

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: 06/07/2026 04:15 *All times shown are local times in destination	
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 *All times shown are local times in destination	
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 *All times shown are local times in destination	
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 *All times shown are local times in destination	

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: start date of cover: 7 October 2025 To: 6 October 2026 Renewal Date: 7 October 2026	And for any subsequent period for which a premium is paid and accepted.	Premium & Insurance Premium Tax (IPT) @ 12.00% Additional Premium £ 1,425.00 IPT £ 171.00 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 scheduled aircraft accumulation limit non-scheduled aircraft accumulation limit	£ 10,000,000 £ 5,000,000 £ 5,000,000	
Silver Plan	Operative	
Gold Plan	Inoperative	
Table of Benefits B (On-Site Cover)	Inoperative	

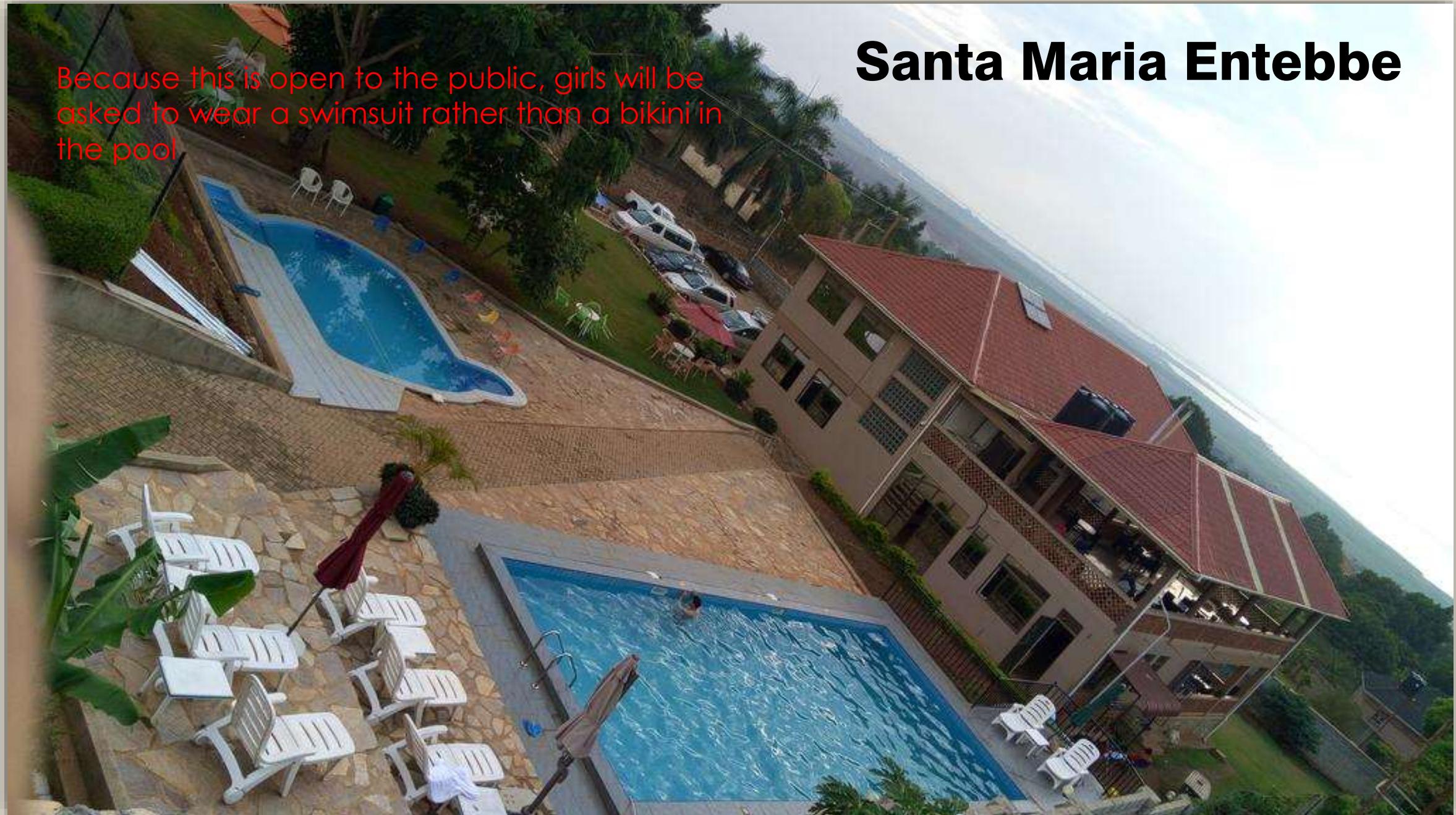
Table of Benefits A

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

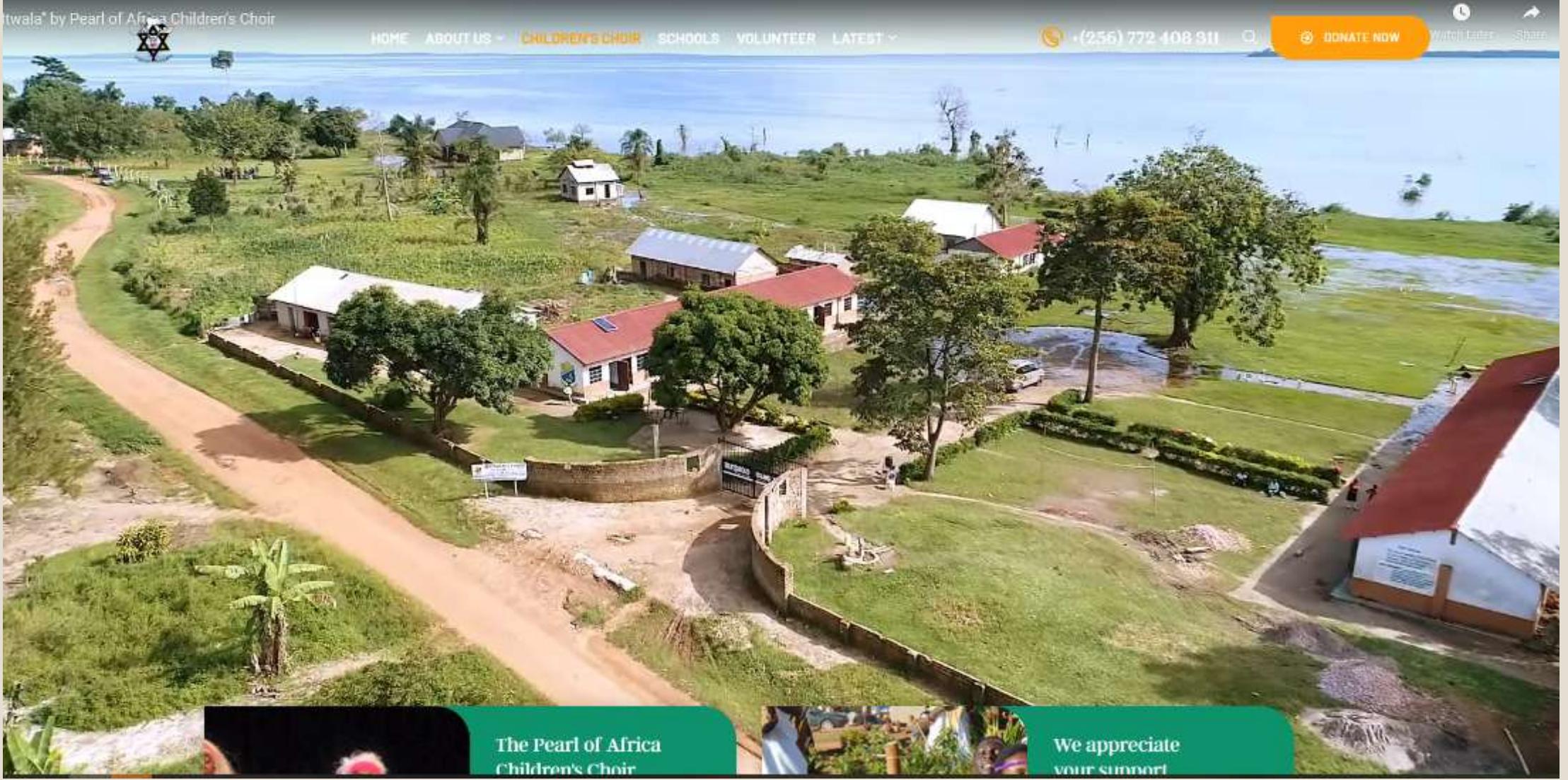
Because this is open to the public, girls will be asked to wear a swimsuit rather than a bikini in the pool



