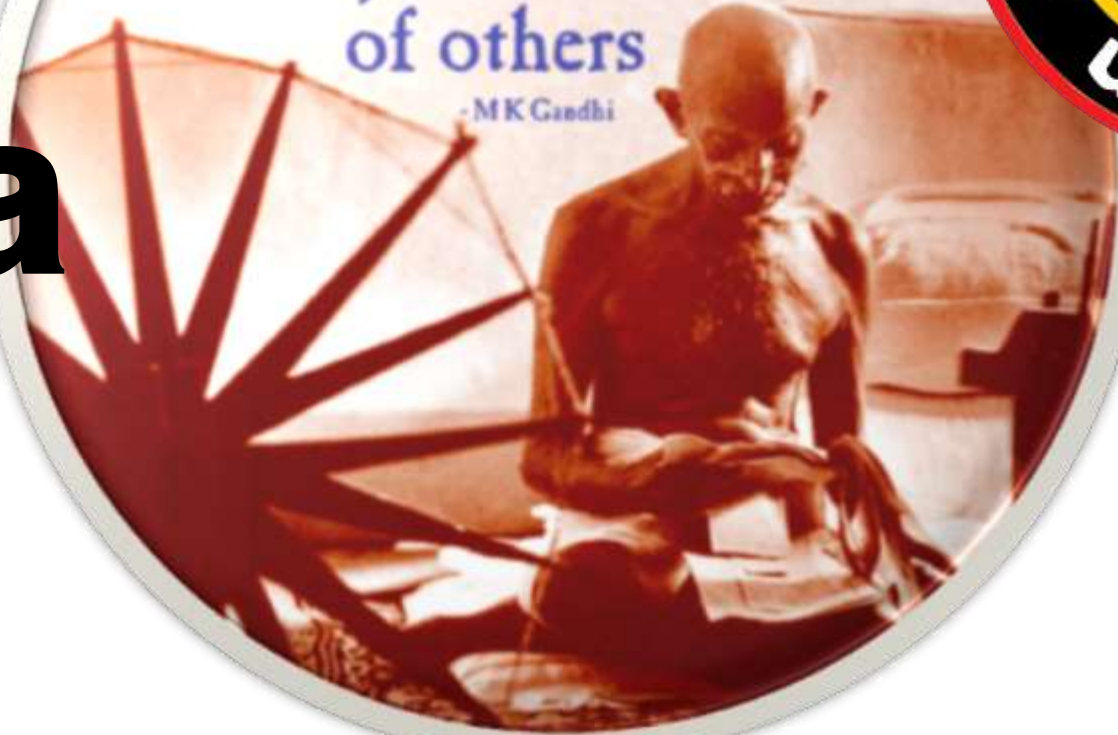


Parents Meeting

Uganda 2026

The best way
to find yourself is to
lose yourself in service
of others

- MK Gandhi



Updates:

- Where we are in terms of itinerary/organisation
- Packing - when we need suitcases
- Dress Codes
- Medication
- Code of Conduct
- Emergency Contacts
- Blog/Keeping in touch
- Leaving day drop off
- Insurance
- Water Filtration

And any questions!

Itinerary (outward)

Sunday 5th **Students to be dropped off at school at 8.00am-8.30am**

(Coach leaves at 09:00, stops in Taunton Dean services and arrives at Heathrow 16:00)

Our flight leaves at 19:25 from Heathrow

We expect to arrive back at school at around 14:30 on Monday 3rd August



Booking Reference: 9VY9WX
Passenger Name(s): 60 PAX. / RICHARD LANDER SCHOOL

Carrier	Flight No.	From	To	Departure	Arrival	Duration	Stops	Cabin	Aircraft Type
Qatar Airways	QR012	LONDON (HEATHROW)	DOHA (HAMAD INTERNATIONAL)	SUNDAY 05 JUL 19:25	MONDAY 06 JUL 04:15	06:50 Hrs	No Stop	Economy	BOEING 777-300ER
Qatar Airways	QR1383	DOHA (HAMAD INTERNATIONAL)	ENTEBBE (ENTEBBE INTL)	MONDAY 06 JUL 10:00	MONDAY 06 JUL 15:30	05:30 Hrs	No Stop	Economy	BOEING 787-8
Qatar Airways	QR1384	ENTEBBE (ENTEBBE INTL)	DOHA (HAMAD INTERNATIONAL)	SUNDAY 02 AUG 17:30	SUNDAY 02 AUG 22:35	05:05 Hrs	No Stop	Economy	BOEING 787-8
Qatar Airways	QR011	DOHA (HAMAD INTERNATIONAL)	LONDON (HEATHROW)	MONDAY 03 AUG 01:10	MONDAY 03 AUG 06:25	07:15 Hrs	No Stop	Economy	AIRBUS INDUSTRIE A380-800

DATE	FLIGHT DETAILS	
Sunday, July 5th, 2026	Airline: Departing from London Heathrow Arriving at Doha	Flight Number: QR12 Flight Time: 05/07/2026 19:25 Check Out: 06/07/2025 04:15 <small>*All times shown are local times in destination</small>
Monday, July 6th, 2026	Airline: Departing from Doha Arriving at Entebbe	Flight Number: QR1383 Flight Time: 06/07/2026 10:00 Check Out: 06/07/2026 15:30 <small>*All times shown are local times in destination</small>
Sunday, August 2nd, 2026	Airline: Departing from Entebbe Arriving at Doha	Flight Number: QR1384 Flight Time: 02/08/2026 17:30 Check Out: 02/08/2026 22:35 <small>*All times shown are local times in destination</small>
Monday, August 3rd, 2026	Airline: Departing from Doha Arriving at London Heathrow	Flight Number: QR11 Flight Time: 03/08/2026 01:10 Check Out: 03/08/2026 06:25 <small>*All times shown are local times in destination</small>

Itinerary

Entebbe:

2 days/nights: Acclimatise and visit Chimp sanctuary on Ngamba Island
Lunch at the Equator

Masaka district:

9 days/nights: Kamuzinda schools with day trips to Masaka and
Bukomansimbi school
Lunch at the Equator

Mpigi District:

7 days/nights: Bunjako Island schools with morning/afternoon trips to Buwama

Kampala/Entebbe:

3 days/3 nights: New Kabale Busega Primary school
2 days/3 nights sightseeing/markets in Kampala

Safari:

3 days/nights safari

Entebbe:

21 days/1 night: Shopping/Zoo or Aero Beach





American International Group UK Limited SPECIALTY MARKETS

Group Policy Schedule (Renewal)

Group Policy Wording Applicable – AHSU0787 (Council Policy Wording 0822) AUG22

American International Group UK Limited			Policy Number: 0010628311	
Group policyholder		A. Cornwall Council B. Participating establishments		
Address:		New County Hall, Truro, Cornwall, TR1 3AY		
Period of insurance:			Premium & Insurance Premium Tax (IPT) @ 12.00%	
start date of cover:		7 October 2025	And for any subsequent period for which a premium is paid and accepted.	Additional Premium £ 1,425.00
To:		6 October 2026		IPT £ 171.00
Renewal Date:		7 October 2026		Total £ 1,596.00
Calculated in accordance with rates agreed between American International Group UK Limited and the group policyholder and paid to American International Group UK Limited by the group policyholder .				
any one accident limit		£ 10,000,000		
scheduled aircraft accumulation limit		£ 5,000,000		
non-scheduled aircraft accumulation limit		£ 5,000,000		
Silver Plan		Operative		
Gold Plan		Inoperative		
Table of Benefits B (On-Site Cover)		Inoperative		

