

# Itinerary (outward)

Tuesday 2<sup>nd</sup> July - **Students to be dropped off 00:00 - 00.30** (as in Monday night!) at RLS  
**(Coach leaves at 01:00, stops in Taunton Dean services and arrives at Heathrow 06:00)**

Our flight leaves at 11.20 from Heathrow arriving 17:10 at Istanbul on flight Turkish Airlines TK1980.

Departs Istanbul 18:35 arrives Entebbe 03:50 flight Turkish Airlines TK0612 on Wednesday 3<sup>rd</sup> July



# Itinerary (Return)

Get to Entebbe airport at 23:00 Saturday 27<sup>th</sup> July  
for Flight to Istanbul at 05:00 Sunday 28<sup>th</sup> July.  
Arrives in Istanbul 12:15 Turkish Airlines flight  
TK0612  
Leave Istanbul at 14:55 arriving at Heathrow at  
16:50 Turkish Airlines flight TK1971  
ETA at RLS 00:00



# Itinerary

## **Entebbe:**

1 day/night: Acclimatise

## **Masaka district:**

15 days: Bunjakko/Kamuzinda schools with day trips to local towns and other schools

## **Kampala/Entebbe:**

4 days 2 days sightseeing/markets in Kampala, 2 days sightseeing/Chimp sanctuary in Entebbe

## **Safari:**

3 days safari





Itinerary Version 2							
	Day	Date	Gold group - Activity	Gold group - Overnight	Red group - Activity	Red group- Overnight	Notes
checked checked							Students are to be dropped off at 00:00 - 00.30 at Richard Lander School (Coach leaves at 01:00) (arrive at Heathrow 06:00) Our flight leaves at 11.20 from Heathrow arriving 17:10 at Istanbul on flight Turkish Airlines TK1980. Departs Istanbul 18:35 arrives Entebbe 03:50 flight TK612 03/07/24
	Tuesday	02/07/2024	Travel	Plane	Travel	Plane	
	Wednesday	03/07/2024	Arrive in Entebbe 03:15 rest/acclimatise	Santa Maria Health Resort, Entebbe	Arrive in Entebbe 03:15 rest/acclimatise	Santa Maria Health Resort, Entebbe	Arrive in Entebbe, rest and shopping in the afternoon
	Thursday	04/07/2024	Travel to equator for lunch	M/P, Bunjakko Island	Travel to equator for lunch	M/P Kamuzinda	Lunch at the equator, split into 2 teams and travel to Bunjakko/Kamuzinda
	Friday	05/07/2024	Work at Bunjakko	M/P, Bunjakko Island	Work at Kamizunda	M/P Kamuzinda	
	Saturday	06/07/2024	Work at Bunjakko	M/P, Bunjakko Island	Work at Kamizunda	M/P Kamuzinda	
	Sunday	07/07/2024	Work at Bunjakko	M/P, Bunjakko Island	Work at Kamizunda	M/P Kamuzinda	Church in the morning to tell the village about the jobs we want to do.
	Monday	08/07/2024	Work at Bunjakko	M/P, Bunjakko Island	Work at Kamizunda	M/P Kamuzinda	
	Tuesday	09/07/2024	Work at Bunjakko	M/P, Bunjakko Island	Bukomansimbi- Day visit to work	M/P Kamuzinda	
	Wednesday	10/07/2024	Work at Bunjakko	M/P, Bunjakko Island	Work at Kamizunda	M/P Kamuzinda	
	Thursday	11/07/2024	Work at Bunjakko	M/P, Bunjakko Island	Work at Kamizunda	M/P Kamuzinda	
	Friday	12/07/2024	M/P Kamuzinda	M/P Kamuzinda	Work at Bunjakko	M/P, Bunjakko Island	
	Saturday	13/07/2024	M/P Kamuzinda	M/P Kamuzinda	Work at Bunjakko	M/P, Bunjakko Island	
	Sunday	14/07/2024	M/P Kamuzinda	M/P Kamuzinda	Work at Bunjakko	M/P, Bunjakko Island	Alternative morning for church.
	Monday	15/07/2024	Bukomansimbi- Day visit to work	M/P Kamuzinda	Work at Bunjakko	M/P, Bunjakko Island	
	Tuesday	16/07/2024	M/P Kamuzinda	M/P Kamuzinda	Work at Bunjakko	M/P, Bunjakko Island	
	Wednesday	17/07/2024	M/P Kamuzinda	M/P Kamuzinda	Work at Bunjakko	M/P, Bunjakko Island	
	Thursday	18/07/2024	M/P Kamuzinda	M/P Kamuzinda	Work at Bunjakko	M/P, Bunjakko Island	
	Friday	19/07/2024	Kampala markets	Bushpig Backpackers	Kampala markets	Santa Maria Health Resort, Entebbe	Lunch at Savers Namirembe Rd
	Saturday	20/07/2024	Kampala sightseeing	Bushpig Backpackers	Chimpanzee sanctuary	Santa Maria Health Resort, Entebbe	
	Sunday	21/07/2024	Chimpanzee sanctuary	Santa Maria Health Resort, Entebbe	Kampala sightseeing	Bushpig Backpackers	Lunch on Ngamba Island, evening meal
	Monday	22/07/2024	Entebbe	Santa Maria Health Resort, Entebbe	Kampala sightseeing	Bushpig Backpackers	
	Tuesday	23/07/2024	Travel to Safari	Paraa Safari Lodge	Travel to Safari	Paraa Safari Lodge	First night at Safari Lodge, swimming in pool etc.
	Wednesday	24/07/2024	Safari activities	Paraa Safari Lodge	Safari activities	Paraa Safari Lodge	Safari activities (game drives, water safari) and swimming in pool.
	Thursday	25/07/2024	Safari activities	Paraa Safari Lodge	Safari activities	Paraa Safari Lodge	Safari activities (game drives, water safari) and swimming in pool.
	Friday	26/07/2024	Travel to Entebbe	Entebbe	Travel to Entebbe	Entebbe	Travel to Santa Maria via Luweero for lunch and luggage.
checked checked				Shopping/zoo	Travel to Entebbe	Shopping/zoo	Travel to Entebbe airport at 23:00 for the flight to Istanbul 05:00 departure arrives Istanbul 12:15 flight TK612 Depart Istanbul 14:55 Arrive London Heathrow 16:50 flight TK1985 ETA at Richard Lander 00:00
	Saturday	27/07/2024					
	Sunday	28/07/2024		Home	Travel to Richard Lander School	Home	

