

SOUTHERN AFRICA PACKING LIST



IMPORTANT

- Passport + other photo ID
- Cash (USD + South African Rand)
- Travel money card + backup
- Vaccination record
- Scripts for prescription medicine + list of medications carried
- Paper + electronic copy of all documents listed above

HEALTH

- Anti-malarials if required (eg. Doxycycline)
- Any prescription medicines
- Over the counter medications (eg. panadol, cold+flu, antihistamines)
- Basic first-aid kit
- Sunscreen, insect repellent and aftersun cream
- Reusable water bottle

CLOTHES

- Long, light pants
- Shorts
- T-shirts
- Long shirt
- Jackets
- Bathers/swimmers/togs
- Underwear + socks
- Thongs/flip-flops
- Hiking boots and/or runners

OTHER

- Sleeping bag + sheet
- Pillow (not blow up!)
- Towel
- Toiletries
- Camera, phone + charger
- Binoculars
- Lock for bag/locker
- Hat + sunglasses
- Eye-mask + ear plugs