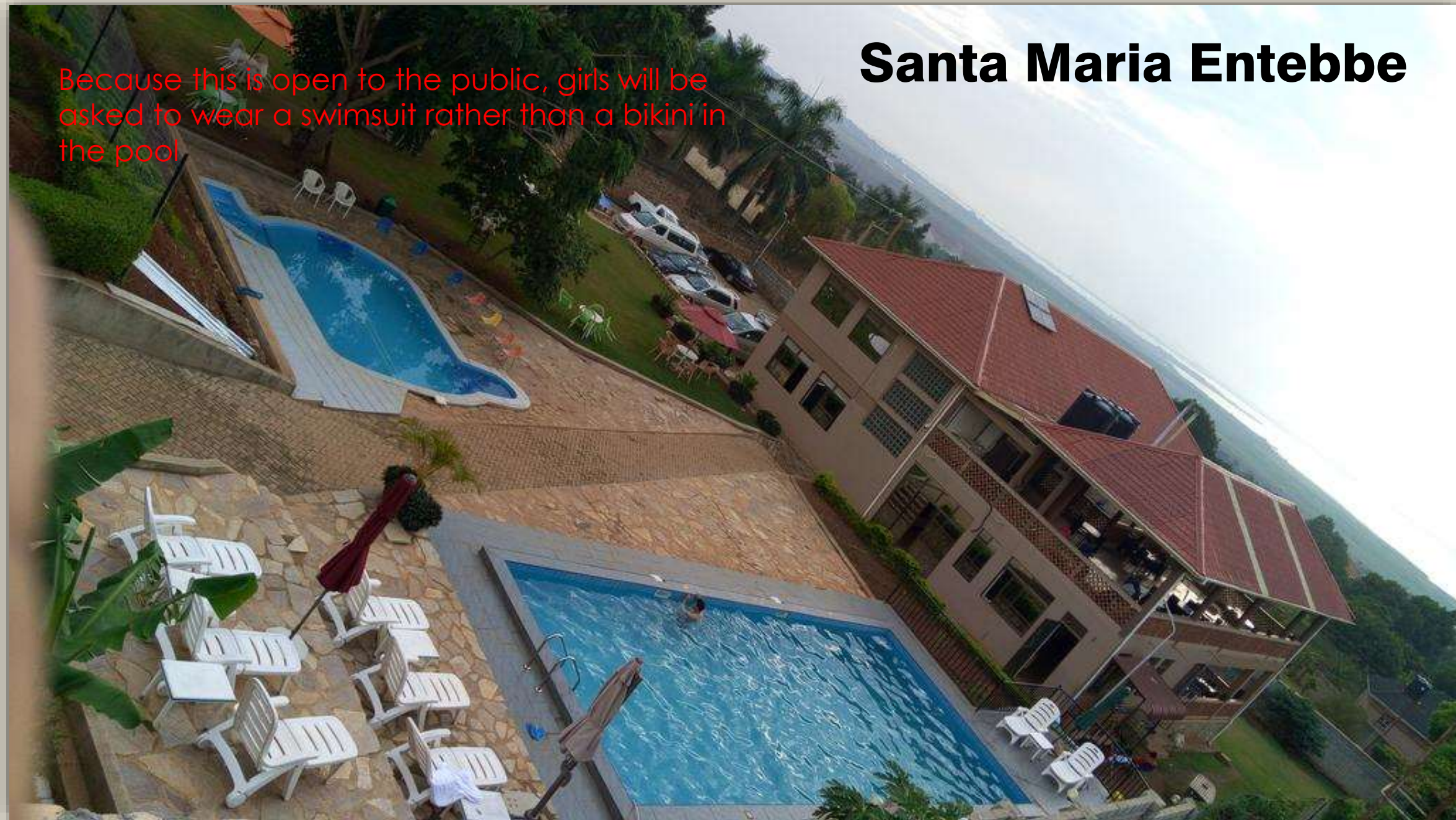
Table of Benefits A

Insured persons

Category A	Any pupil enrolled at a participating establishment .
Category B	Any employee of a participating establishment .
Category C	Any adult who is acting in a supervisory capacity as a volunteer, assistant or helper and is authorised by

Santa Maria Entebbe

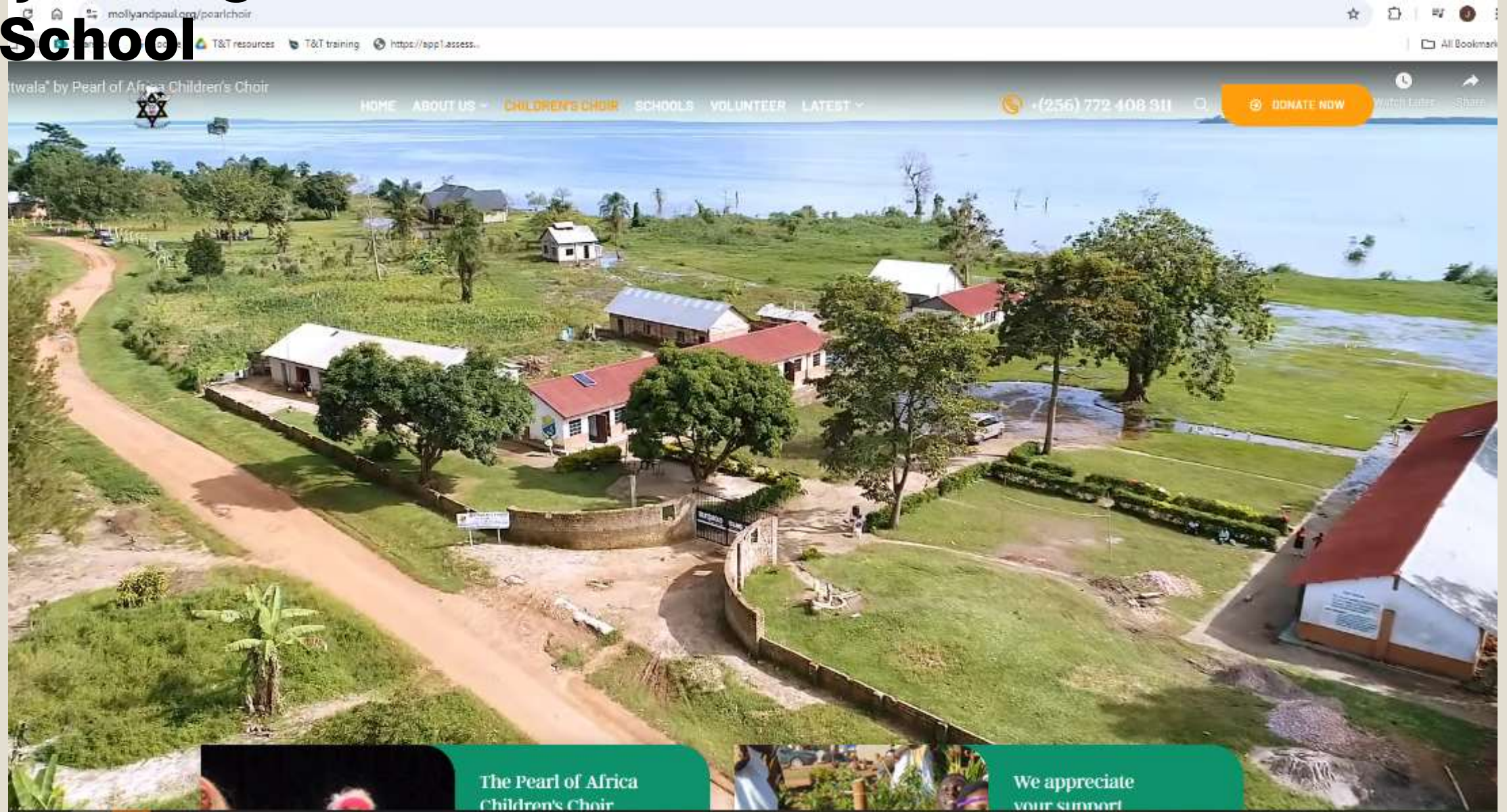
Because this is open to the public, girls will be asked to wear a swimsuit rather than a bikini in the pool



Kamuzinda Childrens Village



Bunjako High School



New Kabale Busega



Bushpig Kampala



Bushpig Kampala



Luxury Acacia Villa



Kampala Hotels Things to Do Restaurants Flights Holiday Rentals

Africa > Uganda > Central Region > Kampala > Things to do in Kampala > Kazinga Tours - Day Tours

Save

Kazinga Tours - Day Tours

259 reviews • #20 of 1,325 Tours & Activities in Kampala • Private Tours

[Write a review](#)



Revenue impacts the experiences fe

Similar Experiences



Kampala boda boda tours [motorbike tours].

