

# Packing List


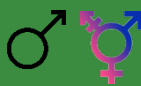
## MA in Sustainable Development Practice 2023

Please find a suggested packing list below for Ecuador, South Africa & Malawi. This list has been vetted by students who have studied in these locations and SIT faculty members.

### Ecuador Clothes & Shoes

- 3-4 pairs of pants (jeans, casual pants)
- 2 pairs of shorts
- 4-5 modest tee shirts and tanks
- 4-5 shirts, casual and dressy
- 2-3 sweaters or fleeces
- 1-2 formal outfits appropriate for dinner out, cultural events, or meetings with organizations (dresses, skirts, shirt & sport coat, tie, dress pants)
- Pajamas & optional lightweight bathrobe
- Socks
- 10-day supply of underwear
- Set of thermal underwear
- Light raincoat
- Hat or cap for cold weather
- Athletic running/exercise clothing and shoes (optional)
- Swimsuit (conservative cut)
- Running shoes/trainers or day hikers for exercising or outdoor activities
- 1 pair of sandals for outdoors (Tevas or Chacos)
- 1 pair of dress shoes to go with your formal outfit (for dinner out, cultural events, and important meetings)

## South Africa and Malawi Clothes & Shoes

	
<input type="checkbox"/> 2-3 skirts, dresses (below the knee)	<input type="checkbox"/> 3-4 pairs of pants and shorts (jeans, chinos, cotton)
<input type="checkbox"/> 1-2 pairs of warmer pants for cold weather	<input type="checkbox"/> 4-5 collared shirts & a tie (short sleeves are acceptable)
<input type="checkbox"/> 2-3 casual pants including capris	<input type="checkbox"/> 1-2 pairs of warmer pants for cold weather
<input type="checkbox"/> 4-5 shirts or blouses, lightweight and casual	<input type="checkbox"/> 4-5 lightweight tee shirts
<input type="checkbox"/> 4-5 lightweight tee shirts, long and loose	



- 10-day supply of underwear
- Socks
- Lightweight pajamas
- 2-3 lightweight sweaters
- Swimsuit (conservative cut)
- Lightweight jacket or fleece
- Light raincoat
- Athletic running/exercise clothing (optional)
- 1 pair of dress shoes to go with your formal outfit (for dinner out, cultural events, and important meetings)
- 1 pair of sport sandals (Tevas/Chacos)
- Running shoes/trainers or day hikers for exercising
- House slippers such as flip flops

## Health and Toiletries Supplies for Ecuador, South Africa & Malawi

- Adequate supply of prescription medication including birth control pills, vitamins, motion sickness pills
- Extra pair of glasses or contacts & cleaning solutions; eye drops
- Sunscreen & Lip balm with sunscreen
- Hand sanitizer
- Small first aid kit with band-aids, hydrogen peroxide, antiseptic cleanser/alcohol pads, moist towelettes, and over-the-counter drugs for minor pain, diarrhea, anti-itching cream, etc.
- Insect repellent – 2 small bottles
- Malaria prophylaxis for Malawi
- Toothbrush and small bottle of toothpaste

## Miscellaneous

- 3 washable, cloth face masks
- Sunglasses
- Camera (optional)
- Electricity adapters for Ecuador, South Africa, and Malawi
- Small binoculars (optional)
- Flashlight or headlamp (headlamp recommended) & batteries for each
- Travel alarm or wristwatch (or smart phone)
- Small Daypack (required)
- Hat with a brim for the sun (baseball style cap is appropriate)
- TSA approved mini locks for luggage (recommended)
- Water bottle that won't break and can hold a liter or more of water

## Carry-On

- Laptop
- Unlocked Smartphone
- Passport
- Copy of your visa for Malawi, and 2 copies of your passport, stored separately from passport
- COVID 19 vaccine and booster cards
- Any regularly required medications you may need during transit

- 2 face masks
- Additional form of photo ID (license recommended)
- Small bottle of hand sanitizer (recommended)
- 2 extra passport photos
- Travel pillow (recommended)