

Equipment and Clothing Requirements

(French Africa)

Why this list for a Discipleship Program?

Outtatown is an intensely experiential and hands on program that takes you, the student to various different settings, from the pristine wilderness of Lake of the Woods, to communities in Manitoba and Quebec – living, learning and working with inner city and rural organizations. You will fly across the Atlantic Ocean to spend time in Paris, France and travel throughout the country of Burkina Faso in West Africa.

During this exciting one-semester program, you may find yourself in many different environments – camping on a lake, sleeping in a church basement, hiking trails, urban walks, sitting in a classroom, exploring desert dunes, etc. Having the appropriate clothing and equipment can make your experience much more comfortable and enjoyable.

Most of the clothing and gear we recommend are multi-functional, therefore, you will be able to use them in the environments mentioned above, and keep them for future adventures. We realize that it can be expensive to purchase new gear, so for some items you may want to borrow from siblings or friends. In most cases, we strongly recommend bringing the clothing and equipment in these packing lists, but you may use your own judgement.

Regarding clothing - students are required to dress in a clean, neat and conservative manor. For men, this means no ripped jeans or sleeveless shirts. For women, this means no short shorts or skirts, low-cut tops, tight clothing, bikinis, spaghetti strap tank tops or midriffs showing. Casual wear such as pants, jeans and knee-length skirts are acceptable while in Canada and France.

Regarding footwear - It is incredibly important to have the appropriate footwear for a program such as this one. You will need a pair of light weight hiking boots (for hiking, climbing and trekking). Everyone has different feet; so make sure you get a pair that is comfortable for you. We also suggest having a few pairs of socks that dry quickly and keep your feet warm even when they're wet. Wool socks are usually a good option. A pair of flip-flops or, even better, strap up sandals would be smart for Africa.

Burkina Faso – Burkinabe people tend to dress modestly. Burkina Faso is predominantly a Muslim country. Women most commonly wear loose fitting, mid-calf to ankle length skirts. You'll have fun finding colourful local fabric to have skirts made out of by tailors you meet in the markets! In certain urban areas it may at times be acceptable for women to wear pants. Feel free to bring a pair of shorts for playing sports. For men and women, casual dress clothing for evening events is also required, and at cooler times you may want to have a light layer. Men dress conservatively. At times it is acceptable for men to wear shorts, but it is necessary to bring casual or dress pants for attending church services. You won't need to be reminded you're in West Africa - most of the time it will be hot and dusty! So bringing clothes that are light in colour and made from light-weight fabrics would be smart.

Regarding Packing – Due to the nature of the French Africa program, which includes multiple legs of international travel in one semester, this will require diligent and smart packing on your part. You're encouraged to thinking minimalist on this one! At the most you are limited to two bags per person and one carry-on. For travel to Africa you are limited to one travel backpack of no more than 50lbs, one small duffel bag filled with your warm clothing (to store safely upon entry in Burkina) and one small carry-on per person. On travel days you will be responsible for transferring your own baggage to where it needs to go.

You can purchase or make a travel sack for your backpack for the airplane (this is not the same as a rain cover). If you don't use a travel sack, tuck in and/or tape down all the straps, reverse and buckle the waist belt around the bag, etc. Make it "tight" to avoid anything getting snagged and your bag destroyed by a luggage conveyor belt!

If you plan to make purchases, make sure you leave extra room while packing to take stuff back with you.