PACKING TIPS FOR EAST AFRICA

Provided below is a list of suggested items which should be used as a guideline whilst planning your trip. Please bear in mind the luggage restriction of 33 pounds (in a soft bag) plus a back pack.

CLOTHING:
- Sun hat/bush hat.
- Headscarf/bandana – particularly for dusty dry regions.
- Golf-shirts and/or T-shirts – preferably with a sleeve to protect your shoulders from the sun.
- Long-sleeved cotton shirts.
- Shorts and/or skirts – (short skirts are not practical for getting in and out of game drive vehicles).
- Long trousers/slacks.
- Track suit.
- Pajama's – lightweight for summer and warm/thermal for the cooler months.
- Underwear and socks.
- Good closed walking shoes (running/tennis shoes are fine).
- Sandals – preferably low heeled or flat if you are going on safari.
- Swim Suit.
- Warm winter sweater or fleece.
- Rain Poncho.

EQUIPMENT/OTHER:
- Good quality sunglasses - preferably polarized.
- Flashlight.
- If you wear contact lenses, we recommend that you bring along a pair of glasses in case you get irritation from the sun.
- Personal toiletries.
- Malaria tablets (if applicable).
- Antihistamine tablets if you suffer from any allergies.
- Anti nausea tablets if you suffer from motion sickness.
- Moisturizing cream, Lip balm and suntan lotion – SPF 20 or higher recommended.
- Insect repellent for body application (tabard, rid, jungle juice ect).
- Basic medical kit (aspirin, plasters, Imodium, antiseptic cream and anti-histamine cream etc).
- Tissues/wet ones.
- Visas, tickets, passports, money etc
- Camera equipment and plenty of film/memory cards/batteries
- Waterproof/dustproof bag/cover for your camera.

- Binoculars - 8x40 / 8x42 is the recommended general purpose binocular specification for both birding and mammal viewing (night vision binoculars are not essential but highly recommended if your safari includes night activities).

Your bag should be soft sided similar to the one pictured here:

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