

# WHAT TO PACK WHEN TRAVELLING TO AFRICA

Deciding what to pack and bring with you when visiting the huge continent of Africa can be confusing and somewhat overwhelming unless you have some handy hints – keep reading, we're here to help!

Some of the countries we visit in Africa have conservative dress standards. This is important to keep in mind when packing, especially for women, as wearing sleeveless tops and shorts or skirts can bring unwanted attention. It may be best to wear loose conservative clothing with sleeved tops and shorts/skirts that are longer in length.

We suggest checking the forecasted weather for the specific places you're visiting on tour, as this will give you a rough guide on current temperatures, so you can pack accordingly. Keep in mind that temperatures and climates can vary significantly based on the regions you'll be exploring, from the scorching Sahara Desert to chilly mountains. Game drives and the optional hot air balloon rides start out early in the morning when it's cool, and the afternoon drives end as the sun is setting, so the temperature can change rapidly. We recommend bringing a variety of clothing that can be layered, even the travel pants that can zip on and off at the knees are extremely handy.

Dressing in particular colours will also help – keep to greens, olives, browns and khakis to blend in with your surroundings and not draw the animal's attention to you. Also, try to avoid dressing in blue, as blue attracts tsetse flies, and those bites are nasty! A pair of sturdy walking shoes are essential (boots that cover your ankles are ideal), and thick socks to keep plant nettles and burrs out of your skin.

There can be a lack of shade when visiting sights and attractions, so a sturdy hat and sun protection is also an absolute must. It can also get dusty, so be prepared for your belongings to be covered in dust!

## PACKING LIST

- ❑ Backpack for hand luggage – this can double as your daypack
- ❑ Soft-sided checked luggage (due to the limited storage space in light aircraft and safari vehicles, hard cases are not allowed)
- ❑ Lots of layers – it can be cool at nighttime, even if it's hot during the day
- ❑ A wind and rain proof jacket
- ❑ Comfortable walking shoes and a pair of thongs or sandals
- ❑ Sunglasses, hat, sunscreen and swimsuit
- ❑ Toiletries
- ❑ Camera and camera charger
- ❑ Phone and phone charger
- ❑ Universal travel adaptor
- ❑ Any necessary prescription medication (always carry them in your hand luggage)
- ❑ Panadol, Gastro Stop, cold and flu medication, antihistamine and mosquito repellent
- ❑ A photocopy of your passport, travel insurance policy and list of prescribed medications



**WE WISH YOU A WONDERFUL JOURNEY IN THIS FASCINATING PART OF THE WORLD!**