



If the thought of packing for air travel fills you with dread, never fear you are not alone. To save yourself from a packing nightmare, read on for tips from true travel mavens:

#### Packing for your experience:

- Opt for **light, cotton clothing in neutral tones** – These fabrics work best in a hot climate. Pack about 3 t-shirts and 3 pairs of shorts. Do not pack white shirts, they show the dirt up easily and make you highly visible to the animals.
- Include a **long sleeved shirt and trousers** – The evenings can be chilly and they are also good for keeping mosquitoes and other insects at bay.
- A lightweight **waterproof jacket** is essential – Temperatures can vary greatly. While morning and afternoon drives can be chilly, by midday you'll be more than comfortable wearing shorts and a t-shirt. The secret is to wear several layers that you can take off or add to as needed.
- Don't forget to bring a good pair of **trainers** or hiking shoes – Unless you are doing a walking safari, there is no need to pack heavy-duty hiking boots. A good durable pair of trainers is all that is needed.
- Embrace your inner Indiana Jones and include a **wide brimmed hat** – Choose a hat that has a wide enough brim to shade your eyes and the back of your neck (this is an area most people forget, and where they get sunburnt).
- Don't forget the **sunscreen** – Choose a sunscreen with a high SPF or sun protection factor of between 30 and 50. The last thing you want on holiday is a bad sunburn or sunstroke. Be sure that your sunscreen offers sufficient protection against both UVA and UVB rays.
- **Sunglasses** aren't just for looking cool – The glare from the sun during the middle of the day can hurt your eyes and give you a headache, especially if you are not used to it.

- **A camera, charger and spare memory cards** are vital to capture this once in a lifetime experience – If you are leaving your home country, check whether the places you will be residing at will provide you with the necessary adapters or whether you need to bring your own along. If you're going to a different country or overseas, odds are certain things will be different.
- **Medical kits** aren't only for hypochondriacs – Pack a small bag or medical kit with some pain killers, any chronic medications (enough for the trip), some insect repellent, lip balm, bandages, plasters, a sedative (if you are a nervous traveller), anti-nausea medication, chewing gum (for air pressure changes in the plane), tissues and any anti-malarial prophylaxis if you're heading into a malaria zone.