## Checked baggage



### CHECKED BAGGAGE

158 cm (width+length+height)

#### Economy Flexible

 2 piece(s): maximum 23 kg per piece

Baggage allowance for passengers other than adult passengers may vary.

## Cabin baggage



### 1 CABIN BAGGAGE

55x40x23 cm (Width x Length x Height)

**Maximum 8 kg**

+









### 1 ACCESSORY

(No larger than camera, telephone etc.)

+

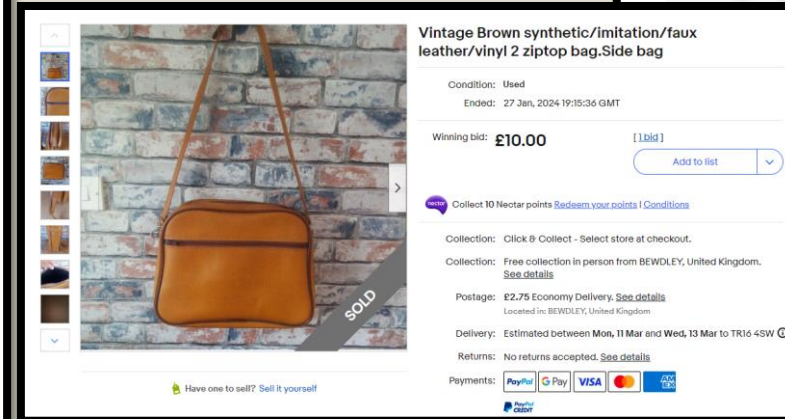
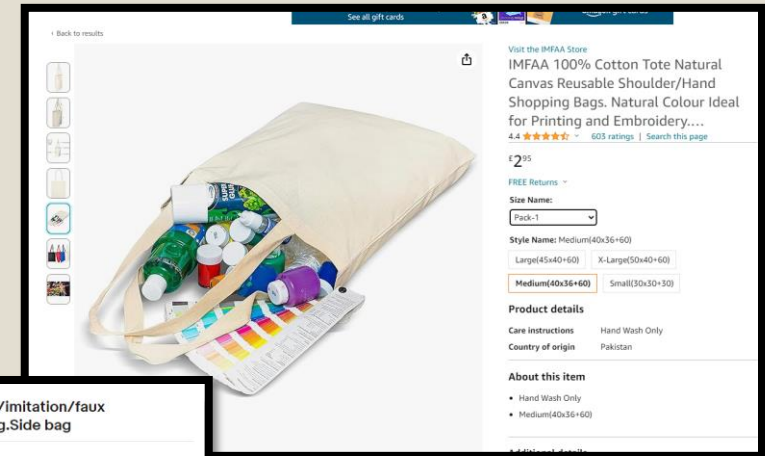
# IMPORTANT! – you also get a personal item..

