

I am going to Minnia in Nigeria for three months this summer, with the charity VSO, this is the packing list I am going by as a twenty-two-year-old man, going from June-August, the Nigerian rainy season. Feel free to use this list and add to it.

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| **Item #** | **Description** | | | **TICK LIST** |
| **Toiletries:** | Toothbrush, toothpaste, hair product, deodorant, shampoo (solid) /shower gel, hairbrush, baby wipes, toilet paper, nail clippers, laundry detergents, flannel. | | |  |
| **Electronics:** | Camera, smartphone, old phone, laptop, portable speaker, power bank, chargers, shaver, headphones, adapter (Nigeria uses same plugs as Britain). | | |  |
| **Clothing:** | Boxers, sock (trainer and thick), shorts, t-shirt, shirt, jeans, tracksuit bottoms, sweatshirt, rain coat, cap/sunhat, swimming shorts. | | |  |
| **Footwear:** | Sandals, trainers, flipflops, smart shoes. | | |  |
| **Miscellaneous:** | Book, pencil case, notebook, water bottle, torch/headtorch, string, bedsheets, blanket, towel, batteries, sunglasses, travel pillow, mirror, ear plugs, umbrella, | | |  |
| **Medical:** | Anti-malarial tablet, basic first aid kit, hay fever tablet, insect repellent, sun cream, hand sanitiser, dioralyte, after sun. | | |  |
| **Documentation:** | Visa, Passport, boarding pass, debit card, cash, vaccination card. | | |  |
| **Bags:** | Day sack, bin bags, wash bag. | | |  |
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# Nigeria Packing List