



CLOTHES AND ESSENTIAL KIT CHECKLIST	✓
A small medical kit:	
Lip balm (chap stick)	
Sun screen	
Insect repellent	
Aspirin or similar	
Elastoplast's	
Malaria tablets	
Anti-histamine cream/tablets for insect bites	
Imodium or similar for mild cases of the runs	
Re-hydration sachets	
Clothing:	
2 long sleeved shirts/blouses	
3 or 4 short sleeved shirts/t-shirts	
2 pair of trousers or skirt	
2 or 3 pairs of shorts	
Warm fleece or jersey	
Warm jacket	
Sunhat or head scarf	
Boots or strong shoes or trainers	
Sandals or jandals	
Swimming costume	
Miscellaneous:	
Camera film and spare batteries	
Wash bag and towel	
Watch	
Money belt	
Sunglasses	
Torch and spare batteries	
Small sewing kit	
A few strong plastic bags	
Clothesline and a few pegs	
Penknife	
Sleeping bag, 3 seasons	
Sheet inner	
Day pack	



LUGGAGE:

A soft carry bag is recommended or a backpack. You cannot bring a suitcase, as it will not fit into the lockers on the truck. Also a small day bag for your camera, water bottle etc.

PHOTOGRAPHY:

There are occasions on the trip when there is plenty of dust about. It is a good idea to have a strong plastic bag to put your camera in when not in use, or even better, a proper camera bag.

It is possible to recharge batteries from the truck, but you should also take a spare and a world adaptor for your mains re-charger so that when you stay in accommodation or campsites you can recharge the batteries there.

DOCUMENTS:

Passport

Vaccination certificate

NB – always take photocopies of important documents and keep them separate

CURRENCY:

Cash is easier to change than travellers' cheques, and in many places, US dollars can be used to pay for goods and services. I would recommend bringing cash in US dollars and a credit or debit card. Local currency can be drawn out of ATM machines with your credit or debit card.

SLEEPING:

The tents on the truck have sewn-in ground sheets and mosquito nets. If you would like to sleep out under the stars on some occasions, you will have to bring your own mosquito net and a plastic sheet to sleep on.

Foam mattresses are provided on the truck for you to sleep on.

LAUNDRY:

Laundry facilities are limited outside the major cities but it will be possible to do some hand washing at the campsites or have someone do it for you.

HEALTH:

You should have a complete medical checkup prior to departure. A medical kit is supplied but only to be used in emergency. Each person is responsible for their own medical kit.

An international vaccination certificate is required.

Proof of yellow fever vaccination is officially required for entry into all countries except Tanzania and Kenya.

The following vaccinations are recommended but not required in Africa

- Typhoid
- Hepatitis
- Meningitis
- Tetanus

MALARIA MEDICATION:

Expert advice on medication by your Doctor or Vaccination Clinic should be sought. Avoid being bitten, Long sleeved shirts and long trousers should be worn after sunset. Mosquito repellent containing DEET should be applied on exposed areas.

INSURANCE:

Everyone must have personal travel insurance. It must include a comprehensive medical policy including medical repatriation. This can be arranged by your travel agent.