Table for Types of Personal Items

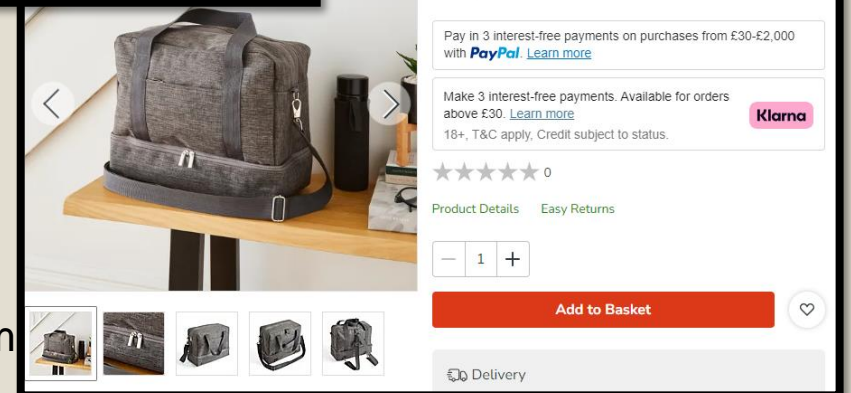
Type of Personal Item	Symbol	Maximum Weight	Dimensions
Male/Female handbags		-	40x30x15 cm
Small video camera or camera		-	40x30x15 cm
Tablet, laptop		-	40x30x15 cm
Baby bassinet		-	Bag type max. 70x30 cm/Carriage type max. 40x40 cm)
Umbrella (except for those with sharp tip)		-	90 cm
Baby Care Bag		-	-

