PHONE MUST BE UNLOCKED TO WORK HERE.** It is recommended not to terminate or suspend your cell contract until after making sure your phone is unlocked. Often the provider will do it for free. Some android phones are already unlocked upon purchase and no further tampering is required, but check with your provider to make sure.
 - Also, if you don't want to terminate, some providers do a military suspension, where you don't have to pay anything and just pick up where you left off when you get back to the US.
 - It is recommended to download these apps before leaving the states, due to lack of internet access and slow download speeds here: Whatsapp (data-using texting app, we all use this here to communicate with each other and back home; costs very little data and can even make calls), Opera Mini (low-data internet browser), Vonage, Viber, Skype, Metric Converter, Magic Jack)
 - Some volunteers have had their phones stolen or broken during service, so it might be wise to bring a second phone to have just in case.
 - You will be given money here to purchase a phone, but many of the phones here are quite expensive and do not function all that well. If you bring your own phone then you can just pocket the money or use it for data. It is highly recommended to bring your own smartphone from the States, they have more storage space and work better in general.
- Laptop
 - Laptops are not required, but most volunteers brought theirs and find them highly useful for work and pleasure.
 - There is very little WiFi here, but you will use your computer for entertainment in your hut as well as work with projects and large Peace Corps assignments.

- The office has computers for use, but depending on your site it can be very troublesome and expensive to travel to the office to use them frequently.
 - There is an extreme amount of media shared between all the volunteers (but bring all you can to share with us!).
 - Internet cafes are in almost every major city, but most of these do not have WiFi and you must use their computers.
 - WiFi, when found here, is very spotty and slow. It is recommended to download any computer applications, photos, games, etc. before you come here.
- Tablets/Ipads
 - For reading books they are great (even though you will given a basic Kindle here), but for writing reports and sharing media they can prove quite troublesome.
 - If you bring one, we recommend it have a USB outlet to transfer files.
 - Your tablet needs to have Silverlight capabilities if you plan to use it for reports.
 - There is an MTN brand (the only service provider in Swaziland) tablet/phone that a few volunteers have purchased in country that they really love as well.
- Accessories/Gadgets
 - Large external hard drive for sharing media and files is very useful (1-2 terabyte)
 - 3-5 Flashdrives (these are extremely useful for getting files quickly through training or transferring to other volunteers)
 - Keyboard guards/additional protection. (Depending on your site, dust here can be almost fatal to a computer)
 - Excellent anti-virus protection/spyware/adware/malware on your computer. Viruses are extremely prevalent here, and with sharing media files or work related documents, things can easily transfer. Even Macs should look into downloading good antivirus.
 - Small portable speakers

- Camera/USB Cord (if you are into photography then bring your “nice” cameras, those who have are really glad they did)
- Solar chargers
- Headphones (maybe a few pairs)
- Extra chargers for electronics (power tends to surge here, and 2 years is a long while, many power cords from the states can’t be found here)
- Extension cord (will have to plug into local surge strip and/or converter)
- We do not recommend you bring surge protectors from home, Swazi runs at a much higher power than America and many peoples’ blew up the first week.

Mail:

- If you receive mail, letters or packages, they will be sent to the Peace Corps Office in Mbabane and brought to you during training. You will each have a mail box in the Office and after training, packages are held at the front desk for pickup. Friends can pick up packages for you if they will be seeing you, and they can also be requested to be delivered if you have a site visit.
- You can even send yourself packages before you leave if you feel things won’t fit in your bags.
- Please keep in mind that delivery can take anywhere from 2-7 weeks on average, so try not to request/pack anything that leaks, spoils or breathes.
- Flat rate boxes are probably the cheapest option for the US postal service, do not send things on expedited shipping; they do not come faster than regular “air mail.”
- For packages and letters being sent to you, use:

**“Your Name”, PCV
US Peace Corps
PO Box 2797
Mbabane H100
Swaziland, AFRICA**

- For your luggage tags, use:



**Your Name, PCV
Gate 256 Muzi Road
Plot 188
Sidwashini, Dalraich
Mbabane, Swaziland
AFRICA**

- Please be sure to note the very non-subtle ‘AFRICA.’ Swaziland and Switzerland can often get mixed up and we’d like to avoid that mix-up.
- As well as when letters are sent back to the United States, they will not go through if you do not put ‘USA’ under the address.
- Many people believe putting Christian symbols or phrases (i.e. “Jesus Saves”) on packages reduces the likelihood that things will be stolen in the process. In general, though, packages make it here intact.

