

## ***Other Necessities***

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- Flashlight** Bring along a flashlight, it will be needed for finding things in the dark, and for finding your way to the bathroom after lights out. Bring extra batteries and an extra bulb. Don't forget to remove the batteries during travel to prevent flashlight from turning on and arriving with dead batteries.
- Bug Spray** Bring one to protect yourself from mosquitoes and another to protect your room and bed, (both "Off" and "Raid" for example). AVON Skin So Soft is also a repellent.
- Water Bottle** Bring a plastic water bottle with a capacity of one or two pints. It will be handy at your work site.
- Earplugs** For a good nights sleep, earplugs will muffle the sounds of barking dogs, rooster's crowing, or snoring from other team members.
- Ladies** The change to another climate often causes a fluctuation in women's monthly cycle. It is good to come prepared with extra protection. If you have personal questions, please call your Team Leader or Team Nurse/Medic.

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