Don't use a second backpack

L39cm/H30cm/W13cm



<https://www.dunelm.com>



L39cm/H30cm/W18cm

[https://www.amazon.co.uk/Cabin-Max-Backpack-Luggage-Classic/dp/B07X4HY2Z9/ref=sr\\_1\\_4?crid=28RQJ4RSY3A0X&dib=eyJ2ljojMSJ9.qpfmwRN6QJ8r6klw66mbRYtjLAKga65aKCytmY2zTp7P-Zn0aZurFGiJEyx3xJwlhWhpwTFtgbODSnzJ1XVsYsPPDmLqpr6-d0pEDrOoQm9lXxpyzdEwRK6d6kjbCzEpb2Ub3mqRFQmfFE1EXNxjFYs4x-xDLlzpjs4vCY9SDJ1imNycqr2JfVo5DEYvnSGPY2-eZ8cj4aDUQxbfTD8emNjn4Fs-K3VZ5uRf9Km49vRXiKRn3sSc1nmpHxjSwqzDyXVnaXHS3yIzIrIEEy6OpcnYUCBGQDwhvbm69bXYmKc.se7N-TNWqsbyd5XHht3oNI9u83l7X3iwNLbjqmzo1o&dib\\_tag=se&keywords=cabin%2Bmax%2Bmetz%2B55%2Bx%2B40&qid=1709891574&srefix=cabin%2Bmax%2Bmetz%2B55%2Bx%2B40%2Caps%2C97&sr=8-4&th=1](https://www.amazon.co.uk/Cabin-Max-Backpack-Luggage-Classic/dp/B07X4HY2Z9/ref=sr_1_4?crid=28RQJ4RSY3A0X&dib=eyJ2ljojMSJ9.qpfmwRN6QJ8r6klw66mbRYtjLAKga65aKCytmY2zTp7P-Zn0aZurFGiJEyx3xJwlhWhpwTFtgbODSnzJ1XVsYsPPDmLqpr6-d0pEDrOoQm9lXxpyzdEwRK6d6kjbCzEpb2Ub3mqRFQmfFE1EXNxjFYs4x-xDLlzpjs4vCY9SDJ1imNycqr2JfVo5DEYvnSGPY2-eZ8cj4aDUQxbfTD8emNjn4Fs-K3VZ5uRf9Km49vRXiKRn3sSc1nmpHxjSwqzDyXVnaXHS3yIzIrIEEy6OpcnYUCBGQDwhvbm69bXYmKc.se7N-TNWqsbyd5XHht3oNI9u83l7X3iwNLbjqmzo1o&dib_tag=se&keywords=cabin%2Bmax%2Bmetz%2B55%2Bx%2B40&qid=1709891574&srefix=cabin%2Bmax%2Bmetz%2B55%2Bx%2B40%2Caps%2C97&sr=8-4&th=1)

<https://www.dunelm.com/product/over-handle-travel-holdall-1000234761>

<https://www.amazon.co.uk/AmazonBasics-Packing-Cubes-Small-4-Piece/dp/B014VBHGNM>

[https://www.amazon.co.uk/gp/product/B09SV95SJ9/ref=ox\\_sc\\_act\\_title\\_4?smid=A2HOTL8920QZZR&psc=1](https://www.amazon.co.uk/gp/product/B09SV95SJ9/ref=ox_sc_act_title_4?smid=A2HOTL8920QZZR&psc=1)

[https://www.amazon.co.uk/Lavender-Lemongrass-Deodorant-Friendly-Cruelty-Free/dp/B0C8HGV9B4/ref=pd\\_rhf\\_dp\\_s\\_di\\_int\\_pop\\_multi\\_srecs\\_sabr\\_cn\\_d\\_sccl\\_1\\_8/257-0084778-9929835?pd\\_rd\\_w=nsrU1&content-id=amzn1.sym.140ed8c8-f7ad-4184-908d-64107d20c104&pf\\_rd\\_p=140ed8c8-f7ad-4184-908d-64107d20c104&pf\\_rd\\_r=OZQ41N6XJFZR04WBMT8N&pd\\_rd\\_wg=q8Pno&pd\\_rd\\_r=1cb15f1d-40e5-467d-876b-0a5715492ea0&pd\\_rd\\_i=B0C8HGV9B4&psc=1](https://www.amazon.co.uk/Lavender-Lemongrass-Deodorant-Friendly-Cruelty-Free/dp/B0C8HGV9B4/ref=pd_rhf_dp_s_di_int_pop_multi_srecs_sabr_cn_d_sccl_1_8/257-0084778-9929835?pd_rd_w=nsrU1&content-id=amzn1.sym.140ed8c8-f7ad-4184-908d-64107d20c104&pf_rd_p=140ed8c8-f7ad-4184-908d-64107d20c104&pf_rd_r=OZQ41N6XJFZR04WBMT8N&pd_rd_wg=q8Pno&pd_rd_r=1cb15f1d-40e5-467d-876b-0a5715492ea0&pd_rd_i=B0C8HGV9B4&psc=1)

