

2-9-2024

**PRE-DEPARTURE INFORMATION
AND TRAVEL GUIDE**



MAINS'L MISSION TEAM 14 (M2T14)

Zimbabwe, Africa
Tuesday, April 22nd, 2025-
Tuesday, May 13th, 2025

AIR ARRANGEMENTS-

1st Group: Tracy, Anne

USA to Joburg

Anne:

Depart Sacramento at 12:30pm Delta 904, 20 April arrive Atlanta 8:07pm

Tracy: Depart Minneapolis at 4:35pm Delta 1028, 20 April, arrive Atlanta 8:1pm

Anne and Tracy:

Depart Atlanta 10:35pm, Delta 200, 20 April, arrive Johannesburg at 7:40p.m. 21 April

Joburg to Bulawayo

Depart JNB-OR 10:30am SA Airlink 110, 22 April arrive 11:50am 22 April BUQ

Victoria Falls to Johannesburg

Depart Victoria Falls 2:00pm to Joburg, SA Airlink 495, 12 May arrive Joburg 3:45 pm

Joburg to USA

Depart Joburg 9:55pm, Delta 201, 13 May, arrive Atlanta 8:45am, 13 May

Tracy:

Depart Atlanta at 12:15pm, 13 May to MSP Delta 2901, arrive 1:50pm, 13 May

Anne:

Depart Atlanta 4:59pm Delta 743, 13 May arrive 7:09pm Sacramento 13 May

2nd Group: Jason, Barb, Bobbi, Sara, Carlee

MSP to Atlanta

Depart MSP at 3:15pm pm 22 April (Delta 1036) arrive to ATL 6:49pm 22 April

SAC to Atlanta

Depart SAC at 12:35pm 22 April (Delta 904); arrive to ATL 8:07pm 22 April

ATL to JNB

Depart Atlanta at 10:35 pm 22 April (Delta 200) arrive to Johannesburg at 7:40pm 23 April

Johannesburg/Bulawayo — Victoria Falls/Johannesburg

Depart JNB at 10:30 a.m. via South African Airlink 110, 24 April

Arrive Bulawayo at 11:50am, 24 April

Vic Falls to Joburg

Depart Vic Falls at 2:00pm via SA Airlink 495, 12 May

Arrive JNB at 3:45pm, 12 May

Joburg to USA

Depart Joburg 9:55pm, Delta 201, 13 May, arrive Atlanta 8:45am, 13 May

MN Crew:

Depart Atlanta at 12:15pm, 13 May to MSP Delta 2901, arrive 1:50pm, 13 May

Anne and Bobbi:

Depart Atlanta 4:59pm Delta 743, 13 May arrive 7:09pm Sacramento 13 May

LAND COSTS INCLUDE:

- Accommodations
- All meals and volunteer activities (Full Board)
- Airport, road transfers within Zimbabwe
- Park and guiding fees
- Zambezi River cruise

NOT INCLUDED:

- Tips to staff and guides (\$350USD)
- Other personal expenditures, souvenirs (\$200-300 average)
- Optional additional tours in Victoria Falls
- Zimbabwe Visa \$30; \$45 for double entry

Mother Africa and Mains'I are dreaming of a better future:

<https://www.mother-africa.org/>

We believe that one person can make a difference. We are confident, with care and nurturing, that we are changing the face of this resilient country in a gradual and quiet way - just like the very nature of Africa herself.

It's going to be an exciting time with a lifetime of memories!

Necessary Skills: positive, open-minded enthusiasm, strong teamwork skills, a desire to give back locally and globally, a willingness to step out of your comfort zone, and strengthen your leadership skills! Being moderately physically fit will ensure volunteers enjoy a project to the fullest as there is often manual labor involved. Volunteers should have an **interest in new cultures and the environment** as well as **working with communities in a third world country**.

Useful Skills: We realize that each volunteer who joins us has different skills and varying specialties to offer. Any professional skills you can bring to the team, such as building trades, technology, teaching, agriculture, etc., are valuable.



Trip Schedule

22	April	Leave US
23	April	Johannesburg (depart 24 April)
24	April	Arrive in Bulawayo
24-28	April	Ethandweni (depart 29 April)
29-1	April	Amalinda (depart 2 May)
2-5	May	Khulu Bush Camp (depart 6 May)
6-8	May	Chobe Mobile Camping (depart 9 May)
9-11	May	Vic Falls (depart 12 May)
12	May	Depart Vic Falls
13	May	Arrive US

Details of Trip Schedule

Depart MSP/Sac for JNB	22 April	(Tue)
Overnight Joburg	23 April	(Wed)
Depart JNB for BUL	24 April	(Thur)
Matopos	25 April	(Fri)
Matopos	26 April	(Sat)
Matopos	27 April	(Sun)
Matopos	28 April	(Mon)
Matopos	29 April	(Tues)
Matopos	1 May	(Wed)
Matopos	2 May	(Thurs)
Dete	3 May	(Fri)
Dete	4 May	(Sat)
Dete	5 May	(Sun)

