

WOMEN'S CLOTHING		MENS' CLOTHING	FIRST AID
° Sandals or lightweight shoes		° Sandals or lightweight shoes	° Anti-malaria pills (prescription)
° Walking shoes or lightweight hiking shoes		° Walking shoes or lightweight hiking shoes	° Vitamins
° Wide-brimmed hat		° Wide-brimmed hat	° Aspirin/Tylenol/Advil
° Windbreaker		° Windbreaker	° Motion sickness pills
° Sweater or fleece (plus wooly hat and scarf)		° Sweater or fleece	° Decongestant
° 3 pr. pants		° 3 pr. pants	° Throat lozenges
° 3 pr. shorts		° 3 pr. shorts	° Laxative
° 5 pr. sport socks		° 3 short-sleeve shirts	° Anti-diarrhea medicine
° 3 short-sleeve shirts		° 3 long-sleeve shirts	° Antacid
° 3 long-sleeve shirts		° Swim trunks	° Antibiotic
° Swimsuit/cover-up		° 1 pr. casual slacks	° Cortisone cream
° 1 pr. casual slacks or skirt		° 1 sports shirt	° Antibiotic ointment
° 1 or 2 blouses		° 6 pr. underwear	° Anti-fungal cream or powder
° 6 pr. underwear		° Belts	° Soap & shampoo - only bring a small supply
° 3 bras (1 sports bra – for rough roads)		° Pajamas	° Band-Aids (plasters)
° Pajamas		° OPTIONAL – 1 pr. Dress slacks/shoes/dress socks	
° OPTIONAL – 1 cocktail dress		° OPTIONAL – 1 dress shirt/jacket/tie	
° OPTIONAL – 1 pr. dress shoes			
GIFTS			
° Sports Caps	° School supplies - pens (lots) & coloring	° Playing cards or flash cards	° Socks (30 pair for a class)
° Children's magazines	° Inexpensive watches & reading glasses	° Luci solar powered lights	° Ask for donation list!

SUNDRIES		
° Passport (with visas, if needed)	° Thermometer	° Tissues (travel packs)
° International Certificates of Vaccination	° Insect repellent (small bottle)	° Handi-wipes (individual)
° Air tickets/vouchers	° Sunscreen/sun block	° Anti-bacterial soap
° Money pouch	° Shampoo (small container) supplied in rooms	° Laundry soap (for washing delicates)
° Credit cards	° Conditioner (small container) – supplied in rooms	° Large waterproof bags for damp laundry
° Personal checks	° Deodorant	° Copy of African Safari Field Guide
° Insurance cards	° Toothpaste & Toothbrush	° Maps
° Pocket calculator	° Hairbrush/comb	° Business cards
° Sunglasses/guard	° Q-tips/cotton balls	° Pens
° Spare prescription glasses/contacts	° Nail clipper	° Deck of cards or other board games
° Copy of prescription(s)	° Emery boards	° Reading materials
° Eyeglass case	° Makeup	° Decaffeinated coffee/herbal tea
° Prescription drugs	° Tweezers	° Sugar substitute
° Medical summary from your doctor (if needed)	° Razor	° Mosquito Netting - supplied
° Medical alert bracelet or necklace	° Sewing kit / Small scissors	° Mosquito repellent - supplied by most
CAMERA EQUIPMENT		
° Digital memory cards/Film	° Flash batteries	° Video charger
° Camera bag or backpack	° Battery charger and adapters	° Outlet adapters (3-prong square/round plugs)
° Lens tissue/brush	° Waterproof bags for lenses and camera body	° Cigarette lighter charger (optional)
° Extra camera batteries	° Beanbag, small tripod or monopod	° Binoculars
° Flash	° Extra video camera batteries	

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