

## African Sunrise Safaris Checklist

### ON THE PLANE

Comfortable travel smart clothes with a lightweight fleece, wrap or something you can easily stuff in your carry on back pack. In a smaller bag so I have access. See tips below.

**Personal tip:** I'm a road worrier so I travel with tiny travel size tooth brush/ paste, ear plugs, comfy eye mask, my head set ear phones, personal wipes, sleep aid, allergy pill before I fly. For those that aren't lucky enough to travel business or first class, the airlines will offer economy plus upon booking you ticket. It's a reasonable way to get 4", so check it out. Please see my preferred travel agent for help.

### CLOTHES FOR SAFARI: "Bush colors" - green/brown/khaki/grey (not pale or white)

- 3 x Long sleeve shirt (with sleeves that roll up)
- 1 x Vest
- 2 x Zip-off pants
- 1 x Hiking boots (or light-weight walking shoes in safari colors would be fine, too)
- 1 x Safari hat (a Tilly-style is pricey but style is great) I also bring a cap
- 3 x long sleeve shirts, 1 t-shirt
- 3 x socks, 3 panties, 1 bra
- 1 x Bathing suit (you never know when you want it)
- 1 x Light-weight warm / wind proof style of jacket, gloves, warm beanie (for the early morning and evening game drives)
- 1 x Pajamas
- 1 x Flip flops (for wearing around camp)
- 1 x small soft pack back (I got mine at AAA) it really comes in handy
- LADIES : leave your maxi purses and Stilettoes at home! A small shoulder style travel purse is best and safest
- LEAVE YOUR HAIR DRYERS AT HOME, LODGES ALL HAVE THEM! THE 220 WATTS FOR ELECTRIC WILL BLOW THEN UP

### TRAVELING TO CAPE TOWN OR OTHER CITY: in addition to above

- 2 x travel smart outfits / with the one you wore on the plane you will have 3
- Pair of comfy shoes that goes with most everything
- Scarf (because I think it dresses things up)
- Pick a few light weight pieces of jewelry that goes with everything

PACK FEWER CLOTHES, AND USE LAUNDRY SERVICES AT CAMP / LODGES: laundry service is fairly inexpensive at most places and the turnaround is within 24hrs. When you see everyone else lugging a HUGE suitcase around you will be glad you did this. Leave something to buy in various places to support the local economy! See my resource links at the bottom of this document.

## **TOILETRIES AND ESSENTIALS**

I have one plastic zip bag with my travel size toiletries to include the items below. This way it's easy to pull of your bag. I also find it handy to use a hang up style travel bag for makeup, toothbrush etc. Easy to store and pack in and out. Minimal is best.

Most camps provide shampoo, body wash. FYI you can bring less of that. You will have time to restock at various stores along with the way.

- Overall personal Hygiene items
- Creams and Lip balm (the air can be very dry)
- Personal wipes come in very handy
- Dental Hygiene
- High factor sunscreen (one additional 3-oz bottle for each 2 weeks of the trip)
- Bug spray
- Women's personal needs (you don't want to be looking for those in the bushveld)
- A few zip lock style bags (very handy)
- Disposable style razor and cream

## **MEDICAL ITEMS:**

Prescriptions drugs: make sure you have enough to last the entire trip and keep in your carry on backpack. I keep the below in one zippy bag. This avoids tearing apart your suitcase in the middle of the night when you most need to.

- Spare contact lenses and enough solutions for trip
- 1 small amount of gentle laxatives (traveling can knock you off schedule)
- Ibuprofen or like pain pills / sleep aid pain pills work amazing to get you back on track for sleep
- Sudafed, allergy tabs
- Dramamine(if you get sea, car sickness at all)
- Tums, Imodium, Gas-x (or like)
- Sore throat lozenges, eye drops
- Small mani / pedi kit
- Cortisone cream or antiseptic ointment
- Q tips

## **MY MUST-HAVE SAFARI ITEMS**

- Your wildlife book giving to you by African Sunrise Safaris (great for ticking of the lists)

- Small set of Binoculars with harness (if you don't want to look cool you can borrow someone's)
- Kindle / Notepads etc.(with books about Africa wildlife / area loaded makes travel lighter)
- Journal / pen / pencil (trust me you will want to Journal)
- Headlamp or at minim of a small flashlight
- Reading glasses / Sunglasses (the sun over there is VERY strong)
- Cell phones (who leaves home without them these day's!)
- Chargers and cords for all devises
- Vitamins/meds /Malaria meds (where needed) list for essentials
- Water bottle (some camps provide them. I never leave home without own, lots of airport are using the refill options now.
- Lightweight carry bag stuffed in your suitcase for souvenirs (everyone needs something from Africa)
- I never leave home without a jump drive/ flash drive/ memory stick (great for sharing photos)
- Your adaptor you bought in the airport so you have the right one and it works! (see my notes under general)

## **CAMERA GEAR**

For the experts you know what kind of camera / lens you want or need to bring to "get the job done." For the novice or average traveler here are some of my thoughts. I carry a Cannon Cyber Shot, it's easy to use and light weight. Bring a second battery, and extra memory cards, small camera case. I love my octopus style cell phone and camera tri pod claw, you can hook them anywhere.

<https://www.amazon.com/Octopus-Portable-adjustable-Tripod-Cellphone/dp/B00CR74FLO>.

Good Resources:

Travel Cloths and gear :<https://www.exofficio.com>

Apps: <http://www.mydigitalearth.com/mde/Default.aspx?alias=www.mydigitalearth.com/mde/digital>

Please see my other useful tips and guidelines for travel