Lodging

Mpls/Sac to Atlanta to Johannesburg
Tambo City Lodge, Johannesburg Airport
Joberg to Bulawayo to Ethandweni
Ethandweni
Ethandweni
Ethandweni
Ethandweni; depart for Amalinda
Amalinda
Amalinda (depart for Khulu Bush Camp)
Khulu Bush Camp
Khulu Bush Camp
Khulu Bush Camp

Dete	6 May	(Mon)	Khulu/Depart for Chobe Mobile Camping
Botswana	7 May	(Tues)	Chobe Mobile Camping
Botswana	8 May	(Wed)	Chobe Mobile Camping
Botswana	9 May	(Thurs)	Chobe Mobile Camping; depart for Vic Falls
Victoria Falls	10 May	(Fri)	Victoria Falls/Shearwater
Victoria Falls	11 May	(Sat)	Victoria Falls/Shearwater
Victoria Falls	12 May	(Sun)	Victoria Falls/Shearwater; Depart Vic Falls
Victoria Falls	13 May	(Mon)	Depart Vic Falls to Joburg/to US
US	14 May	(Tues)	Arrive US

EARLY DEPARTERS

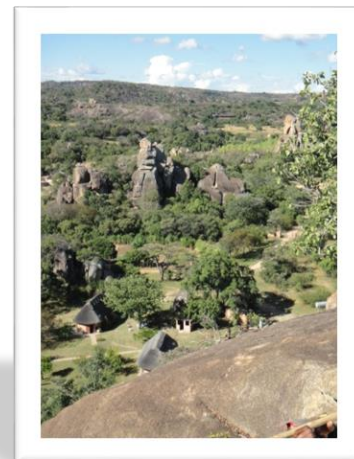
Departing 20 April – arriving 21 April

An Experience

Africa..... images of exotic wild animals and people come to mind. But do not make the mistake of visiting her and feel you understand her problems and her people. If you seek to conquer Africa, or fix her problems, you have overlooked the vital soul of Africa herself.

History tells us that Africa has not - or cannot - be helped by conventional means from our modern society. You cannot donate food and medicine and pretend to "cure" the continent. You cannot throw money at her and expect her to be "fixed." However, Africa is a wild and willing student and can be a loyal and loving mother to her children.

Mother Africa Trust was founded in 2006, in support of building a better future in Zimbabwe. The vision for the Trust is to create a way for people to “give back” to both the environment and to the people of Zimbabwe. Mother Africa seeks to make a positive difference in the areas of education and cultural and environmental research and conservation. Visit their website at <http://www.mother-africa.org/> to learn more.



Mains'I has been with Mother Africa; people in Zimbabwe though our African mission trips since 2011.

blessed by our partnership we have been serving the

Our Work in Zimbabwe:

Together with Mother Africa Trust, our project efforts and much of our time is spent working with local communities near Matopos Hills and Hwange. The people we experience live from the land through subsistence farming, and often contend with marauding wildlife, the same wildlife tourists flock to see. Mother Africa is working towards distributing some of the financial benefits from tourism to those communities that could really benefit from it. Mains'I has a strong partnership with Mother Africa and the people we touch in Zimbabwe. Together, we are making a difference!

In addition to the community aspect, we have the opportunity during our stay to game view to see first-hand the long-term research and conservation of a variety of different African species, some of which are totally unique to Zimbabwe. There is no conservation without the cooperation of the community, and there is no conservation without education. We work side by side with locals, from varying backgrounds and beliefs.

Ethandweni Children's Home

The home was opened in 1997, and received initial funding from the Sai community, Danida and the Danish Red Cross. Mother Africa is working in conjunction with Ethandweni, and Mains'I has become a major provider of funding and support for this organization.

The facility can house 43 children at any one time and the ages of the children range from a few months old to 18 years of age. Zimbabwe is home to over 1 million orphans, with latest estimates putting the percentage of the population being HIV positive as over 30%. At present the medical/health system in Zimbabwe is severely depleted and service delivery in this sector is massively short of requirements.

During our stay, we become members of the home, and engage in everyday activities such as washing dishes, helping the children clean their rooms, working in the garden, and preparing meals. An important part of our time at the orphanage is to simply be there, offering our friendship and love to the children.



Matopos Cultural Heritage Initiative

The Matopos Hills has deep rooted significance to the local communities of Zimbabwe; it is viewed as a sacred place where the spirits of ancestor's dwell. Due to its cultural importance and natural beauty, it has been declared a World Heritage site. The Matopos Hills has one of the highest concentrations of rock art in Southern Africa. This is an ancient place where hundreds of Bushmen paintings have been found throughout the park. The area exhibits a profusion of distinctive rock landforms rising above the granite shield that covers much of Zimbabwe. The large boulders provide abundant natural



shelters and have been associated with human occupation from the early Stone Age right through to early historical times, and intermittently since. The Matopos Hills continue to provide a strong focus for the local community, which still uses shrines and sacred places closely linked to traditional, social and economic activities.

