

## **MICR 397/793: International Animal Production, Disease Surveillance & Public Health**

### **Preparation for Travel: What to bring**

#### **Clothing**

- Cotton shirts, T-shirts
- Safari pants (Tours) which are interchangeable
- Jeans
- Light khaki pants
- Long skirt (for church & some cultural sites) for girls
- Small back pack for the field

#### **Shoes**

- Sneakers (old ones to leave behind? – *an option to consider*)
- Flip flops – *make sure they are comfortable*
- Decent shoes for church?

#### **Sun Protection Stuff**

- sun screen
- sun glasses
- Big hats (*could be purchased from there*) or a baseball hat

#### **Insect Repellents & Other stuff**

- spray
- Hand Sanitizer eg Purell (*Instant Hand Sanitizer*)
- Contact solution for contact lenses

#### **Snacks**

- Granola bars for eating in the field
- favorite candie eg chocolate or other hard candie (*Snacks could be purchased there too*).

#### **Camera**

- batteries
- enough memory

#### **Any electrical gadget** eg hair dryer, shaver

- Need a Regular Adapter plug (See picture on next page)
- Converter/transformer to step down the power from 220-240V to 110V

#### **Small first aid box**

- band aids
- analgesics eg headache medicine
- enough of your medication
- Dramamine (*motion sickness medicine*)
- Anti-itch medication in case of bug bites

#### **Small Gifts**

- for fellow students
- for faculty
- suggestions – NDSU pens, any bison gift

#### **For Communications with family back in the US**







- Calling cards (\$5 for 1 hour)  
(A & A Market – 1015 Main Avenue)  
Main Avenue & 10<sup>th</sup> street (Phone 701-271-0687)

#### **Journal** – For documenting your activities

## Regular Adapter Plugs

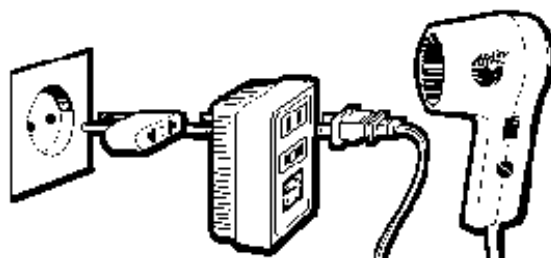
Remember: Adapter plugs do not convert electricity.  
Female (back) side accepts North America or Europe plugs.

Country not listed? Visit our [Worldwide Electrical Index](#). It is a good idea to check the index in any case, as some countries require more than one style of adapter. You can also click on the pictures of the adapters to see what countries they are found in.

<p><b>Uganda</b></p> <p><u><a href="#"># 300</a></u> <u><a href="#">United Kingdom</a></u></p>  <p><u><a href="#">\$4.00</a></u></p>	<p><u><a href="#"># 5G</a></u></p>  <p><u><a href="#">India</a></u> <u><a href="#">\$7.00</a></u></p> <p>The same adapter is used for non-grounded and grounded outlets.</p>	<p><u><a href="#"># 380</a></u></p> <p><u><a href="#">Britain Shaver</a></u></p>  <p><u><a href="#">\$4.00</a></u></p>	<p><u><a href="#"># 400</a></u></p> <p><u><a href="#">Europe</a></u></p>  <p><u><a href="#">\$4.00</a></u></p>
<p><u><a href="#"># 600</a></u></p> <p><u><a href="#">Australia / China</a></u></p>  <p><u><a href="#">\$4.00</a></u></p>	<p><u><a href="#"># 700</a></u></p> <p><u><a href="#">North America</a></u></p>  <p><u><a href="#">\$4.00</a></u></p>		

## Converter/transformer.

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**Remember: adapter, then converter/transformer, then appliance.**