

# Packing List



## MA in Sustainable Development Practice 2025/2026

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 (Tevaz or Chacos)
- ☐ 1 pair of dress shoes to go with your formal outfit (for dinner out, cultural events, and important meetings)
- ☐ Lightweight hiking gators ([Example](#))

## 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 (Teva/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)