Kamuzinda Childrens Village



Bunjako High School



The image shows an aerial view of the Bunjako High School campus. The school is located on a green, hilly landscape with a dirt road leading to it. There are several buildings with red roofs and white walls, some with solar panels on the roofs. The campus is surrounded by lush green trees and fields. In the background, there is a body of water and a small town or village visible on the horizon. The sky is clear and blue.

mollyandpaul.org/pearlchoir

twala* by Pearl of Africa Children's Choir

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New Kabale Busega



Bushpig Kampala



Bushpig Kampala



Luxury Acacia Villa





Kazinga Tours - Day Tours

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

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About

We are specialist in Day Tours in and around Kampala: Kampala City Tour, Birding around Kampala, Visit Mabamba Swamp and the Botanical Gardens and visit Ngamba Island, the Chimp Island in Lake Victoria. Kazinga Tours also organizes private safaris and group tours to Uganda, Rwanda and Tanzania.

Similar Experiences



Kampala boda boda tours [motorbike tours]

40



Kampala City Guided

102



Uganda

Rwanda

Kenya

Tanzania

Our Specials

Highlights

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

Uganda, Rwanda, Kenya and Tanzania

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

72

Half-day Tours

26

Bike Tours



Rwanda



Richard Lander School

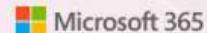
Uganda 2026 Emergency Contacts, GDPR, Medical Consent and Dietary Requirements

⌚ 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. <u>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.</u>		
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)		

What do I need to know before I travel?Information on how to stay safe and healthy abroad. [About us](#).

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[Travel Health Advice](#)

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

Current popular advice pages:

[Staying Healthy If Traveling Abroad](#)[Travelling Abroad to Attend Festivals](#)[Mosquito Bite Avoidance](#)[Food and Water Guidelines](#)

[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 from 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
<u>Hepatitis A vaccination</u>	£63	1	£63
<u>Hepatitis B vaccination</u>	£52	3	£156
<u>Japanese Encephalitis Vaccination</u>	£109	2	£218
Measles, Mumps, and Rubella vaccination	£45	1-2	£45-£90
<u>Meningitis ACWY Vaccination</u>	£57	1	£57
<u>Polio, Diphtheria & Tetanus vaccination</u>	£38	1	£38
<u>rabies vaccination</u>	From £74 to £110 per dose	3	£222 to per £330 per
<u>Tick-borne Encephalitis vaccination</u>	£60	3	£180

Price list

Consultation fee:

A consultation fee[†] 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: £2700

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.

<u>Large First Aid Bag – GOLD TEAM</u>	
<p>***Needle kits x6 ***</p> <p>***Extra anti-malarial (malarone) tablets for students who may forget or lose their tablets during the trip. ***</p> <ul style="list-style-type: none">○ 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	<ul style="list-style-type: none">○ 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 <ul style="list-style-type: none">○ 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 <ul style="list-style-type: none">○ A5 book (lined)○ Copy of the medical needs for the students○ Pens x10○ First Aid Manual

Deet vs Smidge (and Moskito 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.