40



Kam City Guided)

102



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Welcome to Kazinga Tours

We are specialists in organizing trips to **East Africa:**

Uganda, Rwanda, Kenya and Tanzania.

Our aim is to give our clients the best African experience possible, based on each individual's special interest, time scale, budget and other requirements.

With a minimal impact on the environment and local communities.

Check out our website and take a look at our **Tours** or **Design a Tour Yourself**. It is also possible to book one of our **Group Tours** with guaranteed departures. We also arrange day trips to and around Kampala.



Uganda



72

Half-day Tours

Uganda, Rwanda, Kenya and Tanzania

The Pearl of Africa, Land of Thousand Hills, Land of Lakes and Land of Superlatives.

26

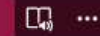
Bike Tours

Rwanda





Richard Lander School



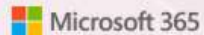
Uganda 2026 Emergency Contacts, GDPR, Medical Consent and Dietary Requirements

🕒 30 minutes

This is a timed form.

Once you start, you can't pause the timer. Don't worry, Forms gives you a final minute reminder before submission. Your answers will be automatically submitted when the time is up. Please prepare before you begin to help manage your submission time.

[Click to start](#)



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This will be sent out shortly. Please also contact the medical team at school if any medical/allergy information is **not held by us already.**

Vaccinations:

Please consult your medical practice as soon as possible to begin vaccinations.

Prices below are estimates.

1. **Yellow Fever** - In order to enter the country each traveller **must have** a yellow fever certificate of vaccination - **approx. £60 - £75**
2. **Rabies** – approx. £70 - £100 per dose (typically 3 given)
3. **Men ACWY** (covers multiple strains of meningitis) – **approx. £55**
4. **Typhoid** – approx. £35
5. **Hepatitis A and B** – **Free** on NHS if you get it done **early** enough otherwise **approx. £50 per vaccine dose**
6. **Polio, tetanus, diphtheria**– **Free** on NHS if required
7. **Antimalarials** – Malarone is the most popular medication. Supermarket equivalent tablets are a cheaper source.

Vaccinations and anti-malarial medication



Name: _____

Please tick to confirm the vaccinations your child has received. The list below is to show common vaccinations for the trip. Your child may not need all of the below. Medical advice should be taken from your child's doctor or travel nurse. Some vaccinations have a limited supply and there is a large group taking part in the Uganda trip this year. Please contact your medical professional in good time to ensure all relevant vaccinations are available for your child.

Vaccine	Please tick if your child has had the vaccine	Date of vaccination (if known)
Yellow Fever <i>A yellow fever certificate is required for entry to Uganda. (Please bring the Yellow Fever certificate to school as soon as possible. A copy of it is required to apply for your child's visa.)</i>		
COVID 19		
Hepatitis A		
Hepatitis B		
Typhoid		
Tetanus		
Polio		
Rabies		
Measles, mumps, rubella (MMR)		
Meningitis		
Cholera		
Any others, please add:		

Please tick the relevant box to indicate the name of the anti-malarial medication your child will be taking for the visit.

Anti-malarial medication	Please tick the relevant box
Malarone (or Maloff) Active ingredients of generic malarone – Atovaquone and Proguanil	
Doxycycline	
Other (please specify)	

fitfortravel.nhs.uk/home

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What do I need to know before I travel?

fitfortravel
Information on how to stay safe and healthy abroad. [About us.](#)

Public Health Scotland NHS SCOTLAND

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Browse Country Information

i Travel Health Advice

- ▶ [Before You Travel](#)
- ▶ [Malaria](#)
- ▶ [Yellow Fever](#)

Current popular advice pages:

- ▶ [Staying Healthy if Travelling Abroad](#)
- ▶ [Travelling Abroad to Attend Festivals](#)
- ▶ [Mosquito Bite Avoidance](#)
- ▶ [Food and Water Recommendations](#)

News

▶ 24 Jan 2025 - WHO certifies Georgia as malaria-free

Vaccinations

- ▶ **Confirm primary courses and boosters are up to date as recommended for life in Britain** - including for example, [seasonal flu vaccine](#) and [COVID-19](#) (if eligible), [MMR](#), vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions.
- ▶ **Courses or boosters usually advised:** Diphtheria; Hepatitis A; Poliomyelitis; Tetanus; Yellow Fever.
- ▶ **Other vaccines to consider:** Hepatitis B; Meningococcal Meningitis; Rabies; Typhoid.
- ▶ **Selectively advised vaccines - only for those individuals at highest risk:** Cholera.
- ▶ **Yellow fever vaccination certificate required** for all travellers aged 1 year or over.

St. Agnes surgery have offered to come into school again (they did this last year)

- Parents check and sign the forms
- Complete 'temporary patient form' and add a contact number on these. No signature is required on the temporary patient forms but they do have to be on paper so if we get the information on the Microsoft form we could copy it over ourselves. I'm bringing them to you Claire.
- Please contact your own surgery for other travel vaccinations
- Add to ParentPay - £65 + PP fees (£66.30)
- The surgery need to know how many people may want the vaccination in school so they can order vaccines in advance

Booked date: Monday 23rd March

Your child will still need to see a travel nurse or pharmacist for other vaccinations/boosters

Travel Clinic

Get your travel vaccinations and medication.

Book Now

Vaccines

Vaccine	Per Dose	Doses per course	Price per course
Cholera vaccination	£34.00	2	£68
Hepatitis A and B vaccination	£85	3	£255
Hepatitis A vaccination	£63	1	£63
Hepatitis B vaccination	£52	3	£156
Japanese Encephalitis Vaccination	£109	2	£218
Measles, Mumps, and Rubella vaccination	£45	1-2	£45-£90
Meningitis ACWY Vaccination	£57	1	£57
Polio, diphtheria & tetanus vaccination	£38	1	£38
Rabies vaccination	From £74 to £110 per dose	3	£222 to per £330 per
Tick borne Encephalitis vaccination	£65	3	£195

Price list

Consultation fee:

A consultation fee²⁵ may apply at a cost of £20, should you choose not to receive the vaccines and/or antimalarials recommended for you and your trip consultation.

Vaccination Price Guide:

Cholera (oral, price for full course of 2)

Price per dose: £34

Number of doses required: 2

Total price: £68

Combined Diphtheria, Tetanus and Polio

Price per dose: £38

Number of doses required: 1†

Total price: £38

Hepatitis A

Price per dose: £63

Number of doses required: 1†

Total price: £63

Hepatitis B

Price per dose: £52

Number of doses required: 3

Total price: £156

Hepatitis B (paediatric)

Price per dose: £27.00

Medication

We don't need to take in medication unless students need support in taking it, or are worried it will be lost or forgotten (for instance antibiotics which need to be taken with every meal).

Students should carry some Antimalarials in their hand luggage, and some in their main luggage. If they lose any of it they should let us know immediately.

It's best to take the first 'Malerone' (if taking that type) on the morning of the day we leave, we then remind students every morning to take it.

We do need to know what medication they are taking in case of emergency so please include everything on the medical record form.

Prices

[Medicine prices](#)[Prescription fee](#)[Compare prices](#)[Delivery](#)

Quantity (trip length)	Generic Malarone cost	GSK Malarone cost
16 tablets (1 week trip)	£23.20	£46.90
23 tablets (2 week trip)	£33.50	£63.10
30 tablets (3 week trip)	£43.50	£79.30
37 tablets (4 week trip)	£53.65	£95.50
44 tablets (5 week trip)	£66.00	£114.40
51 tablets (6 week trip)	£73.95	£132.60
65 tablets (8 week trip)	£97.50	£170.10
93 tablets (12 week trip)	£134.85	£218.55
193 tablets (6 month trip)	£279.85	£450.00

Prices of branded and generic Malarone from Dr Fox (in stock)

[Price match guarantee](#)

Prescription issued online - small [prescription fee](#) per order.