[https://www.amazon.co.uk/Plastic-Free-pH-Balanced-Soap-Free-Sulphates-Parabens/dp/B08VBZW3LM/ref=sr\\_1\\_2?crid=3PXFEAO4N59PW&dib=eyJ2ljojMSJ9.r9ovvdwAqsHKe-KnTrejXbifYpq6Dy8FbNiYFQHbxTWs1WvV7-yUMxVCycBKdreYv6tfwFCTuFtkDbEZxwbKj9iFdJUx474FhYX-b3\\_GxTxkPbKsPrjCV0tMp7PN1nJn5PvOMICqhb5HqWniYZXDPCcligOJtP98fEiulubBEWirFw9oZkJLYG1ybMSXQMapHNC4mC9dpp6FwbBmXYX0meClwwCKAuF5CcrhqpCt0DHvdqC4zZyInnJ\\_r6BkVlalo-bhACFY\\_JdgcB2OJ9jgBDWcMZwGoUo9FTMuQfZx8s.RZAoXZC5\\_RQN8\\_a6CkoOTJrDQSPrXgMHGaeFlx3yu0&dib\\_tag=se&keywords=foamy%2Bbar&qid=1708448968&s=beauty&srefix=foamy%2Bbar%2Cbeauty%2C104&sr=1-2&th=1](https://www.amazon.co.uk/Plastic-Free-pH-Balanced-Soap-Free-Sulphates-Parabens/dp/B08VBZW3LM/ref=sr_1_2?crid=3PXFEAO4N59PW&dib=eyJ2ljojMSJ9.r9ovvdwAqsHKe-KnTrejXbifYpq6Dy8FbNiYFQHbxTWs1WvV7-yUMxVCycBKdreYv6tfwFCTuFtkDbEZxwbKj9iFdJUx474FhYX-b3_GxTxkPbKsPrjCV0tMp7PN1nJn5PvOMICqhb5HqWniYZXDPCcligOJtP98fEiulubBEWirFw9oZkJLYG1ybMSXQMapHNC4mC9dpp6FwbBmXYX0meClwwCKAuF5CcrhqpCt0DHvdqC4zZyInnJ_r6BkVlalo-bhACFY_JdgcB2OJ9jgBDWcMZwGoUo9FTMuQfZx8s.RZAoXZC5_RQN8_a6CkoOTJrDQSPrXgMHGaeFlx3yu0&dib_tag=se&keywords=foamy%2Bbar&qid=1708448968&s=beauty&srefix=foamy%2Bbar%2Cbeauty%2C104&sr=1-2&th=1)

[https://www.amazon.co.uk/FOAMIE-Travel-Buddy-Removable-Sustainable/dp/B084V87WL5/ref=pd\\_bxgy\\_img\\_d\\_sccl\\_2/257-0084778-9929835?pd\\_rd\\_w=lgPJ6&content-id=amzn1.sym.1234e617-5ce3-423f-9567-f417d384cef8&pf\\_rd\\_p=1234e617-5ce3-423f-9567-f417d384cef8&pf\\_rd\\_r=V5NYV9AFJFKTDQ9YJWC6&pd\\_rd\\_wg=Yeukd&pd\\_rd\\_r=b18723f8-ae7b-43aa-8f13-8791e8be5a4b&pd\\_rd\\_i=B084V87WL5&th=1](https://www.amazon.co.uk/FOAMIE-Travel-Buddy-Removable-Sustainable/dp/B084V87WL5/ref=pd_bxgy_img_d_sccl_2/257-0084778-9929835?pd_rd_w=lgPJ6&content-id=amzn1.sym.1234e617-5ce3-423f-9567-f417d384cef8&pf_rd_p=1234e617-5ce3-423f-9567-f417d384cef8&pf_rd_r=V5NYV9AFJFKTDQ9YJWC6&pd_rd_wg=Yeukd&pd_rd_r=b18723f8-ae7b-43aa-8f13-8791e8be5a4b&pd_rd_i=B084V87WL5&th=1)