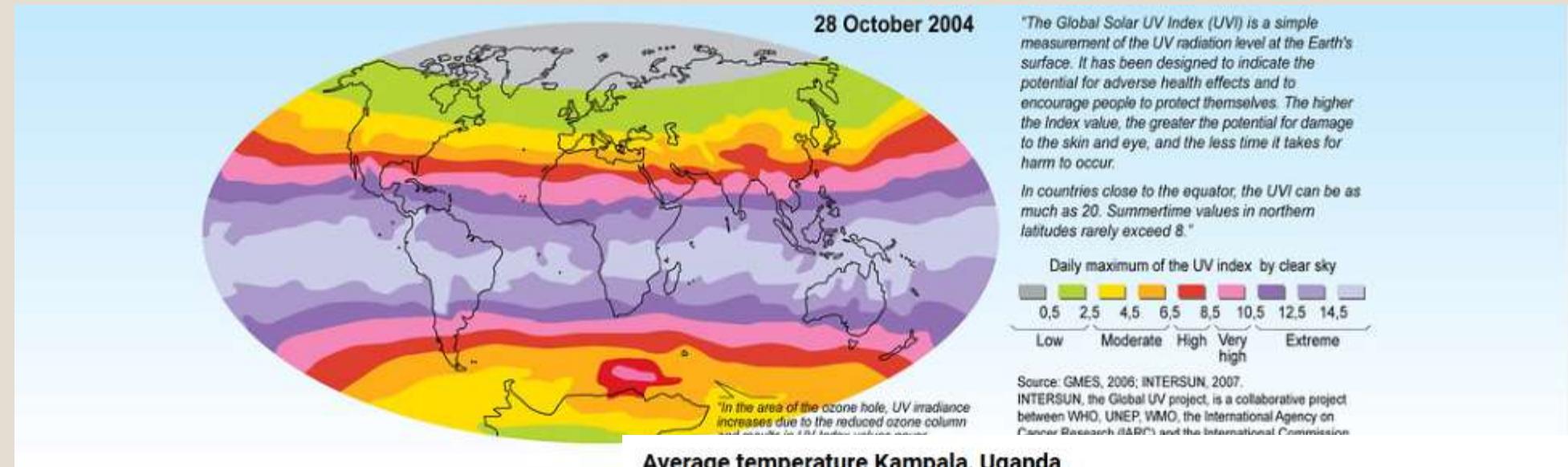


Picaridin (also known as Saltidin)

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.



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

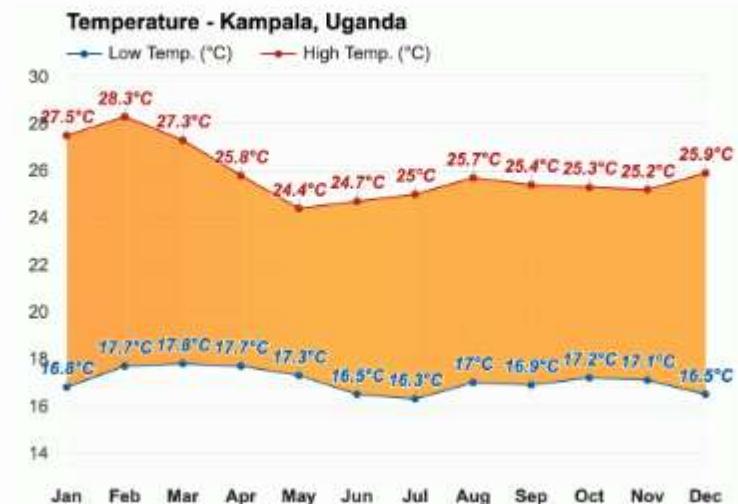
12 12 hours of daylight per day

L Low heat & humidity

64 64 mm of monthly rainfall

11 11 (Extreme) UV index

Average 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](#)

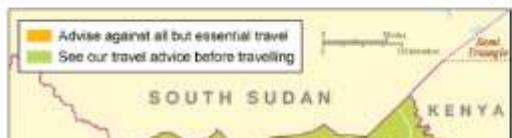
[Get email alerts](#)

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

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Alternatives to Bottled Water – Filtered Water

