

AFF: CONSUMABLES PACKING LIST

Email the following for more information:

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Your Embassy team can also provide information on their experience and how they worked their consumables so reach out to them as soon as possible.

Here is a list of items for families moving to Africa to consider packing in their consumables shipment. For this list to be helpful, it would really need to be sent to the families 3-4 months before they come to AFRICOM to in-process. Some families will do their pack out early so that they won't wait so long for their items to arrive in Africa. Other families will wait until just shortly before their move.

- ✓ Mexican/Latin American food ingredients
- ✓ Asian/Indian food ingredients (In East Africa, Indian spices are commonly available)
- ✓ peanut butter or almond butter -- considered a liquid for State Department pouch purposes
- ✓ any nuts you like to cook or bake with -- generally, peanuts are available locally
- ✓ canned pumpkin, sweet potatoes, cranberry sauce for holidays
- ✓ hot sauces
- ✓ children's liquid medicines -- for colds, motion sickness, etc.
- ✓ canned corn -- African corn tends to be very tough
- ✓ jams
- ✓ brown, white, and confectionary sugar, if you like to bake
- ✓ alternative sweeteners, like agave, rice syrup, or Splenda-type
- ✓ tahini
- ✓ cake and brownie mixes*
- ✓ prepared frosting
- ✓ canned fruit for pies
- ✓ capers
- ✓ anchovies
- ✓ sun-dried tomatoes
- ✓ mustard
- ✓ ketchup
- ✓ mayonnaise
- ✓ relish and pickles
- ✓ tomato paste
- ✓ baby food
- ✓ applesauce
- ✓ salsa
- ✓ oils -- canola, olive, coconut, etc.
- ✓ shredded coconut
- ✓ marshmallows* or marshmallow creme
- ✓ chocolate chips!! -- when they come through the pouch they melt*
- ✓ dark chocolate and baking chocolate*
- ✓ powdered sugar*
- ✓ cocoa powder*
- ✓ vanilla extract
- ✓ every spice you can find at the Dollar Store

- ✓ cream of tartar
 - ✓ baking soda
 - ✓ baking powder
 - ✓ Worcestershire sauce
 - ✓ horseradish, chopped garlic, chopped ginger in jars
 - ✓ spaghetti sauce and/or canned tomatoes
 - ✓ Crisco-type fat
 - ✓ pie crust mixes*
 - ✓ pesto
 - ✓ maple syrup or pancake syrup
 - ✓ molasses
 - ✓ vinegars -- white, balsamic, apple cider, red wine, rice wine, etc.
 - ✓ jello, gelatin, pudding mixes
 - ✓ sweetened condensed milk
 - ✓ evaporated milk
 - ✓ soup mixes for dips
 - ✓ chicken or vegetable stock in cans or cubes/powders
 - ✓ canned beans
 - ✓ couscous
 - ✓ quinoa
 - ✓ dried fruit – raisins, prunes, berries, dates, etc.
 - ✓ lemon, peppermint, almond baking flavorings
 - ✓ cake and cookie decorations – sprinkles, etc.
 - ✓ popcorn*
 - ✓ other specialty sauces you use
 - ✓ artichoke hearts
 - ✓ favorite brand or type of flour*
 - ✓ favorite cereals*
 - ✓ cornbread mix*
 - ✓ gluten-free baking ingredients*
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- ✓ wines and beer
 - ✓ alcohol -- your drink(s) of choice
 - ✓ coffee/water flavor enhancers, i.e. Torini syrups
 - ✓ coffee maker filters
 - ✓ your favorite soda/pop, unless it is Coke
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- ✓ pet food in bags* or cans
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- ✓ contact lens solution
 - ✓ eye glass lens wipes
 - ✓ favorite moisturizer, etc.
 - ✓ rubbing alcohol, hydrogen peroxide
 - ✓ Kleenex-type tissues

- ✓ toilet paper
 - ✓ paper towels
 - ✓ feminine hygiene products
 - ✓ bug spray with DEET – especially for malaria zones
 - ✓ sun block -- although only one year's worth; it expires
 - ✓ band-AIDS, neosporin, etc.
 - ✓ shampoo and conditioner
 - ✓ deodorant
 - ✓ toothpaste
 - ✓ mouthwash with fluoride -- water generally is not fluoridated
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- ✓ furniture polish/oil
 - ✓ furniture touch up markers -- to polish/hide all the dings in embassy furniture
 - ✓ silver polish, if you bring any silver items
 - ✓ mops, brooms -- ones for inside and outside; they can be purchased locally, but quality isn't the same
 - pot scrubbing brushes
 - ✓ toilet brushes -- frequently, there are multiple bathrooms in embassy housing
 - ✓ sponges
 - ✓ steel wool
 - ✓ Magic Eraser-type cleaning "sponges"
 - ✓ scouring powder -- Ajax, Comet, etc
 - ✓ dryer sheets, if you use them
 - ✓ laundry detergent, particularly liquid -- local kinds are more expensive
 - ✓ dishwashing liquid -- Dawn fixes a lot of things
 - ✓ a box or two of dishwasher machine detergent for treating tough stains
 - ✓ OxyClean-type powdered oxygen bleach
 - ✓ baking soda for cleaning
 - ✓ white vinegar for cleaning
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- ✓ candles
 - ✓ matches
 - ✓ trash bags -- 13 gallon for kitchen and others for other trash cans - maybe large ones for outside, too
 - ✓ Ziploc-type baggies -- all sizes
 - ✓ aluminum foil
 - ✓ wax paper
 - ✓ parchment paper
 - ✓ freezer paper
 - ✓ plastic wrap
 - ✓ batteries -- expensive locally and generally of poorer quality

- ✓ party supplies/decorations for your children, and gender-neutral gifts for B-day parties that they will attend
- ✓ birthday candles
- ✓ art supplies for children (or yourself)
- ✓ candy canes, plastic Easter eggs, and other decorations for religious and American holidays (I have frozen my candy canes and used them on the tree for three years.)
- ✓ sewing supplies (extra little bottle of sewing machine oil)
- ✓ paper and supplies for your printer (with all items, check with your packers about shipping rules)

*Consider storing these items in the freezer when you arrive. Check all your consumables regularly for signs of damage, etc.