

Uganda Update

April 2, 2010

Team,

Time is drawing near. I trust you are getting excited and praying much for the clinic. As usual I have few items to bring to your attention.

- The first \$1,000.00 is due so we can purchase tickets. Please send that immediately to:
Operation Renewed Hope
P.O. Box 43242
Fayetteville, NC 28309
- The medical release is attached. Please fill out 3 copies and have them notarized. Please return the release:
 - 1 Notarized original goes to Operation Renewed Hope, 4928 Necessary Ct., Blue Springs, MO 64015
 - 1 Notarized original goes to the team leader when you meet them on the trip.
 - 1 Notarized original stays on your person during the entire trip.
- You need to get a yellow fever shot. You will receive a yellow certificate when you get the shot. You will need to bring it with you because you may have to show it as proof of vaccination. Make sure you keep your yellow fever vaccine certificate with your passport.
- Also make sure you have had your Hepatitis A and B vaccines and have made arrangements for malaria medication.
- While we are talking passports remember:
 - Keep your passport on your person at all times (DO NOT PUT IN CHECKED LUGGAGE!!!).
 - Make a couple copies of the passport. Give one to a friend on the trip and you keep the other in a location different from the original. The reason for this is if it were to be lost or stolen. (Also, it would be good to leave a third copy with someone back home.)
 - Be prepared to produce your passport and \$50.00 for a visa upon arrival in Uganda. Be prepared with a \$50.00 bill that is in excellent condition.
 - In the rare case of an emergency it is good to make sure a family member back home has a valid passport. We have never had to but in the event something were to happen to you they may have to come to help you back home.
- ORH provides medical and emergency evacuation insurance. Trip Interruption Insurance is not a part of this but is recommended for these trips. The following are two companies that offer it and were recommended to us. Check them out and and compare coverages.
 - <http://www.accessamerica.com/AA/SelectAPlan.aspx?001001243&Product=001001241>
 - <http://www.travelguard.com/>

- When you arrive in Uganda please use the restroom before retrieving your luggage. Once you get your luggage you will go through customs and then onto the bus for a three hour ride. This is not the US. There are no rest areas, McDonalds, etc to stop at on the way. So please do so before retrieving luggage.
- Also, during the Amsterdam layover be aware the Amsterdam airport will take US dollars but your change will be in Euros. Those cannot be spent in the US or Uganda.
- Money that you want to get exchanged (for souvenirs and food) needs to be placed in separate envelopes of \$50.00 each and handed to me upon arrival in Uganda. Please place a **\$50.00 bill** in each envelope. These bills need to be in excellent condition with no marks or tears in them and they need to be year 2005 or newer. (If you wish to exchange \$150.00 put in 3 envelopes of \$50.00 each.) Please place your name on your envelope(s). You could go to your local bank and exchange money before the trip. If you do this give them at least a week to get the money for you. I will remind you of this as we get a little closer.
- All ladies will need to be prepared to wear dresses and skirts when not in the clinic and for all travel. We always submit to our host missionary's dress code when working with them. This is also the way the people you will work with dress. During the clinic, scrub pants are acceptable as they are part of the medical uniform.
- Do not forget to pack your Malaria medicine.
- Below is a check list of things you need to pack other than normal packing items.
 - Bible
 - Flashlight
 - Toilet Paper - remember you will be in a third world country, they do not provide it.
 - Air mattress and sheets or sleeping bag
 - Pillow
 - Mosquito net
 - Insect repellent
 - Plate and eating utensils