

# THE AFRICA ADVENTURE COMPANY

www.AfricanAdventure.com / 800.882.9453

## SUGGESTED PACKING LIST

WOMEN'S CLOTHING	FIRST AID
○ Sandals or lightweight shoes	○ Anti-malaria pills (prescription)
○ Walking shoes or lightweight hiking shoes	○ Vitamins
○ Wide-brimmed hat	○ Aspirin/Tylenol/Advil
○ Windbreaker	○ Motion sickness pills
○ Sweater or fleece (plus wooly hat and scarf)	○ Decongestant
○ 3 pr. pants	○ Throat lozenges
○ 3 pr. shorts	○ Laxative
○ 5 pr. sport socks	○ Anti-diarrhea medicine
○ 3 short-sleeve shirts	○ Antacid
○ 3 long-sleeve shirts	○ Antibiotic
○ Swimsuit/cover-up	○ Cortisone cream
○ 1 pr. casual slacks or skirt	○ Antibiotic ointment
○ 1 or 2 blouses	○ Anti-fungal cream or powder
○ 6 pr. underwear	○ Soap and shampoo - only bring a small supply.
○ 3 bras (1 sports bra – for rough roads)	○ Band Aids (plasters)
○ Pajamas	<b>CAMERA EQUIPMENT</b>
○ OPTIONAL – 1 cocktail dress	○ Digital memory cards/Film
○ OPTIONAL - 1 pr. dress shoes	○ Camera bag or backpack
<b>MENS' CLOTHING</b>	○ Lens tissue/brush
○ Sandals or lightweight shoes	○ Extra camera batteries
○ Walking shoes or lightweight hiking shoes	○ Flash
○ Wide-brimmed hat	○ Flash batteries
○ Windbreaker	○ Battery charger and adapters
○ Sweater or fleece	○ Waterproof bags for lenses and camera body
○ 3 pr. pants	○ Beanbag, small tripod or monopod
○ 3 pr. shorts	○ Extra video camera batteries
○ 3 short-sleeve shirts	○ Video charger
○ 3 long-sleeve shirts	○ Outlet adapters (3-prong square/round plugs)
○ Swim trunks	○ Cigarette lighter charger(optional)
○ 1 pr. casual slacks	○ <b>Binoculars</b>
○ 1 sports shirt	<b>GIFTS AND TRADES</b>
○ 6 pr. underwear	○ T-shirts
○ Belts	○ School supplies (paper) and pens (lots)
○ Pajamas	○ Inexpensive watches
○ OPTIONAL 1 pr. Dress slacks/shoes/dress socks	○ Children's magazines and books
○ OPTIONAL 1 dress shirt/jacket/tie	○ Balloons

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

### 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