[https://www.amazon.co.uk/Plastic-Free-Soap-Free-Sulphates-Sustainably-Environmentally/dp/B08VC75PJN/ref=pd\\_bxgy\\_img\\_d\\_sccl\\_2/257-0084778-9929835?pd\\_rd\\_w=qcLda&content-id=amzn1.sym.1234e617-5ce3-423f-9567-f417d384cef8&pf\\_rd\\_p=1234e617-5ce3-423f-9567-f417d384cef8&pf\\_rd\\_r=ESQTM810JD4Y0JTQ7VRF&pd\\_rd\\_wg=E8BD0&pd\\_rd\\_r=f78b211d-2261-4755-978b-fd4e03f34a9d&pd\\_rd\\_i=B08VC75PJN&th=1](https://www.amazon.co.uk/Plastic-Free-Soap-Free-Sulphates-Sustainably-Environmentally/dp/B08VC75PJN/ref=pd_bxgy_img_d_sccl_2/257-0084778-9929835?pd_rd_w=qcLda&content-id=amzn1.sym.1234e617-5ce3-423f-9567-f417d384cef8&pf_rd_p=1234e617-5ce3-423f-9567-f417d384cef8&pf_rd_r=ESQTM810JD4Y0JTQ7VRF&pd_rd_wg=E8BD0&pd_rd_r=f78b211d-2261-4755-978b-fd4e03f34a9d&pd_rd_i=B08VC75PJN&th=1)

[https://www.amazon.co.uk/MoZZipatch-Anti-Mosquito-Patches/dp/B093Z4Y96W/ref=cm\\_cr\\_arp\\_d\\_product\\_top?ie=UTF8](https://www.amazon.co.uk/MoZZipatch-Anti-Mosquito-Patches/dp/B093Z4Y96W/ref=cm_cr_arp_d_product_top?ie=UTF8)

# Dress codes

## For travelling there (and back):

Loose comfortable trousers or leggings, Lander 4 Uganda t-shirt and hoodie – for easy identification in the airport. Students may want to change on the (Istanbul/Entebbe plane).

## While we are in Entebbe:

Swimming costume for the hotel (be careful of chlorine levels)

Comfortable, practical clothing for the boat trip to the Chimp Sanctuary

Loose trousers/t-shirt or dress for shopping

Comfortable shoes

No tight leggings or short shorts

**TAKE A HAT!**

## While we are in the schools:

Nothing above the knee

Old trainers/crocs

T-shirts/loose trousers

Something a bit smarter for church (long dress/trousers)

Vests are OK but should be worn with something else over the top if out of doors



# Individual Packing

## Other items:

- Anti-malaria tablets (we recommend malarone)
- Day bag / rucksack / bum bag (for carrying money)
- Wash bag (sensible amount)
  - Soap / shower gel
  - Toothbrush / toothpaste
  - Shampoo / conditioner
  - Deodorant (roll-on)
- Hand sanitiser
- Wet wipes
- Sanitary items
- Ear plugs / eye mask
- Sun cream
- Lip balm
- Vaseline
- Specific medication (eg: inhalers)

- Sunglasses
- Beach towel (thin or small)
- Mosquito repellent
- Head torch
- Sturdy water bottle (named)
- Cheap camera / mobile phone

## Hand luggage must include:

- A few days' anti-malarial tablets
- Any other specific medication (agreed with the school)
- 2 days' additional clothing (including underwear)
- All liquids / liquid medication under 100ml
- RLS hoodie

# In my hand luggage

## Clothes:

5 pairs trousers  
3 dresses  
1 jumpsuit  
1 skirt  
5 t-shirts/tops  
1 shirt  
1 pair pyjamas  
6 pairs pants  
6 pairs socks  
2 pairs shoes

## Safari Clothes:

1 pair shorts  
1 vest top  
1 cover-up  
2 swimsuits

## Liquids:

1 SPF 50 face cream  
1 Mini sun cream  
1 mini shower gel  
1 mini toothpaste  
1 hand cream  
1 Small pot Vaseline  
1 lip balm

## Other:

Washbag  
Fold up bag  
Small towel  
Flannel  
Wipes  
Hat

## Still to put in:

Electronics  
(chargers/cables)  
Water bottle

**Current weight: ??g    Limit: 8kg**

# In my main luggage

## Liquids:

1 refill bottle shower gel  
1 roll-on deodorant  
1 smidge

## Other:

Storage boxes

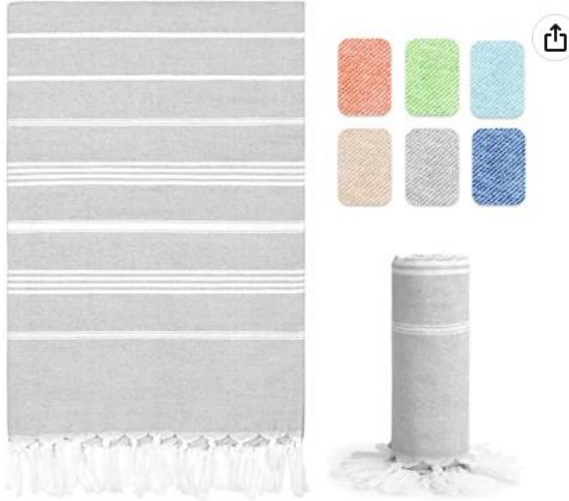
## Still to put in:

