

PACKING TIPS FOR EAST AFRICA

The most important thing is to dress comfortably on your trip. More formal attire is usually required only when staying in the more prestigious city hotel establishments or on any of the luxury trains.

Luggage restrictions:

Your luggage should be locked with no items of high value inside and it should contain personal identification. While every precaution will be taken with your luggage, African Sojourns cannot be held responsible for any lost or damaged luggage. We strongly recommend that you purchase adequate luggage insurance.

For all light aircraft flights luggage throughout East Africa luggage is restricted to a total of 15kgs(33lbs) per person in soft-sided bags (no hard framed suitcases, wheels or frames). If you have to bring more luggage we may be able to store it for you (additional charge) or charge you for an additional seat (depending on availability of seats). The maximum dimensions of the soft bags, which can be accommodated, are as follows: 25 cm (10 inches) wide x 30 cm (12 inches) high and 62 cm (24 inches) long. Please keep in mind that the baggage compartments on the light aircraft are only 25 cm high (10 inches), so the pilots must have the ability to manipulate the bag into the compartment.

As a precaution, we recommend you carry a change of clothes and essential toiletries (under 100ml liquids) in your hand luggage should your bags be delayed.



African Sojourns

Specialists in Personalised Travel



The weather in East Africa is generally pleasant throughout the year, warm to hot days, and cold to cool nights. Average temperatures range between low to mid -70s (20 to 27degreesC) year-round with slightly warmer temperatures in summer (November through March) and slightly cooler temperatures in winter (May through August). Despite the fact that East Africa lies on the equator, the region's high elevation (averaging 5,000 feet above sea level), keeps the air mild and pleasant. Temperature variance is determined more by region than by season: upcountry areas such as Mount Kenya and the Aberdares at 7,000 feet can be cool, while the drier bush country is warmer and the sea level regions of Mombasa and Zanzibar quite tropical.

Suggested packing tips:

- *Lightweight clothing in neutral colours is suitable for the bush.*
- *Avoid white or colourful clothing, as this is not practical (it will get dirty very quickly, because of the dust) and when walking you will stand out in the bush, which can scare wild animals away. Blue and black colours hold the heat and Tsetse flies love these colours too. Khaki and beige are perfect colours to wear.*
- *Long-sleeved cotton shirts, blouses and trousers are practical choices, as they will protect you from the sun, long grass, thorns on bushes when walking and from mosquitoes.*
- *Please avoid clothing resembling army uniforms e.g., army jackets, caps, and trousers. Many African countries are sensitive to civilians wearing army uniform and in some cases it is illegal.*
- *Keep clothing wrinkle free by "rolling" articles when packing and for special items roll with layers of tissue paper. Place any breakable items, like perfume, shampoo etc*

African Sojourns

Specialists in Personalised Travel

in plastic bags prior to packing. This way, if they break your clothes are spared the mess!

- *We strongly recommend dressing in layers, as this is an effective method of compensating for the wide variations in temperatures during the day and night.*
- *Since laundry is done daily in every camp and hotel you will visit (sometimes charged at a nominal fee), it is not necessary to bring more than 3 sets of clothing. Please note that at most of the safari camps washing is done by hand and therefore underwear will not be accepted for washing. Items of a delicate nature are washed at your own risk.*

Clothes:

- *Light weight trousers/jeans x 3*
- *Walking shorts x 2*
- *Light weight sweater x 1*
- *Warm sweater x 1*
- *Windproof jacket*
- *T-shirts (short and long) x 4*
- *Swimming costume/wrap*
- *Socks*
- *Underwear*
- *Sun hat*
- *Trainers or comfortable walking shoes/boots (heavy walking boots are not necessary, unless you are doing Gorilla Trekking where a separate list of packing items will be sent to you)*
- *Shoes (flip flops, sandals and comfortable closed shoes for the evening)*
- *Smart/casual wear for the evening in the cities (if applicable)*
- *For winter travel: gloves, scarf and beanie for early mornings and evenings (as it can get very cold)*

Other Essentials:

- *Passport (with a copy)*
- *Money (cash/credit cards)*
- *Travel Insurance certificates*
- *Yellow fever certificates*
- *Binoculars (one per person)*
- *Soft sided bag (hold-all) for check-in luggage (no hard framed suitcases)*
- *Lock for check-in luggage*
- *Small day pack per person to carry personal items in for the game drives (and as hand luggage)*
- *Toothbrush and paste*
- *Sun glasses*
- *Sun screen/lotion*
- *Lip balm*
- *Hand Cream*
- *Tissues or disposable moist tissues (fragrance free, as perfume attracts mosquitoes)*

- *Spectacles (including a spare pair) or contact lenses and eye drops (the dust can be an irritant to contact lens wearers)*
- *Insect repellent*
- *A head torch (one per person).*
- *Zip lock/ Plastic bags (for storage of small items)*
- *Razor/ Shaving Cream*
- *Sewing Kit*
- *Travel adapter plug*
- *Diary/ Books/ Pens*
- *Shampoo and conditioner (this is provided at most camps).*
- *A small penknife (pack in your main luggage)*

Medical:

- *Malaria Tablets*
- *Eye drops for dust*
- *Plasters*
- *Imodium for minor stomach ailments*
- *Prescription medications - make sure you have enough to last during your trip, as well as a copy of the prescription(s)*
- *Headache tablets/painkillers*
- *Antiseptic cream*
- *Travel sickness pills*
- *Ant-acids/indigestion pills*
- *A general antibiotic can be useful (obtain this from your doctor before you leave home)*
- *Ear plugs if you are a light sleeper (the bush can be noisy)*

Photographic:

- *Camera*
- *A telephoto lens (200-300mm minimum for game photography)*
- *Sun filters*
- *A dust-proof camera bag*
- *Batteries*
- *A small bean bag or monopod can be useful to rest the camera on for better balance*

African Sojourns wishes you an exciting and wonderful holiday!