The Survivor Smart Pump

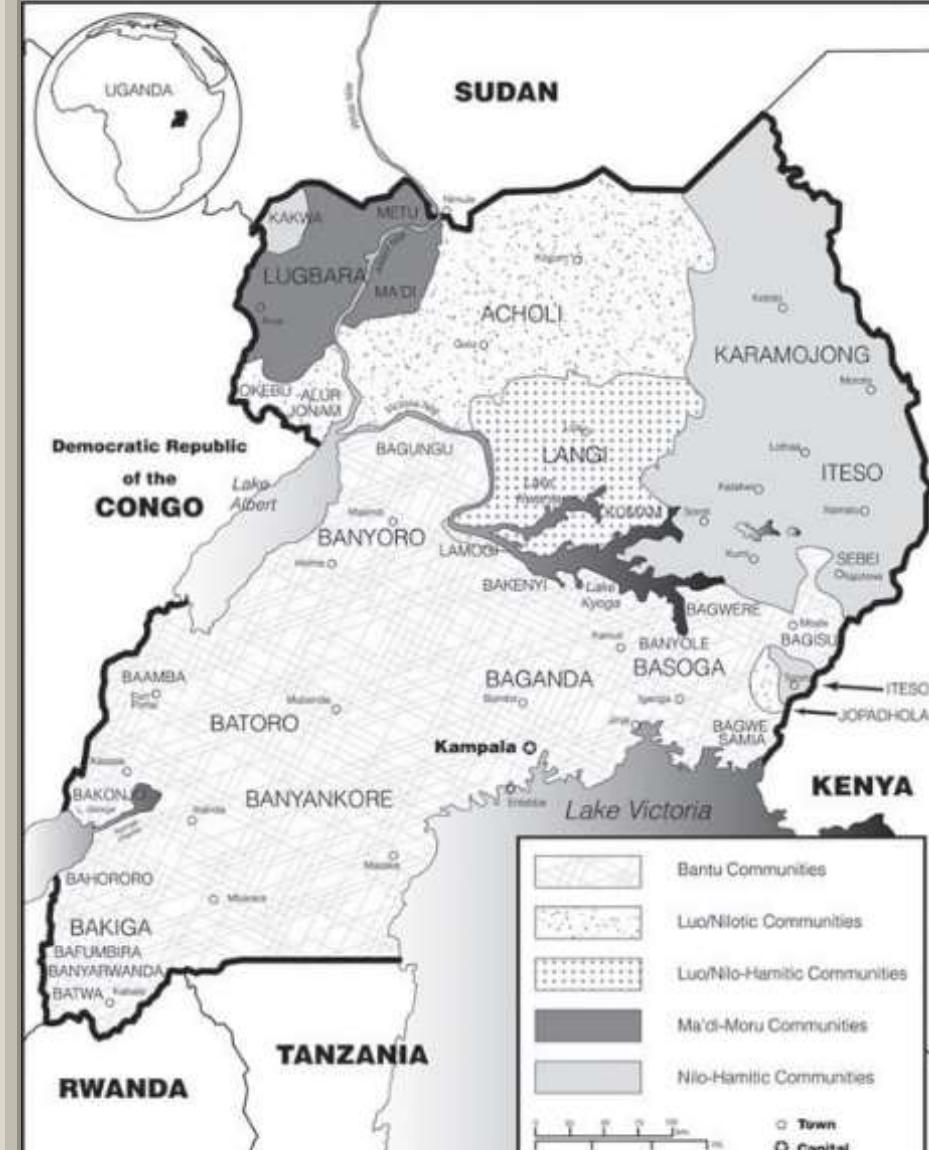
- In just under a minute it will produce 1 litre (34oz) of safe drinking water.
- The unique filter incorporates our MAD (Mechanically Advanced Disinfection) technology that eliminates **bacteria, viruses, larger pathogens, chemicals, heavy metals, dirt and odour** using NO chemicals and with NO wait 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

ETHNOGRAPHIC UGANDA



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

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

TAKE A HAT!