[Start order](#)

Other medication and contact information:

For individual medical conditions and medication please see medical staff (Jenny Griffiths) 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

Deet vs Smidge (and Mosquito Guard from the same company)

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.

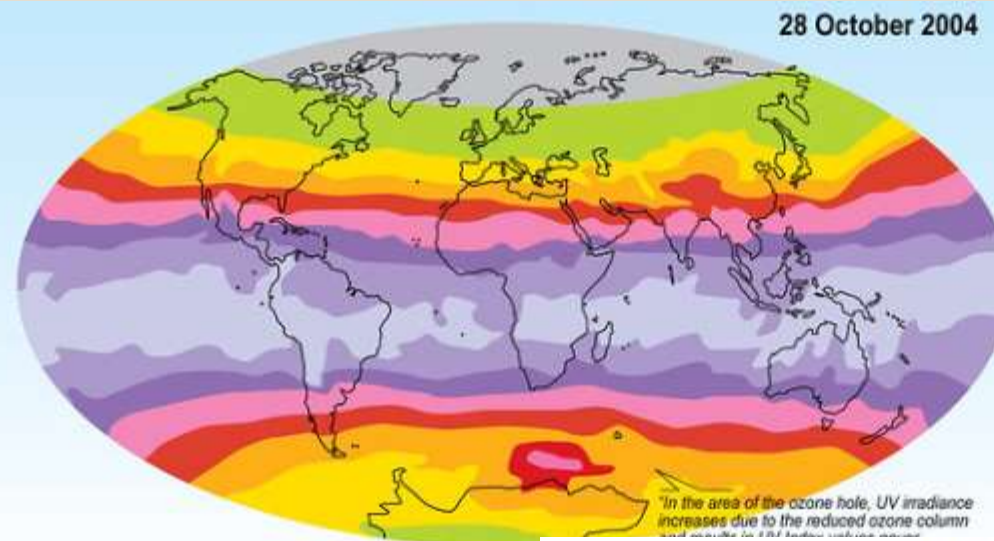


Picaridin (also known as Saltidin)

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

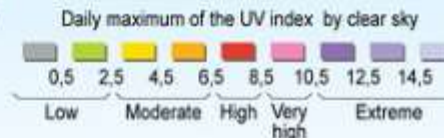
Picaridin both repels and deters insects. This means that insects move away from skin or clothing treated with Picaridin and do not feed if they encounter skin or clothing that has been treated. When applied correctly, Picaridin forms a vapor barrier at the skin surface that deters mosquitoes from landing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

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



"The Global Solar UV Index (UVI) is a simple measurement of the UV radiation level at the Earth's surface. It has been designed to indicate the potential for adverse health effects and to encourage people to protect themselves. The higher the Index value, the greater the potential for damage to the skin and eye, and the less time it takes for harm to occur.

In countries close to the equator, the UVI can be as much as 20. Summertime values in northern latitudes rarely exceed 8."



Source: GMES, 2006; INTERSUN, 2007.
 INTERSUN, the Global UV project, is a collaborative project between WHO, UNEP, WMO, the International Agency on Cancer Research (IARC) and the International Commission

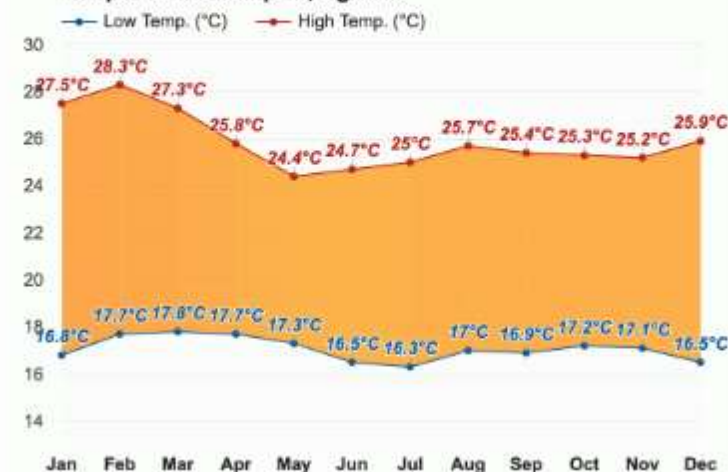
Average temperature Kampala, Uganda

Uganda weather in July 2025

Expect 26°C daytime maximum temperatures in the shade with on average 7 hours of sunshine per day in Uganda in July. Check more long-term weather averages for Uganda in July before you book your next holiday to Uganda in 2025/2026.

- 26 26°C max day temperature
- 7 7 hours of sunshine per day
- 11 11 days with some rainfall
- 15 15°C min night temperature
- 12 12 hours of daylight per day
- L Low heat & humidity
- 64 64 mm of monthly rainfall
- 11 11 (Extreme) UV index

Temperature - Kampala, Uganda



Health & Safety Key Messages

- Always carry a small pot of sun cream
- Keep hydrated, keep your water bottle clean
- Wear appropriate clothing and don't spend too long out in the sun
- Hand sanitise/wash hands frequently (beware of toilet handles / bank notes etc)
- Use only filtered or bottled water for brushing your teeth
- Mosquitos: anti-malarial tablets/spray and long sleeves especially in the evenings
- Avoid walking in long grass unless you have boots on (snakes/jiggers)
- Avoid picking up things from the ground/bush
- Don't touch the animals
- Safari – there are wild animals around, even around the hotel grounds
- Swimming pools have no life guard
- Limited working seat belts, be sensible when travelling
- Keep elbows / arms / heads inside the vehicle
- No standing up while safari vehicle is moving
- Keep valuables and money hidden (this is also cultural, it is considered rude to flash the cash!)
- Giving things out / being asked for things – always be aware that Ugandans have very little and you may have to be practiced at saying no.
- Take care around topics of conversation: religion, LGBTQ, politics
- Be a bit guarded talking to strangers, although Ugandans are super friendly

Foreign travel advice Uganda

FCDO advises against all but essential travel to parts of Uganda.

Contents

- Warnings and insurance
- [Entry requirements](#)
- [Safety and security](#)
- [Regional risks](#)
- [Health](#)
- [Getting help](#)

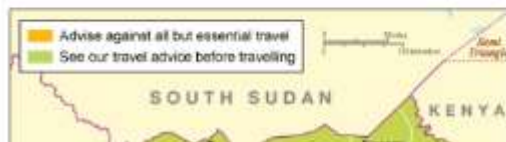
☒ [Get email alerts](#)

Warnings and insurance

Still current at: 22 January 2025

Updated: 15 October 2024

Latest update: This travel advice was reviewed for accuracy and with minor updates throughout, including on entry requirements, terrorism and health.



Warnings and insurance

Still current at: 29 January 2025

Updated: 15 October 2024

Latest update: This travel advice was reviewed for accuracy and with minor updates throughout, including on entry requirements, terrorism and health.



[Download a more detailed map \(PDF\)](#)

Related content

- [About Foreign, Commonwealth & Development Office travel advice](#)
- [Support for British nationals abroad](#)
- [Foreign travel checklist](#)
- [UK help and services in Uganda](#)

Related content

- [About Foreign, Commonwealth & Development Office travel advice](#)
- [Support for British nationals abroad](#)
- [Foreign travel checklist](#)
- [UK help and services in Uganda](#)

Alternatives to Bottled Water – Filtered Water

The Survivor Smart Pump

- In just under a minute it will produce 1 litre (34oz) of safe drinking water.
- The unique filter incorporates our MAD (**M**echanically **A**dvanced **D**isinfection) technology that eliminates ***bacteria, viruses, larger pathogens, chemicals, heavy metals, dirt and odour*** using NO chemicals and with NO wait time.
- Tested in Desert, Temperate and Jungle environments
- UK Compliance Water Quality Regulations 2000,
- EU Compliance European Drinking Water Directive Council Directive 98/83/EC
- Tested & approved for use by the UK MOD
- Tested by licenced laboratories in US & UK





What you need to wear

Tribes in Uganda.