G13’s Favorite Things:

- Large/backpacking backpack
- Leatherman
- Laptop
- Solar Shower
- Large hard drive with media
- Coffee Press
- Good Knives (personal and kitchen)
- Chacos/Texas (any good sandal)
- Solar Lights
- Quick Dry Towels

Attachment 1: KNOW YOUR DISCOUNTS!

Peace Corps Applications/Volunteers are offered discounts with several major retailers so please check these out and ask anywhere you are planning to purchase supplies with for a discount. For a complete list, visit the Peace Corps Wiki page for Volunteer Discounts.

Feel free to do your own research online. Some of these companies have either improved or cut back on their Peace Corps discounts, and many (most) just take a simple email with an acceptance letter to get a code for discounts. We would email all these companies and ask to fully update the chart...but they can take some time to reply. So email them early and start grabbing your gear ASAP!

Most places will give you a code and perhaps a limit of how much gear you get. Some will even ask for your sizes so you can only get gear for yourself and not try and scam 'em for birthday presents for your cousin.

Try companies that are not included on this list. Most often you'll get a response from someone personal from customer service who is willing to answer questions and maybe provide that discount.

Camping and Travel Gear:

Company	Type	Discount	Notes/Procedures
Coleman	Outdoor Gear	Discounted Pricing for non-profit groups, and it varies by product	Email their customer service departments and ask if they provide discounts to Peace Corps Volunteers
MSR Gear	Outdoor Gear	N/A	Email and ask them; may need to provide acceptance letter
Eagle Creek	Travel Gear	30-40%	Ask to join the Pro-Deal
ENO	Hammocks, rain tarps, and stuff sacks	10%	Email Customer Service

Timbuk2	Messenger bags, backpacks, and laptop bags	Unknown	Email Customer Service
Back Country	Camping gear, backpacks	Unknown	Email Customer Service
Campmor	Camping gear: packs, tents, clothing and sleeping	10%	Email Customer Service
Brunton	Camping stoves, lanterns, solar powered headlamps, binoculars, scopes and compasses	N/A	Email Customer Service
Trek Light Gear	Hammocks	50%	Email and send in acceptance letter

Clothing:

Company	Type	Discount	Notes/Procedures
ExOfficio	Outdoor Clothing	50-60%	Email customer service and apply on website
Macabi	Macabi Skirts	N/A	Email customer service
Moose jaw	Outdoor gear/ clothes	10% off regular prices, 5% off sales	Use coupon code "LTM"

Shoes:

Company	Type	Discount	Notes/Procedures
Keen	Footwear	40% off on order of up to \$300	Request promo code from customer service
Chaco	Footwear	50%	Email customer service; copy of acceptance letter required

Teva	Footwear	50%	Email customer service
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Electronics:

Company	Type	Discount	Notes/Procedures
Voltaic Systems	Solar Powered Backpacks	35%	Write to sales@voltaicsystems.com for code
Free Play Energy	Scout Radio	Discount price \$25 plus shipping	Contact Penny Thornton at 866-5262826
Solio	Universal Solar Power Charger	15%	Coupon code PEACECORP15
Apple	Electronics	5-6%	Use government pricing program. Will need original invite copy
Dell	Electronics	7%	Email customer service

Dental:

Company	Type	Discount	Notes/Procedures
USA-ICD	Dental (Applicants)	Provide dental exam and X-Ray at no charge	Bring Peace Corps dental exam form to appointment

Personal Products

Company	Type	Discount	Notes/Procedures
Luna Pads	Diva cup, washable menstrual pads	\$5 off order of \$25+ \$10 off order of \$60+ 10% off order of \$25+	Enter PeaceCorps09 in the promotion code box
CardsAgainstHumanity	Game	Free CardsAgainstHumanity game set	Email customer service then provide acceptance letter

Luggage:

Company	Type	Discount	Notes/Procedures
Eagle Creek	Luggage	50%	Go to proshop.eaglecreek.com and copy and paste your acceptance letter

Attachment 2: WHAT DOES PEACE CORPS PROVIDE?

