



Central Africa Medical Mission

Christ-Centered Healthcare
Supporting Gospel Ministry

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Pill Bottle Details

If you are sending pill bottles to Malawi, please send the smaller bottles with caps. Sizes #3 (3"x1.25") & #5 (3"x1") are best, #2 ok (3.75"x1.5") and avoid #1 & #4. (Bottles are listed from #1-#5 from left to right). Please make sure the bottles are clean and adhesive is removed.

Project Ideas

- Knit dish cloths – give to new moms at clinic.
- Ziploc bags with slider top – can keep things in them and be assured they are closed up better. GALLON SIZE most requested used to organize boxes and pill bags of meds in the trunks. Do not send other kinds of plastic grocery bags.
- Blankets – quilt or fleece.
- Knit or sewn caps – baby size especially 0-6 months, but larger ones for older children, also.
- 0 month-3T Leggings, any color – keeps the children's legs warm when carried on their mother's backs.
- Handiwipes – for sponging off feverish kids and wiping up messes.
- Sunscreen – lotion only and 50 SPF (go thru about 2/week). No sprays. Types for children and babies are best. Watch expiration dates.
- Handsewn pill bags – use them for antenatal clients who get one with their iron tablets on their first visit. Ladies bring them back to refill at future visits.
- Baby Layette items (flannel or knit blanket, onesie, hat, booties)
- Baby/Children's Socks (especially Zambia)

General Packing Instructions for all boxes to Africa

Pack securely and compactly in STRONG CARTONS. In general, packages should not weight more than 10 to 15 pounds. Please know that the heavier the carton, the more expensive it will be to ship. Some shipments may be able to utilize USPS Flat Rate boxes, however, the rates are different than U.S. rates and there is a 20-pound limit. To help cover the cost of postage, consider checking with a Thrivent member. They have access to the Action Team program and can apply for a Visa gift card for up to \$250 for a project.

INSIDE THE BOX: Insert a piece of paper with the sender's information (your name and address or church's name and address). To help reduce postage costs, please include an email address that could be used for a thank you and acknowledgement that the shipment has arrived. You can always include a short note to the CAMM staff to encourage them and let them know you are keeping them in prayer - it offers a bright spot in their days. Depending on the contents, you may want to line the box with a large plastic bag.

OUTSIDE THE BOX: Please write the name and address of the clinic on the carton and consider covering the address with clear tape to protect from damage. Make sure the package is securely closed and reinforced with strong tape, string or cord is not allowed.

CUSTOMS FORM: When filling out the customs form, always claim "0" for value amount. For contents, write "supplies" or "humanitarian aid," never write the word "medical" anywhere on the form. If it asks for a phone number, leave it blank.

Please notify Contact Women Coordinator prior to shipping to confirm current need and storage space.

All packages are sent postal air mail.

ADDRESS BOXES FOR MALAWI:	SHIPPING METHOD	PRICE
LUTHERAN MOBILE CLINIC	USPS Priority Mail International® Large Flat Rate Box	\$132.05
P.O. BOX 30339	USPS Priority Mail International® Medium Flat Rate Box	\$102.55
Lilongwe 3, Malawi, AFRICA	USPS Global Express Guaranteed® (GXG) (9.5" x 6.5" x 5.5")	\$474.10

Pricing estimates
as of 6/8/2023

ADDRESS BOXES FOR **ZAMBIA:**
LUTHERAN MISSION RURAL HEALTH CENTER
P.O. BOX 310005 Chelston
Lusaka, Zambia, AFRICA

Sender is responsible for cost of shipping.
Please do not send any supplies to the WELS synod office or to
CAMM members homes.