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 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: Quatar vs budget (Easyjet)

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

Carry-on baggage
Maximum carry-on baggage size <ul style="list-style-type: none">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 <p>In addition to the carry-on baggage allowance, the following personal items may also be carried as carry-on (hand) baggage:</p> <ul style="list-style-type: none">One small purse or small briefcaseOne blanket or piece of outerwear e.g. jacket or coatOne umbrellaOne pair of crutches or a walking stickOne carrying case for a small camera or pair of binocularsLimited reading materialAn infant's carrying basketDuty-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

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	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 £38.24 £44.99 vprime

[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

£34.95
vprime

Colour Name: Atlantic Blue

 £34.95 vprime	 1 option from £39.95
 £34.95 vprime	 £44.95 vprime
 £44.95 vprime	 £34.95 vprime
 £34.95 vprime	

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

Product details

Suitable Hand Luggage

Fashion NEW ARRIVALS WOMEN MEN KIDS & BABY LUGGAGE BRANDS DEALS

Cabin Max Travel Luggage

 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 ★★★★☆ 540 49.95 prime

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

Delivery

£42.99

prime One-Day FREE Returns

FREE delivery Tomorrow. Order within 14 hrs 9 mins. Details

Deliver to Anona - Banbury OX16 9

Pickup

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 bumbag



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

And if possible something to keep clothes off the floor.

Luggage & Travel Gear > Accessories > Travel Accessories > Luggage Accessories > Packing Organizers



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

Visit the Amazon Basics Store

4.5 ★★★★★ 57,143 | Search this page

Amazon's Choice

100+ bought in past month

£17.99 £19.99 £19.99 £19.99

prime One-Day FREE Returns ✓ Size Name: Small

2 Large and 2 Medium 2 Medium and Large

Large/Medium/Small/Slim Small Medium Large

Size

Colour Name: Black

Black Blue Grey Green Red Blue

Roll over image to zoom in



Roll over image to zoom in

bagsmart Electronics Organizer Travel Pouch, Charger Organizer, T Organizer, Tech Organizer as Travel Ac Phone, 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 £12.99 prime £12.99 £12.99 prime

Luggage & Travel Gear > Accessories > Travel Accessories > Luggage Accessories > Packing Organizers



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

Visit the The Hanger Store Store

4.5 ★★★★★ 59

£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

Shelf type: Hanging Shelf

Mounting type: Hanging

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

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24



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 ★★★★★ 2,208

Amazon's Choice

80+ bought in past month

£11.99 £14.99 £14.99

prime One-Day FREE Returns ✓

Save 3% for every 3 items promo code: 8KHMVNC [Terms](#)

Shop items

Save 5% on any 2 Qualifying items [Terms](#)

Colour Name: Pink, Rose, Purple

£11.99 £14.99 £14.99 £14.99 £11.99 £14.99 £14.99 £14.99 £11.99 £14.99 £14.99 £14.99

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



UNIQLO

WOMEN MEN KIDS BABY

Search Cart

Round Mini Shoulder Bag

Colour: TS RED

One Size

£9.90 £14.90 ★★★★★ 4.9 (309)

Sale

30-Day Lowest Price: £14.90

1 ADD TO CART

In stock

ADD TO WISHLIST

Find in store

Check availability of in-store stock.

Select a store

Nearby stores with available stock

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, Soft and Absorbent, Quick Dry, for Beach, Swimming, Yoga Gym, Travel, Light Gray



Roll over image to zoom in



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 to financial status. Ama

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

Learn more about Instalments by Barclays

Colour Name: Light Gray

£11.99
✓prime

£11.99
✓prime

Colour

Li

Brand

P

Towel form type

Bi

Material

C

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



Roll over image to zoom in



£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

£9.99
✓prime

£9.99
✓prime

Size Name: 130 x 75cm

Colour

Blue

Brand

SwimMad

Material

MicroFibre

Product dimensions

130L x 75W centimetres

Number of items

1

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



Roll over image to zoom in



Visit the m zimoon Store

4.4 ★★★★★ 1,187 ratings

£8.99 (£4.50 / unit)

✓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

Brown + Pink

Brand

m zimoon

Towel form type

Hair Towel

Material

Microfiber

Product dimensions

55L x 24W centimetres

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

Product Details

Our Wild Scottish Raspberry cold-pressed organic (omega-3 and 6) helps to renew.