Uganda has around 56 tribes who speak different languages and have their own different dress codes and cultures.

Uganda also has a number of Indigenous Peoples including ancient communities of hunters and gatherers, such as Benet and Batwa, also known as Twa. They also include minority groups like the Ik, the Karamojong and the Basongora.

English is recognised as an official language as is Swahili, most schools teach in English. Luganda is the local language widely spoken in the areas we visit.



Ugandans dress very smartly.



In cities, women can wear a calf-length skirt, though trousers are acceptable.

Local women in rural areas mostly wear ankle-length skirts or dresses, but again, foreign women can get away with calf-length skirts or trousers.

Ugandan men almost always wear long pants, and shorts generally are seen as only for schoolboys.

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 (not bikini) 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 wide-strap and worn with something else over the top if out of doors



And Crocs!





Sliders for indoors



Something suitable for church

Donations!



We need Extra large suitcases please!

The donations we take are almost as important as the work we do!

Heathrow scraps 100ml liquid container limit



GETTY IMAGES

| The switch to CT scanners means clear transparent bags are no longer needed at the airport

Katy Austin >

Transport correspondent

23 January 2026, 09:08 GMT · 731 Comments

Updated 1 hour ago

	Economy Lite	Economy Classic	Economy Convenience	Economy Comfort
Carry-on baggage	1 piece up to 7kg (15lb)^			
Checked baggage (flights to/from Africa or the Americas)	1 piece up to 23kg (50lb)	2 pieces up to 23kg (50lb) each		

Baggage guidelines

There are some specific requirements when it comes to the size and weight of your baggage.

- For carry-on baggage, the dimensions must not exceed 50cm (length) x 37cm (width) x 25cm (depth) (20in x 15in x 10in).
- For checked baggage, for flights to/from Africa or the Americas or the dimensions should not exceed 158cm total (height + width + depth of the baggage). For other routes*, the dimensions should not exceed 300cm total.

Additional items

In addition to the carry-on baggage allowance, the following personal items may also be carried as carry-on (hand) baggage:

- One small purse or small briefcase
- Weight:** For Economy, the *combined* weight of your carry-on and personal item often needs to be under 7kg (15lbs).

Hand Luggage: Qatar vs budget (Easyjet)

Economy Classic	Economy Convenience
1 piece up to 7kg (15lb)^	

^ Carry-on baggage

Maximum carry-on baggage size

- The maximum dimensions for carry-on baggage is 50cm (length) x 37cm (width) x 25cm (depth).
- Laptops should fit in your carry-on baggage. If a laptop bag is carried separately, it will be considered as carry-on baggage.

Additional Items


In addition to the carry-on baggage allowance, the following personal items may also be carried as carry-on (hand) baggage:

- One small purse or small briefcase
- One blanket or piece of outerwear e.g. jacket or coat
- One umbrella
- One pair of crutches or a walking stick
- One carrying case for a small camera or pair of binoculars
- Limited reading material
- An infant's carrying basket
- Duty-free items purchased on the day of your flight

Cabin bag allowances:

All customers can bring on board:

One small cabin bag



- Maximum size 45 x 36 x 20cm (including any handles or wheels)
- Includes items like a small trolley case, handbag, rucksack and laptop bag, but please check dimensions
- Needs to fit under the seat in front of you
- Maximum weight 15kg. You need to be able to lift and carry the bag yourself

We will only be carrying hand luggage when we get there – only use about 5kg's of your large suitcases – the rest should be saved for donations

Economy Class

Business Class

First Class

	Economy Lite	Economy Classic	Economy Convenience	Economy Comfort
Carry-on baggage	1 piece up to 7kg (15lb)^			
Checked baggage (flights to/from Africa or the Americas)	1 piece up to 23kg (50lb)	2 pieces up to 23kg (50lb) each		
Checked baggage (all other destinations*)	20kg (44lb)	25kg (55lb)	30kg (66lb)	35kg (77lb)

^For flights to or from Brazil, Economy class customers can carry one piece of baggage up to 10 kg (22lb).

Kit List

- Staff take a lot of stuff so you don't need much
- Pack light/ you can buy stuff there
- We do get clothes washed for us, and we can hand wash on safari
- Packing Cubes really help

Clothing:

- 4/5 T-shirts (including Uganda one)
- 2/3 pairs shorts/trousers
- Uganda hoodie (flight and evenings)
- 5 x underwear & socks
- Trainers/crocs
- Nightwear (cotton is best)
- Sliders/flip flops (safari)
- Swimwear (safari)
- Sun hat

So we will all be carrying 4 pieces of luggage! If your main **hand luggage** is a backpack – make sure your **personal bag** is a shoulder bag.

Suitable Hand Luggage

zon Fashion

NEW ARRIVALS

WOMEN

MEN

KIDS & BABY

LUGGAGE

BRANDS

DEALS

prime try before y



EasyJet 45x36x20cm Cabin Suitcase: Light & Stylish

FLIGHT
KNIGHT

15% off

Limited time
deal

£38²⁴

£44.99 ✓prime



Back to results



Visit the Cabin Max Store

Cabin Max 55x40x20 Travel Backpack,
Travel Bag Men, Cabin Size Rucksack
Cabin Backpack - Backpack for
Travelling - Cabin Backpack Carry On
Bag for Easyjet, Wizz Air and Ryanair
Cabin Bags 55 x 40 x 20

4.6 ★★★★★ 5,984 | Search this page

50+ bought in past month

£34⁹⁵

✓prime

Colour Name: Atlantic Blue



£34.95
✓prime



1 option from
£39.95



£34.95
✓prime



£44.95
✓prime



£44.95
✓prime



£34.95
✓prime



£34.95
✓prime

Product details

£34⁹⁵

✓prime

FREE delivery **Wednesday, 29 January**. Order within **22 hrs 33 mins**. [Details](#)

📍 Deliver to nesto - Cardiff CF10
1

In stock

Quantity: 1

Add to basket

Buy Now

Dispatches from Cabin Max UK
Sold by Cabin Max UK
Returns Returnable within 30 days of receipt
Payment Secure transaction
✓ See more

Add to List

Suitable Hand Luggage

ashion

NEW ARRIVALS

WOMEN

MEN

KIDS & BABY

LUGGAGE

BRANDS


DEALS

Cabin Max Travel Luggage


Cabin Max








★★★★☆ 540

£49.95 prime



[Back to results](#)



Brand: Lumesner

Lumesner Carry on Backpack, Extra Large 40L Flight Approved Travel Backpack for Men & Women, Expandable Large Suitcase Backpacks With 4 Packing Cubes

4.7 ★★★★★ 2,147 ratings | [Search this page](#)

Amazon's Choice

300+ bought in past month




£42.99



prime One-Day

FREE Returns

Size Name: XL

Colour Name: Grey (Backpack With 3 Packing Cubes)

 £54.99  £42.99 prime  £54.99

 £54.99 prime  £42.99 prime

Product details

Care instructions Hand Wash Only

Country of origin China

About this item

Delivery Pickup

£42.99

prime One-Day

FREE Returns

FREE delivery Tomorrow. Order within 14 hrs 9 mins. [Details](#)

