



## ***SOUTHERN AFRICA PACKING TIPS***

*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 light aircraft flights (small charter flights and helicopter flights) luggage throughout Southern Africa, luggage is restricted to a total of 20kgs(44lbs) 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). Pilots have the right to refuse hard sided (Samsonite) suitcases. The recommended 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. The maximum size we recommend is: 30cm wide x 30cm high x 70cm long*

*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.*





*The weather in southern Africa is generally pleasant throughout the year, warm to hot days, and cold to cool nights. Summer (September to April): These are the hotter months where we also receive most of our rain.*

*Winter months (May to August). These months experience very cold temperatures at night and in the early morning, particularly when on the open safari vehicles. There is very little rain over these months.*

***Suggested packing tips:***

- *Lightweight clothing in neutral colors is suitable for the bush.*
- *Avoid white or colorful 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 are not great especially if you are going to be out in the sun as they keep the heat. Tsetse flies love those 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 (e.g. in Zimbabwe).*
- *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 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*
- *Windproof jacket*
- *T-shirts (short and long) x 4*
- *Swimming costume and wrap (sarong)*
- *Socks*
- *Underwear*
- *Sun hat*
- *Trainers or comfortable walking shoes/boots (heavy walking boots are not necessary)*
- *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, warm sweater (as it can get very cold)*

***Other Essentials:***

- *Passport (with a copy)*
- *Original full birth certificate showing both biological parents names if travelling with children 17 years and younger for travel to South Africa and Botswana. Additional documents are required if both are not travelling with children.*
- *Money (cash/credit cards)*
- *Travel Insurance 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)*
- *Spectaeye drops (the dust can be an irritant to contact lens wearers)*
- *Insect repellent*

- *Zip lock/ Plastic bags (for storage of small items)*
- *Razor/ Shaving Cream*
- *Travel adapter plug*
- *Diary/ Books/ Pens*
- *Shampoo and conditioner (although this is provided at most camps).*
- *A small penknife is also useful (pack in main luggage)*
- *Ear plugs if you are a light sleeper (the bush can be noisy at night, especially if you are camping)*

***Medical:***

- *Malaria Tablets (if visiting malaria areas)*
- *Eye drops (to help with the 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)*

***Photographic:***

- *Camera*
- *A telephoto lens (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*

***Trek Expedition's wishes you an exciting and wonderful safari!***

