

Packing List

Pack light but wear layers (morning can be chilly but afternoons hot)

Neutral colors, Brown, beige, green (nothing white or bright).

Laundry should be done daily in every camp.

Pack a set of clothes in your hand luggage in the case that your luggage is lost.

Soft shell bag with a weight limit of 20kg per person

Clothing	Toiletries
☐ Sandals (lightweight shoes)	☐ Antimalarial pills (prescription)
☐ Walking Shoes (trainers, not white)	☐ Aspirin/Tylenol/Advil
☐ Wide brimmed hat	☐ Throat lozenges
☐ Light Windbreaker	☐ Anti-diarrhea/ Nausea / Antacids
☐ Sweater / fleece	☐ Eyedrops
\square 2 pairs pants/trousers	☐ Antibiotic cream
☐ 3 pairs shorts	☐ Bandaids
☐ 5 pairs socks	☐ Insect repellant
☐ 3 short-sleeve shirts	☐ Sunscreen
☐ 3 long-sleeve shirts	☐ Shampoo (small container)
☐ Swimsuit	☐ Conditioner (small container)
☐ Belt	☐ Shower Gel (small container)
☐ 6 pairs underwear	☐ Body lotion
☐ 3 bras / sports bras	☐ Deodorant
☐ Pajamas	☐ Toothpaste + Toothbrush
\square 1 cocktail dress / evening attire	☐ Hairbrush & Extra Hair Ties
Casual evening attire	☐ Razor
\square Gloves / Beanie (in case of cold	Sanitary products
weather, May-Aug)	☐ Makeup (q-tips, tweezers)
	☐ Rehydrate / Liquid IV



Other	Technology
☐ Passport (ensure it is not expiring	☐ Camera Bag
within 6 months and has enough	☐ camera
empty pages)	☐ Lenses
☐ Water Bottle	\square Digital memory cards
Vaccination Cards (if applicable)	☐ Lense tissues
☐ Air tickets / Vouchers (printed)	☐ Chargers
☐ Purse	☐ Envelopes (for tips)
☐ Credit cards	☐ Small Notepad
☐ Insurance Cards	☐ Universal Charger
☐ Cell Phone + charger	
\square Small battery pack (can be	
useful)	Extra
☐ Sunglasses	□ <u></u>
Copy of prescriptions	□ <u></u>
☐ Lip balm	□ <u></u>
\square Hand sanitizer	□ <u>.</u>
☐ Flashlight	□ <u></u>
☐ Binoculars	□ <u></u>
☐ Tissues (travel packs)	
☐ Wet Wipes (travel pack)	
☐ Laundry bag (to place dirty laundry)	
☐ Business Cards	
☐ Pens	
☐ Reading material (books, maps etc)	