📍 Deliver to Anona - Banbury OX16 9

In stock

Quantity: 1

Add to Basket

Buy Now

Dispatches from Amazon

Sold by Lumesner Store-UK


Returns Returnable within 30 days of receipt

Payment Secure transaction

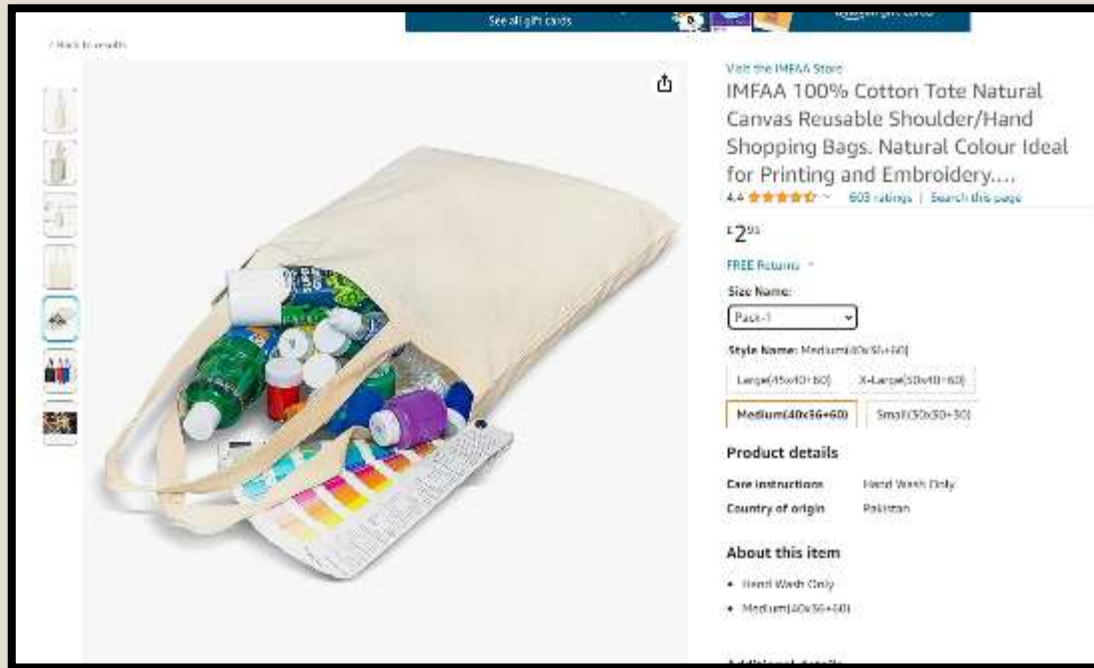
See more

☐ Add gift options

Add to List



IMPORTANT! – you also get a ‘small purse (handbag) or briefcase’



A ‘messenger’ type bag is best

Don't use a **second** backpack

Fit as much as you can in there – especially heavy things like power banks


You can also wear a bum bag



Packing cubes (or small bags to separate) are super useful.

And if possible something to keep clothes off the floor.

Language & Travel Gear > Accessories > Travel Accessories > Luggage Accessories > Packing Organisers



Amazon Basics Packing Cubes for Suitcases, Travel Organisers, Zipper, 4-Piece Set Bags, Small, Black

Visit the Amazon Basics Store

4.5 ★★★★★ 57,149 | Search this page

Amazon's Choice

100+ bought in past month

£17.97 (per set / each)

✓prime One-Day
FREE Returns

Size Name: Small

2 Large and 2 Medium 2 Medium and 2 Large

Large/Medium/Small/Slim Small Medium Large

Size

Colour Name: Black

Roll over image to zoom in

Luggage & Travel Gear > Accessories > Travel Accessories > Luggage Accessories > Packing Organisers



bagsmart Electronics Organizer Travel Organizer Pouch, Charger Organizer, Tech Organizer as Travel Accessory, Black

Visit the bagsmart Store

4.3 ★★★★★ 7 ratings | Search this page

50+ bought in past month

£12.99


✓prime One-Day
FREE Returns

Voucher: ☐ Apply 12% voucher Shop items > | Terms

Colour Name: Black

£12.99 ✓prime £12.99 ✓prime

Roll over image to zoom in



The Hanger Store Travel Hanging Closet, Wardrobe, Suitcase & Luggage Organiser





Visit the The Hanger Store Store

4.5 ★★★★★ 99

£21.99

Room type	Closet
Number of shelves	3
Special feature	Durable
Age range (description)	Adult
Brand	The Hanger Store
Product care	Wipe with Dry Cloth

See more

 Material	Plastic	 Mounting type	Hanging
 Shelf type	Hanging Shelf	 Shape	Rectangular

About this item

- Place in Suitcase - Pack your clothes and accessories in travel closet and place straight into your suitcase (50cm/20" or larger). Perfect for a weekend away or business trip.
- Hang on Arrival - No need to unpack. Just remove from suitcase and hang travel closet on rail. Instant organisation and easy access to all your clothes in seconds.

Roll over image to zoom in



LIVEHITOP 3PC Toys Storage Hanging Mesh Basket Chest, Soft Teddy Hammock Collapsible Net 3 Tier Space Save Organizer Gifts for Children Cuddly Bedroom Tidy (Pink, Rose, Purple)

Visit the LIVEHITOP Store

4.2 ★★★★★ 2,108

Amazon's Choice

50+ bought in past month

£11.99 (per set / each)

✓prime One-Day
FREE Returns

Spend £10, save 5% for every 3 items promo code: 3KHVMHMC | Terms

Shop items

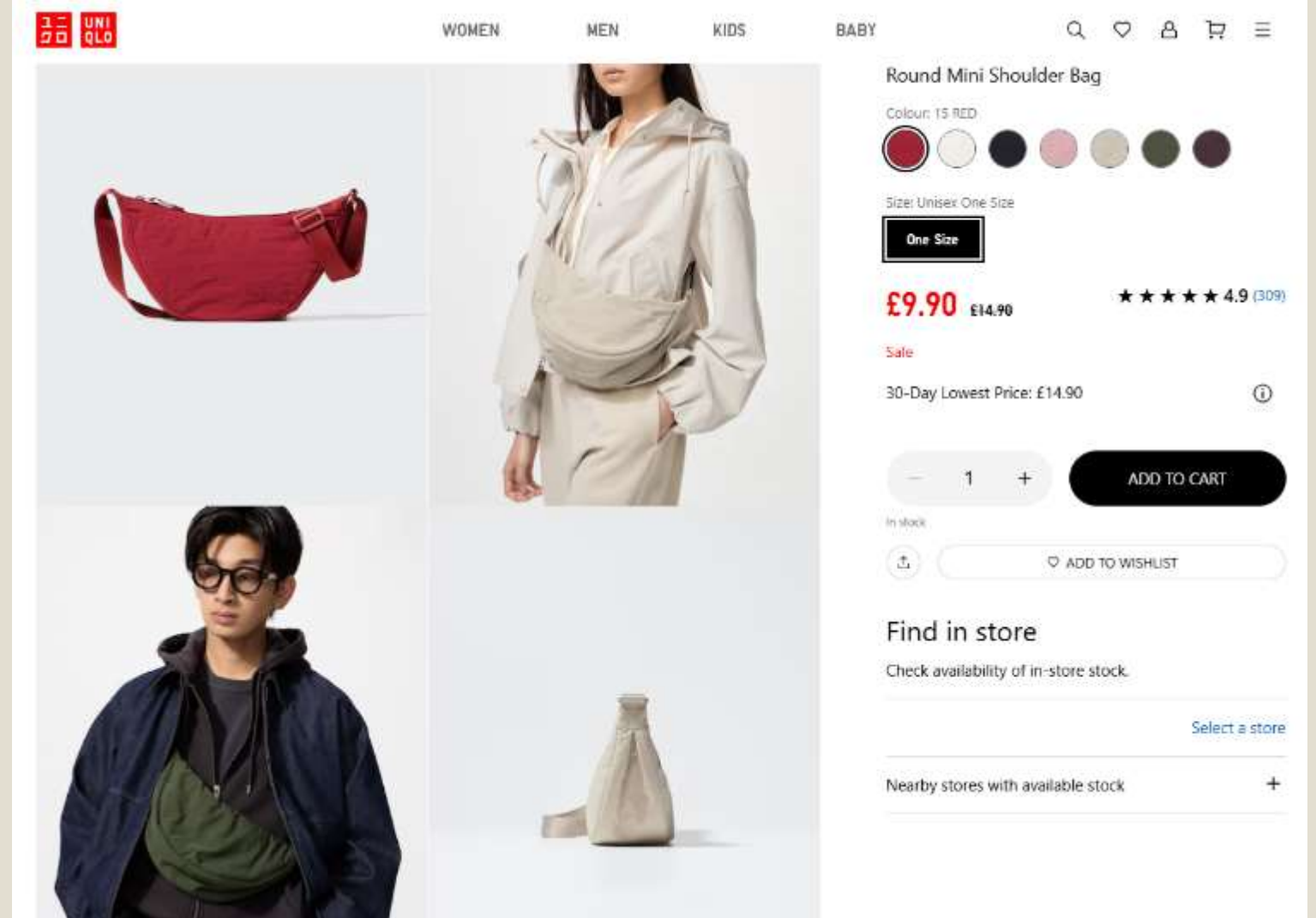
Save 5% on any 3 Qualifying items | Terms

Colour Name: Pink, Rose, Purple

£11.99 (per set / each) FREE Delivery Tomorrow £11.99 (per set / each) FREE Delivery Tomorrow

Roll over image to zoom in

A hanging washbag and a day bag for when we are out and about.



