

APPENDIX F: *Equipment List*

This is an example of an equipment list to give you some ideas. All essential items are highlighted. Check the weight allowance of our airline before travel. Most items can also be bought in Kampala. For specific questions relating to your project consult with the Director, Asst Director, or former researchers.

Field Equipment:

Binoculars, rucksack (with or without camel pack/platypus), waterproof rucksack cover, digital watch/stopwatch, compass, whistle, knife, lighters, head torch, spare bulb and batteries, torch with spare bulbs and extra batteries, water bottle, waterproof notebooks, waterproof pens, clipboards, pens, pencils, dry bags, plastic lined zipper pouches

Electronics:

Laptop with 12V power adaptor, external hard drive, digital camera + charger, case, USB cable and extra memory card, digital video camera + case, charger, digital video tapes, USB cable and firewire cable, Personal Digital Assistant (PDA) + case, charger and cables, rechargeable batteries and charger, portable solar panel, inverter, power converters and adapters,

Field Clothes:

Dark field trousers, belt, t-shirts, dark long-sleeve field shirt, poncho, rain trousers, socks, underwear, boots, insoles, boot wax, bandanas, field hat, mosquito head net hat, hair tie

Other Clothes:

Running shoes, collared shirt, bum bag, shorts, thin trousers, flip flops, skirts, sweater, jeans, t-shirts, long-sleeved shirt, sunglasses, socks, bathing suit

Miscellaneous:

Sleeping bag liner, mosquito net, travel pillow, silica gel, bungee cords, agenda, journal, lots of ziplock bags, duct tape, stationery, spices, playing cards, copies of proposals, permits, CVs, identification and receipts, receipt book, insect repellent (with DEET), ear plugs; international drivers licence

Medical Supplies:

Medications: painkillers, antihistamine, anti-malarial (such as doxycyclin), stomach medicine, anti-diarrhea, anti-flagellate (against Giardia), anti-anaphylactic shock kit (epi-pen for bee sting), sleep aid, cold medication, throat lozenges, anti-nausea pills, antacid, acidophilus, hydrocortisone cream, antihistamine cream, antifungal gel, yeast infection treatment

Other: international certificate of vaccination (+extra copies), band-aids (all sizes), tweezers, small scissors, gauze, eye patch, syringes and needles, drip bag, alcohol swabs, latex gloves, thermometer, band-aid for sprains, ice pack, heat pack, triangular bandage, tape for bandages, hand sanitizer, hand sanitizer wipes, birth control, blister kit, burn kit, snake kit, eye drops for conjunctivitis, eye drops, saline solution, multi vitamin, calcium

Immunizations: Hepatitis A, Hepatitis B, Tetanus & Diphtheria, Polio, Typhoid, Cholera, Rabies, MMR, Meningitis, Yellow Fever

Toiletries:

Shampoo, Conditioner, Disposable Razor and refills, toothpaste, toothbrush, floss, hairbrush, moisturizer, deodorant, sunscreen, tampons, nail clippers, toilet paper for traveling, Kleenex, wet wipes, small mirror, soap/body wash