

Walking In Love Ministries

Suggested Packing List

- Take a Bible
- Take simple salvation tracks to change lives for eternity.
- Be sure to be always in a prayerful mode.
- Make sure to have multiple copies of legal papers such as passport, shot cards, doctors' papers. These should be placed in multiple bags. Keep originals with you.
- Take any prescriptions, vitamins, with a doctors' letter of approval.
- Make sure you have malaria medicine. If you are taking Doxycycline you need to take it with meals and wait an hour before consuming calcium. It is best taken when you first get up.
- Toiletries need to be double ziplocked bags.
- Hand sanitizers, sun lotions, band-aids, antibiotic creams, Tylenol, insect repellent, ear plugs.
- Manual or battery-operated alarm clock
- Flashlights (The Nigerians call them torches) The LED type are good.
- Extra ziplock bags are very handy. Take them out of the boxes and spread in luggage.
- Suitcases that can fit in each other. Duffle bags are good for extras. (We are allowed 50 lbs. per bag)
- Neck or Small Pillow
- Umbrella
- Travel tissues (to be used for pit stops also)
- All liquids in a double ziplocked bag
- One paper towel roll
- Packets of instant breakfast food for number of days at Eku, placed in ziplock bags.
- Packets of coffee, tea, crystal light, and gator aid type drinks placed in ziplock bags.
- A packet of tuna and chicken in ziplock bag
- One can of green peas
- Two cans of Ensure would be good to have for patients.
- Your favorite energy snack, such as peanut butter crackers, nuts, trail mix, jerky, hard candy. Include some for the road trip. (Remember it is hot, so non melt able types.)
- One fitted twin sheet and one flat twin sheet.
- One bath towel and wash rag
- Medical personnel bring rubber gloves and mask.
- Extra set of clothes in your take on bag
- As Ambassadors of Jesus Christ be aware of your appearance. Clothes should be modest, neat, and comfortable. When speaking at a church, the speaker should wear a coat and tie or African attire. Men can wear scrubs. Women should wear skirts below the knee or dresses or African attire. When working with the sick, long pant scrubs are allowable.
- Comfortable and easily removed footwear. (The custom is to remove shoes when entering home)
- Be careful about lettering on t-shirts, etc.
- Customs and protocol are very important to the nationals. Some to be aware of:
 - Greet everyone with good-morning, good afternoon, or good evening out loud.
 - A common greeting is "doe." This can mean hello, sorry, goodbye, thank you, etc.
 - If there are more than one, you say "wa doe."
 - Age is revered and respected. The greeting is "mig wa," and a slight bowing of the head or knee.
 - Always ask how "is your family" when entering a conversation and when closing the conversation ask them "please greet your family for me."
 - They enjoy laughing and to touch, especially the children. They will touch and hold your hands.

Walk in Love , as Christ also has loved us and given Himself for us... (Eph. 5:2)