5-4-3-2-1 PACKING METHOD: ADULTS



Our clothes are washed for us in schools, and we take washing powder sheets for handwashing

Towels!

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



Brand: Pystuvo

£11.99

✓prime One-Day
FREE Returns

Voucher: ☐ Apply 30% voucher [Shop items](#)

Spread the cost of your purchase over £10

Select Instalments by Barclays at checkout. Subject

Representative example: Credit limit £1200, Annual interest rat

[Learn more about Instalments by Barclays](#)

Colour Name: Light Gray



Colour
Brand
Towel form type
Material

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
Brand
Material
Product dimensions
Number of items

Blue
SwimMad
MicroFibre
130L x 75W centimetres
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. Amazon is the Representative example: Credit limit £1200, Annual interest rate 12.2% variable, Representative APR 12.2%

[Learn more about Instalments by Barclays](#)

Size Name: 2 Count (Pack of 1)

Colour
Brand
Towel form type
Material
Product dimensions

Brown + Pink
m zimoon
Hair Towel
Microfiber
55L x 24W centimetres

Roll over image to zoom in

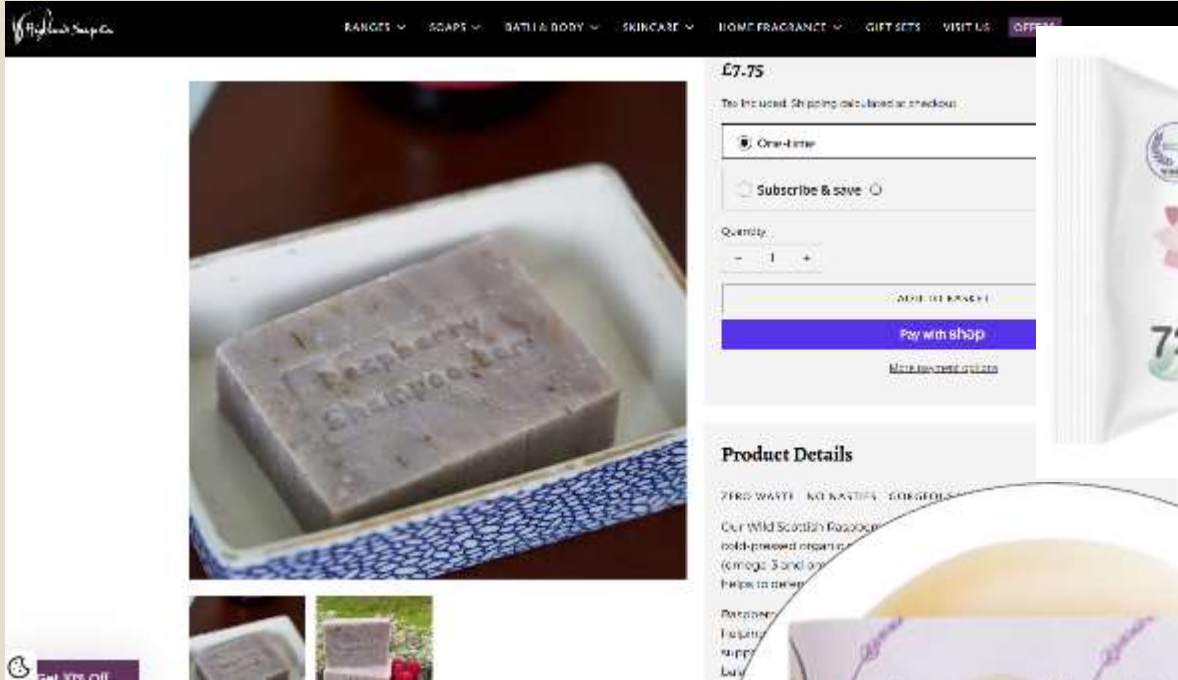


We are trying to use less plastic



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



Take tins, solid bars or share!

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:

3 pairs trousers
2 dresses
1 skirt
6 t-shirts/tops
2 shirts
1 nightdress
5 cotton vests
7 pairs socks
1 tankini swimsuit

Other:

Hanging Organiser
Turkish towel
Washbag
Solid deodorant
Cross body & Fold up bag
Flannel
Toothbrush
Wipes
Hat
2 pairs shoes
Storage bits

2025

In my personal bag

Liquids bag

Electronics organiser with power bank etc
1 pair baggy leggings
1 t-shirt
1 shirt
1 pair socks
sunglasses
hat

Liquids Bag:

1 SPF 50 face cream
2 mini shower gel
1 toothpaste
1 Small pot Vaseline
1 50 spf facial spritz
1 spray almond oil
(moisturiser)
1 tinted mosturiser
1 lip balm

Current weight: 8kg Limit: 8kg

In my main luggage

Liquids:

1 refill bottle shower gel
1 smidge

Other:

Storage boxes
Head torch
Shampoo/Conditioner bars
Sliders
Flip flops for safari

Still to put in:

Underwear

Solid shampoo

Large Sunscreen

Laptop (needs to go in personal bag)

Spare Water bottle

Current weight: Maybe 2kg?

Limit: 23kg

Useful Links

[Cabin Max Backpack](#)

[Hanging organizer thing](#)

[Shampoo bar](#)

[Another backpack we have used](#)

[Packing cubes](#)

[Smidge](#)

[Moskito Guard \(by Smidge\)](#)

[Shampoo bar \(expensive but good\)](#)

[We have no storage! So these are useful](#)

Things to Donate

Colouring pencils/crayons
(ideally not pens)
Arts and craft supplies
Baby/Children's Clothes
Cloth/reusable nappies
Hardwearing toys

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

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

Leaving Day drop off

We should have already packed our large suitcases and they will be stored in the Hall.

Because we are leaving on a Sunday, as much hand luggage as possible and ideally spending money and medication should be dropped off at school the Friday before (Friday 3rd July) for weighing and recording.

- Any cash not needed for the journey is 'banked' with staff (*students should keep a bit for the journey if they want food*)

Drop off at school – students and parents should come up the main reception of the building where staff will be based: **Please could students bring either food for the journey, or money to buy some.**

- Hand luggage not left at school will be checked and weighed and loaded onto the coach.
- Any last medication checks

We will bring our suitcases back - carrying Ugandan crafts to sell during the choir tour so we will need to unload those before students can leave (they will have plenty of room for their own souvenirs).



Keeping in touch parents will be sent our blog link before we go (and of course we will post on socials)



Red & Gold Team – Safari Day 22, 23, & 24



Gold Group – belated upload of halfway highlights

Here are some of the highlights of the trip from the Gold group students and staff: 1) and giving donations and seeing their faces 2) the welcome dinner at the hotel 3) the meeting the first school

READ MORE



Gold Group – Day 16 – final day of work!

Yet another wonderful day in Uganda! As has become tradition, we woke up to "Hotel California" as our alarm clock – I

READ MORE



Gold Group – day 15 – primary school visits and Buwama

We started the day off with a group of children from the school

READ MORE

Gold Group – Day 14 – more painting and digging....and rain!