Sunscreen large bottle  
Electronics  
(laptop)  
Spare water bottle

**Current weight: ??kg    Limit: 23kg**

# Towels!

Pystuvo Turkish Beach Towel,180x90CM Beach Towels for Adults and Childs,Peshtemal Towel,Super Absorbent For Beach,Swimming,Yoga Gym,Travel,Light Gray



Brand: Pystuvo

£11.99

✓prime One-Day  
FREE Returns

**Voucher:** ☐ Apply 30% voucher [Shop items >](#) | [Terms](#)

**Spread the cost of your purchase over £100.**

Select Instalments by Barclays at checkout. Subject to financial

Representative example: Credit limit £1200, Annual interest rate 12.2% variable

[Learn more about Instalments by Barclays](#)

Colour Name: **Light Gray**



Colour

Light Gray

Brand

Pystuvo

Towel form type

Beach Towel

Material

Cotton

Roll over image to zoom in



Microfibre Towel, Large 130x75cm Quick Drying for Gym, Camping, Swimming, Travel, Yoga, Beach, Holiday, Highly Absorbent Lightweight inc Carry Bag



Visit the SwimMad Store

4.3 ★★★★★ 131 ratings

**Amazon's Choice** for "microfibre towel"

£9.99

✓prime One-Day  
FREE Returns

**Spread the cost of your purchase over £100.**

Select Instalments by Barclays at checkout. Subject to financial status. Amazon is the

Representative example: Credit limit £1200, Annual interest rate 12.2% variable, Representative APR 12.2%

[Learn more about Instalments by Barclays](#)

Colour Name: **Blue**



Size Name: **130 x 75cm**

Colour

Blue

Brand

SwimMad

Material

MicroFibre

Product dimensions

130L x 75W centimetres

Number of items

1

Roll over image to zoom in



m zimoon Hair Drying Towels, 2 PCS Bath Towels Hair Towel Wrap Microfiber Hair Turban Towel Super Absorbent Towels(Brown & Pink)



Visit the m zimoon Store

4.4 ★★★★★ 1,187 ratings

£8.99 (£4.50 / count)

✓prime One-Day  
FREE Returns

**Voucher:** ☐ Apply 10% voucher [Shop items >](#) | [Terms](#)

**Spread the cost of your purchase over £100.**

Select Instalments by Barclays at checkout. Subject to financial status. Ama

Representative example: Credit limit £1200, Annual interest rate 12.2% variable, Representative

[Learn more about Instalments by Barclays](#)

Size Name: **2 Count (Pack of 1)**

Colour

Brown + Pink

Brand

m zimoon

Towel form type

Hair Towel

Material

Microfiber

Product dimensions

55L x 24W centimetres

Roll over image to zoom in



# We are trying to use less plastic



Every year we leave a huge pile of plastic – some of it is useful, some isn't. There is no recycling in Uganda, all rubbish is burnt on site.



# We are trying to use less plastic



**Smaller bottles which can come home once used, or bigger bottles and share.**

# Deet vs Smidge

N,N-Diethyl-m-toluamide.

DEET interferes with neurons and receptors located on the mosquito's antennae and mouth-parts that detect chemicals such as lactic acid and carbon dioxide.

When applied correctly, DEET forms a vapor barrier at the skin surface that deters mosquitoes from landing on the skin.



Picaridin (also known as Saltidin)

Piperine (a derivative of piperidine) is what gives pepper its pungent smell.

Picaridin both repels and deters insects. This means that insects move away from skin or clothing treated with Picaridin and do not feed if they encounter skin or clothing that has been treated. When applied correctly, Picaridin forms a vapor barrier at the skin surface that deters mosquitoes from landing on the skin.