Once at Permanent Site, you will most likely have to go out and purchase your own furniture and such. Some families provide furniture, but most of them do not. Your training site should have all necessary furniture for you when you arrive there. We will help assist you in how to get/build other furniture near the end of PST.

Refillable Medical Supplies

During the entirety of your service, you will have an unlimited supply of the following medical supplies through the Peace Corps.

- Anti Malarials (Mefloquine, Doxycycline, or Malarone)
- Antacid-Pepto Bismol
- Anti-histamine (Cetirizine or Loratidine)
- Calcium Tabs
- Oral Contraceptives
- Dephenhydramine (Benadryl)
- Fiber packets
- Ibuprofen
- Inhaler
- Oral Rehydration Salts (ORS)
- Paracetamol (Non-aspirin pain reliever)
- Pseudoephedrine Tabs (Decongestant)
- Nasal Spray
- Acne Soap (Face Wash)
- Antibiotic/First Aid Cream
- Anti Fungal Cream
- Band-aids
- Benzoyl Peroxide Acne Cream
- Hydrocortisone Cream
- Insect Repellant
- Sunscreen
- Condoms
- Dental Floss
- Ear Plugs

House Gear

When you move to your training sites shortly after arrival, you will be given this list of essentials. You will keep these items for the entirety of your service. Therefore, it is not necessary to double up! You also will be given a large amount of staple foods for you as well as your host family once you arrive at training site.

- Water Filter
- Large Basin
- Medium Basin
- Large Spoon
- 10L Bucket
- 20L Bucket
- Large Mixing Bowl
- Cooking Pots (2)
- Medium size Frying Pan
- Tea Kettle (large and small)
- Mugs (2)
- Plates (2)
- Cereal Bowl
- Bread Knife
- Chopping Knife
- Chopping Board
- Utensils (Forks, Spoons, Knives)
- Dish Towels (Questionable quality)
- Blankets
- Pillows
- Pillow Cases
- Sheets (not fitted)
- Propane for cooking
- Stove
- Bin with art/office supplies (once at permanent site)
 - Markers, crayons, pens, pencils, flipchart paper, stapler, binders, folders, ect.
- Kindle (touch screen last year, but who knows)

**Note the items above were given to past groups but are subject to change. There is a high probability you will receive all items on this list but no guarantee.*

Attachment 3: Main Shops Available in Town

You will have access to pretty much all of these shops after a week or two at training site. They are maybe a 1-2 mile walk from the training facility and can be visited during lunch hours or on scheduled trips.

Depending on your permanent site, you may only have a couple of these stores, or maybe more! And once at site, you can visit your shopping town as much as your heart desires, but keep in mind some of you will be 2 hours away from yours, while others will be maybe 15 minutes.

Besides these chains, there are hundreds of small Indali and specialty shops in every major city that carry a variety of products, normally for less cash.

- **Pick N' Pay**
 - Traditional grocery store.
 - Offers most regular food products, sometime American/European products at higher prices
 - Has office supply, pet, cleaning, toiletries sections most often
- **ShopRite**
 - Another traditional grocery store, but also with many appliances
 - Probably the cheapest chain store for appliances
 - Normally has more to offer than Pick N' Pay, but less American products
- **Spar**
 - Yet another grocery store
 - Normally a little higher in price, but has some better products
- **Clicks**
 - Kind of like a Walgreens/RiteAid
 - Has many toiletries and products for your soon-to-be filthy bodies
 - Also has appliances like trimmers and blow-dryers at local voltage
- **Mr. Cheap**
 - An assortment of fabrics for either clothes-making or drapes/curtains
 - Many more designs and colors than you will find at smaller shops
- **Jet Mart**
 - Some more modern and fashionable clothing
 - Also has some supplies for furniture, like shelving
- **Pep**
 - A mini-Walmart without real food or a greeter
 - Has most household items for kitchen, cleaning, etc.
 - Even has clothing and candy