Up to 80 washes

Earth Friendly

Plastic Free



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](#)

[Another
backpack we
have used](#)

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

[Hanging organizer
thing](#)

[Packing
cubes](#)

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

[Shampoo bar](#)

[Smidge](#)

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

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; I am; giving donations and seeing their faces. Sorry, the website didn't update to reflect the first school.

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

Gold Group – day 15 – primary school visits and Buwama

We started the day off with some delicious Bafous and fish.

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

On the 14th day of our work in

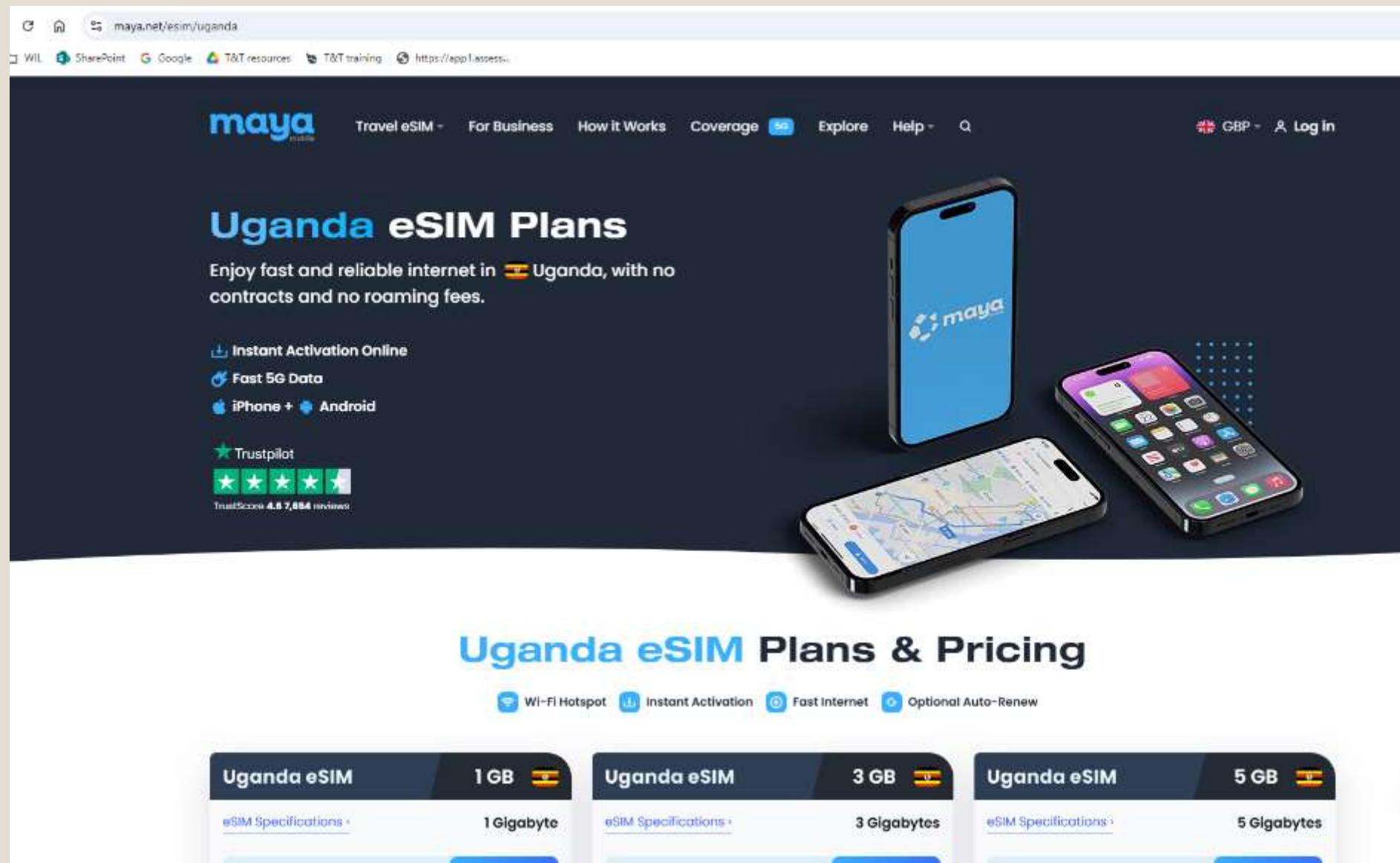
Red Team Day 15 – Bukomansimbi & Masaka Market