**Other products are available, but in our experience they are not as effective.**

## Other medication and contact information:

For individual medical conditions and medication please see medical staff on each team (Nikki Grenfell & Sally Wright) so we have a clear view of medical/medication needs. We take a range of over-the-counter medication with us, please let us know of any specific allergies/issues

**We use medical and contact information as held on our school Information's system (SIMS) so please make sure this is up to date.**

All medical issues and medication given are logged in our medical book and we will always contact parents/carers for anything other than a very minor illness/injury.

*If parents/carers may be on a different emergency contact number for the duration of the trip, please let us know.*

### Large First Aid Bag – GOLD TEAM

#### \*\*\*Needle kits x6 \*\*\*

\*\*\*Extra anti-malarial (malarone) tablets for students who may forget or lose their tablets during the trip. \*\*\*

- SMIDGE/DEET (50%) X2 large bottle
- Travel sickness tablets (Hyoscine hydrobromide) x 2 pkts
- Ibuprofen X 5 pkts
- Paracetamol X 10 pkts
- Antihistamine (cetirizine) tablets X3 pkts
- Lanacane sting cream x1
- Savlon cream x1
- Sudocrem x 1
- Antifungal (Clotrimazole) cream 1% x 1
- Imodium (loperamide) x 2 pkts
- Rehydration sachets x50
- Bonjella

- Sterile wipes x100
- Burns dressings x2
- Eye pads x4
- Eye wash (mini steripods) x10
- Plaster packs x5 boxes – mixture of types
- Mepore dressings medium x1 large box
- Triangular bandages x2
- Foil blankets x2
- Cool packs (that break to turn cold) x20
- Gloves x10 pairs
- Adhesive tape medium x5
- Bandages medium and large
- Finger bandages x2
- Blister dressings x2
- Tissues

- Scissors x3
- Thermometer (digital)
- Sick clean up powder
- Sick bags x40
- Antibacterial hand gel pumps (large x5, small x10)
- Wet wipes x1
- Sun cream factor 50 x 1
- After sun x 1
- Sanitary towels x 1
- Tampons x1
- A5 book (lined)
- Copy of the medical needs for the students
- Pens x10
- First Aid Manual

# Leaving Day drop off

Our luggage allowance is a blessing and a curse:

**Because we are leaving in the middle of the night, as much luggage as possible and ideally spending money and medication should be dropped off at school the day before (Monday 1<sup>st</sup> July) for weighing and recording.**

Drop off at school between 00:00 and 00:30 – students (and any parents helping) should go to main reception of the building where staff will be based:

- We will check and weigh all luggage, loading 72 suitcases onto the coach (and potentially van).
- *'Banking' any cash that is not for the journey*
- Checking in any medication

We aim to leave at 1am - parents of course are welcome to wave us off; travel time will be around 5 hours and we will stop once. Please could students bring either food for the journey, or money to buy some.

We hope to arrive at Heathrow Airport around 6am. Our Turkish Airlines flight (TK1980) leaves Heathrow at 11:25.

We arrive in Istanbul at 1705. Flight TK612 leaves Istanbul at 18:50 to arrive in Entebbe at 0315 😊.



# Things to Donate

Colouring pencils  
Pens  
Arts and craft supplies  
Baby/Children's Clothes

Sports equipment  
Early Reading books  
Colouring books  
Educational posters  
Blow up globes  
Stickers

Good quality adult formal clothing (shirts/long dresses)  
Watches  
Anything which might make a nice gift

# When we need suitcases

## Carry-on:

Not until the day (unless you have loads of stuff in your main luggage!), although it can come in earlier, we will weigh it before we get on the coach.

## Suitcases:

As soon as possible! **We need to know if you are able to provide suitcases for donations (they don't need to be good ones), or if your child will need to take donated one(s). We will need any suitcases you are bringing (not your hand luggage) TWO WEEKS BEFORE WE LEAVE – WEEK BEGINNING 17<sup>TH</sup> JUNE so we can pack donations. EARLIER WOULD BE BETTER**