

Volunteer Essential Checklist



Before leaving for Malawi volunteers should remember that it is very difficult to purchase certain items in country and should therefore bring the following:

- Tent & sleeping bag (for travelling, optional)
- Mosquito net (for travelling, optional)
- Torch, head torch & batteries (there is no electricity in Ruarwe)
- Suntan lotion
- Insect repellent
- Long skirts or trousers (for females)
- Solar charger/battery pack (if you wish to charge iPods, phones etc. in Ruarwe)
- Towel(s) and swimwear
- Sunhat and sunglasses

Medical items to remember before you leave:

- Antibiotics
- Antiseptic powder/ointment
- Anti-diarrhoeal medication
- Oral rehydration salts
- Painkillers & anti-inflammatories
- Antihistamines
- Hydrocortisone cream
- Anti-malarial tablets
- Bandages, plasters etc.
- Thermometer
- Antiseptic hand lotion
- Usual medication (e.g. contraceptive pill)
- Sea-sickness tablets
- Syringes & sterile needles (for further travelling, optional)