



Personal Preparation

The Solomon Islands is a developing nation that is hot and humid. Accommodation is varied; however, the majority of the accommodation is in remote villages. It is a full emersion experience; eating, sleeping and living as per the local way of life. Although very beautiful and exotic, it does not have the creature comforts of a holiday destination. There is no power or running water. Safety is paramount to all involved in South Pacific Allied Health (SPAH), however, the journey can present challenge, so a high degree of patience and resilience is required from team members.

Medical

- Vaccinations will be required. Region specific coverage can be discussed with your GP. In order to ensure immunity, it is recommended by SPAH that you are immunised no later than one month prior to departure.
- Antimalarial medication is also recommended by SPAH, this can also be sourced from your GP.
- Vaccination international certificate for COVID as per MyGov Health Record
- Vaccination proof for measles. Although this is never asked for it is an entry requirement

*If you do not get yourself medicated or immunised SPAH will hold no responsibility for adverse outcomes

Documentation

- Current passport with a minimum 6months validity
- Travel insurance is the responsibility of the volunteer
- Working With Children Card

Packing Guide

The dynamic nature of an adventure with SPAH implores us to remind our team members to keep packing to a practical, absolute 'essential only' basis. You will be required to carry your own luggage. Please ensure that your gear is functional – SPAH recommends a small, personal backpack, as well as a hiking pack/over-the-shoulder duffle bag.

Personal:

- Toiletries
- Quick dry towel
- Hand sanitizer
- Baby wipes

*access to clean water can be limited

Protection:

- Hat
- Sunglasses
- Sunscreen
- Raincoat
- Insect repellent

Food

- X1 bag quick oats/muesli
- X10 miniature long life milk/powdered milk
- Muesli bars
- Plastic bowl/cutlery

*It is important to be mindful of introducing western food to the traditional village setting, please refrain from bringing lollies and other processed foods.

Clothing:

- X4 T-shirts
- X3 thin shorts
- X1 long sleeve cotton shirt
- X1 light jumper
- X1 cotton pants
- X1 cotton dress/skirt (for the ladies, this is important as a sign of respect as some meetings with locals)
- Bathers/swimming shorts
- Runners/hiking boots
- Sandals/thongs

*All clothing must be quick-dry; high humidity extends drying time. Long pants/shirts provide protection from mild temperatures and mosquitoes

Miscellaneous:

- \$300-500 AUD cash converted to Solomon Dollars
- Thin rope/pegs/laundry soap to wash clothes
- Blow up mattress/pillow
- Mosquito net
- Drink bottle
- Head torch
- Toilet paper x2 rolls
- X10 plastic shopping bags (for rubbish/wet clothes etc)