### SUGGESTED PACKING LIST

#### WOMEN’S CLOTHING
- Sandals or lightweight shoes
- Walking shoes or lightweight hiking shoes
- Wide-brimmed hat
- Sandals or fleece (plus wooly hat and scarf)
- 3 pr. pants
- 3 pr. shorts
- 5 pr. sport socks
- 3 short-sleeve shirts
- 3 long-sleeve shirts
- Swimsuit/cover-up
- 1 pr. casual slacks or skirt
- 3 bras (1 sports bra – for rough roads)
- Pajamas
- Optional – 1 cocktail dress
- Optional - 1 pr. dress shoes
- Mens’ CLOTHING
- Sandals or lightweight shoes
- Walking shoes or lightweight hiking shoes
- Wide-brimmed hat
- Windbreaker
- Sweater or fleece
- 3 pr. pants
- 3 pr. shorts
- 3 short-sleeve shirts
- 3 long-sleeve shirts
- Swim trunks
- 1 pr. casual slacks
- 1 sports shirt
- 6 pr. underwear
- Belts
- Pajamas
- Optional 1 pr. Dress slacks/shoes/dress socks
- Optional 1 dress shirt/jacket/tie
- Optional 1 pr. casual slacks/shoes/dress socks
- Optional 1 dress shirt/jacket/tie

#### FIRST AID
- Anti-malaria pills (prescription)
- Vitamins
- Aspirin/Tylenol/Advil
- Motion sickness pills
- Throat lozenges
- Laxative
- Anti-diarrhea medicine
- Antacid
- Antibiotic ointment
- Anti-fungal cream or powder
- Soap and shampoo - only bring a small supply.
- Band Aids (plasters)

#### CAMERA EQUIPMENT
- Digital memory cards/Film
- Camera bag or backpack
- Lens tissue/brush
- Extra camera batteries
- Flash batteries
- Battery charger and adapters
- Waterproof bags for lenses and camera body
- Beanbag, small tripod or monopod
- Extra video camera batteries
- Video charger
- Outlet adapters (3-prong square/round plugs)
- Cigarette lighter charger(optional)

#### GIFTS AND TRADERS
- T-shirts
- School supplies (paper) and pens (lots)
- Inexpensive watches
- Children’s magazines and books
- Balloons
**SUGGESTED PACKING LIST**

<table>
<thead>
<tr>
<th>SUNDRIES</th>
<th>SUNDRIES</th>
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<tbody>
<tr>
<td>o  Passport (with visas, if needed)</td>
<td>o  Q-tips/cotton balls</td>
</tr>
<tr>
<td>o  International Certificates of Vaccination</td>
<td>o  Nail clipper</td>
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<tr>
<td>o  Air tickets/vouchers</td>
<td>o  Emery boards</td>
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<tr>
<td>o  Money pouch</td>
<td>o  Makeup</td>
</tr>
<tr>
<td>o  Credit cards</td>
<td>o  Tweezers</td>
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<tr>
<td>o  Personal checks</td>
<td>o  Razor</td>
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<tr>
<td>o  Insurance cards</td>
<td>o  Sewing kit</td>
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<tr>
<td>o  Pocket calculator</td>
<td>o  Small scissors</td>
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<tr>
<td>o  Sunglasses/guard</td>
<td>o  Tissues (travel packs)</td>
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<tr>
<td>o  Spare prescription glasses/contacts</td>
<td>o  Handi-wipes (individual)</td>
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<tr>
<td>o  Copy of prescription(s)</td>
<td>o  Anti-bacterial soap</td>
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<tr>
<td>o  Eyeglass case</td>
<td>o  Laundry soap (for washing delicates)</td>
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<tr>
<td>o  Prescription drugs</td>
<td>o  Large waterproof bags for damp laundry</td>
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<tr>
<td>o  Medical summary from your doctor (if needed)</td>
<td>o  Copy of <em>African Safari Field Guide</em></td>
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<tr>
<td>o  Medical alert bracelet or necklace</td>
<td>o  Maps</td>
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<tr>
<td>o  Thermometer</td>
<td>o  Business cards</td>
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<tr>
<td>o  Insect repellent (small bottle)</td>
<td>o  Pens</td>
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<tr>
<td>o  Sunscreen/sun block</td>
<td>o  Deck of cards or other board games</td>
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<tr>
<td>o  Shampoo (small container) supplied in rooms</td>
<td>o  Reading materials</td>
</tr>
<tr>
<td>o  Conditioner (small container) – supplied in rooms</td>
<td>o  Decaffeinated coffee/herbal tea</td>
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<tr>
<td>o  Deodorant</td>
<td>o  Sugar substitute</td>
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<tr>
<td>o  Toothpaste &amp; Toothbrush</td>
<td>o  Mosquito Netting – supplied</td>
</tr>
<tr>
<td>o  Hairbrush/comb</td>
<td>o  Mosquito repellent – supplied by most camps or lodges in the room</td>
</tr>
</tbody>
</table>

**LAUNDRY/LUGGAGE WEIGHT**
- Laundry can be done daily at most camps and lodges, weather and water availability permitting. In many smaller camps this service is free. Larger lodges and hotels charge the equivalent as in the U.S. The camp staff may not wash ladies underwear (due to local traditions and customs) but you will have facilities in your room to do it yourself.

- There are usually luggage weight restrictions on most safari programs due to charter flight transfers. This will be outlined in your personal itinerary. Soft-sided luggage is required if traveling on any scheduled charter flight transfers.

**ADDITIONAL PACKING LISTS**
- Gorilla trekking
- Mt. Kilimanjaro Climb
- Pack for a Purpose