Bukomansimbi whilst in

Red Team Day 14 – Working and Teaching Lessons

Work today we continued our work at Kamuzinda; making

We really don't want students to have these



The screenshot shows the Maya eSIM website. At the top, there is a navigation bar with links for Travel eSIM, For Business, How it Works, Coverage, Explore, Help, and Log in. The main heading is "Uganda eSIM Plans". Below it, a sub-headline reads: "Enjoy fast and reliable internet in  Uganda, with no contracts and no roaming fees." To the right, there are three smartphones displaying the Maya logo and interface. On the left, there is a list of features: Instant Activation Online, Fast 5G Data, iPhone + Android, and Trustpilot reviews (4.8 7,884 reviews). Below this, there is a section titled "Uganda eSIM Plans & Pricing" with icons for Wi-Fi Hotspot, Instant Activation, Fast Internet, and Optional Auto-Renew. Three eSIM plan options are listed: "Uganda eSIM 1 GB" (1 Gigabyte), "Uganda eSIM 3 GB" (3 Gigabytes), and "Uganda eSIM 5 GB" (5 Gigabytes). Each plan has a "eSIM Specifications" link and a blue progress bar indicating data usage.

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 Sterling 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=IwZXh0bgNhZW0CMTEAAR2WIZhJRcKXlos6LgH3zMEqv5CEV3CfFSR-BVxHwqUDYYoL9AxPppAbSnU_aem_AY1w2-ar2mOkxwggalqHa-v-tvswhY4xz3jj3ivXrvZuPq5-MCCVi5jwA8xCEFuGeMJA9kfyzMvbLKY8zdRsKm9Y

RLS Staff team:

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

Lander4Uganda



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>

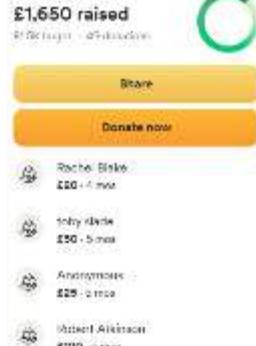
Lander4Uganda



Cycling to Uganda in 40 days!



Charlie Sloane is organising this fundraiser.



Examples!



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

Abigail
Ludlow



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

• Thru: • Children and youth • Funded on Friday, 22nd September 2023

Story

Supporters

61



Don't have time to donate right now?

[Set up a reminder](#)

20

THE WORLD INFLUENCED 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.

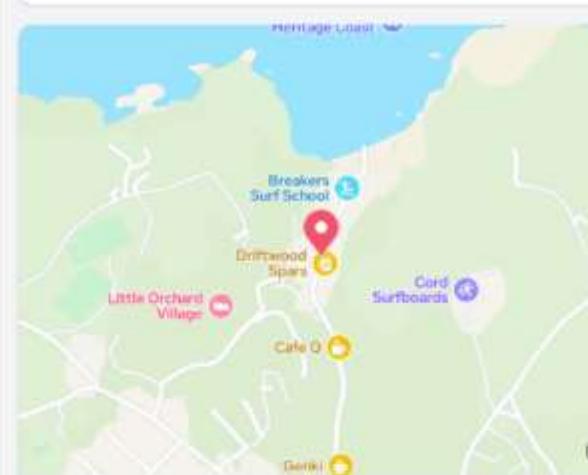
Funds raised will contribute to essential building projects, maintenance, furniture, and food. Helping to improve the lives and learning environments of children in the African partner schools.

[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/1pmLhLKQ3>

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**