On the 14th day of our work in



Red Team Day 15 – Bukomansimbi & Masaka Market

Bukomansimbi Whist in



Red Team Day 14 – Working and Teaching Lessons

Work today we continued our work at Kamuzinda, making bricks to use for our



We really don't want students to have these

maya.net/esim/uganda

WIL SharePoint Google T&T resources T&T training https://app1.aspx...

maya Travel eSIM - For Business How It Works Coverage 5G Explore Help - Q GBP - Log In

Uganda eSIM Plans

Enjoy fast and reliable internet in 🇺🇬 Uganda, with no contracts and no roaming fees.

- Instant Activation Online
- Fast 5G Data
- iPhone + Android

★ Trustpilot
★★★★★
TrustScore 4.8 7,884 reviews

Uganda eSIM Plans & Pricing

Wi-Fi Hotspot Instant Activation Fast Internet Optional Auto-Renew

Uganda eSIM	1 GB 🇺🇬	Uganda eSIM	3 GB 🇺🇬	Uganda eSIM	5 GB 🇺🇬
eSIM Specifications	1 Gigabyte	eSIM Specifications	3 Gigabytes	eSIM Specifications	5 Gigabytes

We will have them though..

Money:

We are insured up to £1000 cash per person

In order to make sure students money is secure staff will collect in student money not needed for the journey and open a bank balance in our 'bank book'.

All staff will then carry any UK Stirling in money belts and convert into UGX when we get there.

There is a maximum limit of cash we can take out of the UK and into Uganda so the recommended amount for students is around £150 spending money for gifts and snacks in Uganda (they can bring less) and £30 for food on the journey to and from the airport.

Students can make 'bank' withdrawals each day from the designated staff member.

Street food is very cheap in Uganda (around 50p) but western items such as biscuits, Pringles and sweets can be very expensive (a milkshake at the Safari lodge costs around £5)

Supermarket prices in Uganda are fixed – but everything else is negotiable!

You will likely be charged around double the minimum price someone would be prepared to accept at a market, especially tourist craft ones.



Valuables:

Many Ugandans think all foreigners are rich.

Just the fact that we have the money to fly to Uganda in the first place makes us richer than many Ugandans could ever hope to be.

We are insured for phones/valuables however:

Be aware that Ugandans are very polite and handle cash very discreetly (rolled up in the palm of their hand).

The school children that we visit may have meat, as part of a meal, two or three times a year and will have a soda once a year probably at Christmas.

It isn't fair to put very poor young people around electronics and valuables that they would never normally have access to, so we don't allow Ugandan children in bedrooms.

The internet regularly gets turned off in Uganda 😊

£150 is much more than 99% of Ugandans earn in a month – the average wage of a working Ugandan is around £30 - £40 per month

1% of Working Ugandans earn above Shs1M - BoU

Friday, May 13, 2022



Nearly 50 percent of the 22.8 million working Ugandans earn less than Shs150,000, according to Bank of Uganda Financial Capability Survey. PHOTO / file

PROSPER PRIME

60% of Ugandans earn Shs200,000 per month

Tuesday, December 06, 2022

Fundraising!

Last year we raised around £30,000 with a team of 49 students (an average of £612 per student). This year we have 46 students – so we are aiming for £27,000 or more!

- In-school fundraising raises around £8,000/£10,000 (sleepover/doughnuts/second hand uniform/non-school uniform day)
- Staff also try to do one additional sponsored event

This is not enough for the stuff we need to do!

How you can help:

- **Plan your own fundraising** - This very often doubles our fundraising total!
- We will be handing out £50 job cards! If everyone does the £50 card we raise another £2,300

Examples!

Sennen:

https://www.justgiving.com/crowdfunding/zehra-jiwa?fbclid=IwZXh0bgNhZW0CMTEAAR2WIZhJRcKXlos6LgH3zMEq_v5CEV3CfFSR-BVxHwqUDYYoL9AxPppAbSnU_aem_AY1w2-ar2mOkxwggagHa-v-tvswH4xz3jj3ivXrvZuPq5-MCCVi5jwA8xCEFuGeMJA9kfyzMvbLKY8zdRsKm9Y

RLS Staff team:

https://www.justgiving.com/crowdfunding/RLSCornish3Peaks?utm_term=NwyG5xP6y

Lander4Uganda



£515 raised

£500 target • 24 donations



Share

Donate now

Catriona O'Connor
£15 • 6 mos

Richard Way
£20 • 6 mos

Anonymous
£10 • 6 mos

Lander to Uganda by Bike or Foot in 40 Days



This team of girls have taken on the challenge to clock up over 4000 miles between them in 40 days. They will

<https://www.gofundme.com/f/cycling-to-uganda-in-40-days>

Ruby and Mischa - Devoran to Portreath Run

These 2 Year 11s are going to fit in a sponsored run alongside their revision this half term!

<https://gofund.me/ad22c242>

Lander4Uganda



Cycling to Uganda in 40 days!



Charlie Skosen is organising this fundraiser.

£1,650 raised

£1,000 target • 47 donations



Share

Donate now

Rachel Skis
£20 • 4 mos

Emily Skis
£50 • 5 mos

Anonymous
£25 • 2 mos

Patrick Skis
£100 • 2 mos

Examples!



Abigail
Ludlow

I've raised £1,210 to Support school projects in Uganda ug



£1,210

raised of £750 target by 71 supporters



Richard
Lander
Uganda

I've raised £1,160 to fund building and infrastructure projects in our partner schools in rural Uganda by taking THE POSHO CHALLENGE

Truro Children and youth Funded on Friday 22nd September 2023



£1,160

raised of £500 target by 61 supporters

Share



Don't have time to donate right now?

Set up a reminder

Story

Supporters

61

20

live world immersed by our oceans.
Book online now! <https://driftwoodspars.co.uk/events>

Friday 20 February 2026 from 18:30-21:00

COASTAL INFLUENCES - WINE TASTING

Driftwood Spars

About Discussion

Interested Going Invite

Details

4 people responded



Event by Driftwood Spars

Driftwood Spars

Tickets

driftwoodspars.enginehousetickets.co.uk/events/147257

Public · Anyone on or off Facebook

Experience the stunning flavours of wines from around the world at our annual Wine Tasting Night, in partnership with Old Chapel Cellars.

Discover a carefully curated selection of ocean-influenced wines, each with its own unique character and story. Enjoy a variety of exciting new wines, perfectly complemented by delicious nibbles including crackers, fresh bread and olives.

Whether you're a devoted wine lover, searching for a unique Valentine's gift, or simply in need of a well-deserved wine night, this is the perfect evening to indulge and unwind.

This special event also supports a meaningful cause. All proceeds will help raise funds for Lander for Uganda, where Richard Lander School students are working to support partner schools in Uganda.

Funds raised will contribute to essential building projects, maintenance, furniture, and food. Helping to improve the lives and learning environments of children in the African partner schools. [See less](#)

Drinks Saint Agnes, Cornwall, United Kingdom

Tickets

Find Tickets



Driftwood Spars

Trevaunance Cove, Saint Agnes

Pub, dining, micro-brewery, live music & wedding venue with four star B&B accommodation with amazing coastal views in th... [See more](#)

The Driftwood Spars in St Agnes, has kindly offered to help fundraise money for this year's Uganda trip with a wine tasting event on Feb 20th .

Come along and help our fundraising efforts!

<https://fb.me/e/ipmLhLKQ3>

What we need from students/parents now:

- **Keep up to date with work and make sure you know your attendance**
- **Source Extra Large suitcases/buy or source hand luggage**
- **Think about Fundraising – the school do as much as we can, but we need students to help**
- **Organise vaccinations and hand in Yellow Fever booklet to school**
- **Check passports so it is ready to be handed in if it won't be used before July – or after it needs to be used, we need to apply for Visas after Easter.**
- **Start collecting things to wear, good quality second-hand is always best**
- **Start collecting good quality donations and bring them in**