Area Schools

Past volunteer activities have included cleaning grounds and latrines, preparing for bore hole installation, painting, repairing and replacing windows, building a library, playing with the children, teaching when invited to, and putting up perimeter fences. Our latest work included building the first two of seven classroom blocks in Mgadla community.

Child-Headed Homes and Communal Land

Due to the scourge of unemployment, there is an entire generation dispersed in the diaspora of Southern Africa. Many children are left alone to fend for themselves, or live with extended family members, who are marginally able to care for them. Most of these children-families are subsistence farmers – they live off the land. We have had opportunities to walk along with them, as they fetch water, gather firewood, till gardens, and/or perform daily homestead chores.

Dete/Hwange area and Communal Lands The Dete Old Age Home is where we offer our hearts and time to the more than 20 elders who live here. Migrating from parts throughout the continent, each person carries with them a deep sense of pride, as their memories of past family members and history linger. You will have an opportunity to offer comfort and conversation, work side by side with the nuns who care for them, and leave with a longing to return.

Our Itinerary

22 April (Tuesday) MSP/SAC – JOHANNESBURG

- Arrive at MSP airport by 12:15 p.m. for international departure, scheduled for 3:15 p.m. (Delta 1036). Arrive Atlanta 6:49pm
- Depart Atlanta at 10:35pm (Delta 200)



23 April (Wednesday) JOHANNESBURG

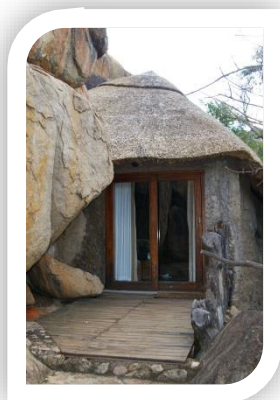
Arrive in Johannesburg at 7:40 p.m. Collect all bags upon arrival. Upon arrival to South Africa, we will spend a night at the City Lodge at the OR Tambo Airport in Johannesburg. We take this opportunity to have dinner, unwind, and prepare physically and mentally for the time zone change (7 hours ahead CTS, 9 hours PT).

24 April (Thursday) BULAWAYO

We will meet for breakfast in the hotel dining room, and then we will depart by 7:45 am for the plane ride to Bulawayo (South African Airlink 110); departure is at 10:30 a.m. and arrives in Bulawayo at 11:50 a.m.



24-29 April (Thursday-Tuesday) ETHANDWENI CHILDREN'S HOME From Matopos we will depart for the now famous **Ethandweni** (Place of Love) Children's Home for five nights. We will be staying on the grounds of Ethandweni in the guest cottages, immersed in the lives of all the children living at the home. From meals to chores and fun outings, be prepared to work hard and play hard! Win the international volleyball tournament. Your life will be changed forever.



29 April – 2 May (Tuesday-Thursday) AMALINDA We will spend the next three nights at **Camp Amalinda**, part of the Amalinda Collection. All guest rooms are built among the rocky outcrops. Our days will begin with an early breakfast each morning between 6:00-7:30 am. We typically begin our volunteer workday by 8:00 a.m. We will be working within the Mgadla rural school and community, among other communal areas. We complete our workday between 5:30 – 7:00 p.m., followed by dinner, conversation, and a lovely bonfire.

2-6 May (Thursday-Tuesday) KHULU BUSH CAMP

We will spend the next four nights at **Khulu Bush Camp**, part of the Amalinda Collection. Khulu Bush Camp is located outside the Hwange National Park on a private concession of 6,000 square acres. This well-appointed camp is situated in the key home range of the Presidential Elephant herd. While in this Hwange area, projects will include working at the Dete Old Folks Home, and typically includes visiting and working in the community. In the evening, you will most likely have an opportunity to view members of elephant pride, and other wild game while you relax at the camp from your day's work.

6-9 May (Tuesday- Friday) Chobe (Botswana) Mobile Tenting

We will be transferred from the Hwange National Park area to the Chobe National Park area, the second largest park in Botswana (11,700 sq km). It is named after the river Chobe that forms the northern boundary of the park. The Chobe River supports one of the largest concentrations of elephant found anywhere in Africa and it is not uncommon to encounter herds in excess of a hundred. Chobe National Park is Botswana's first national park, and also the most biologically diverse. Located in the north of the country, it is Botswana's third largest park, and has one of the greatest concentrations of game in all of Africa.

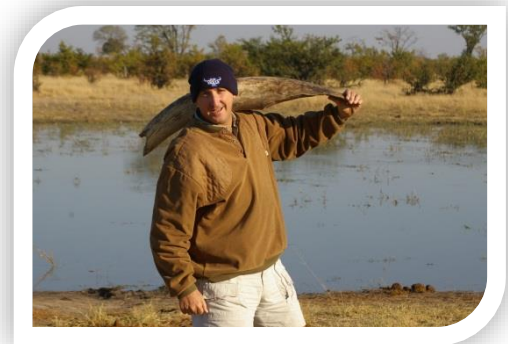


The mobile traditional tented camps offer excellent camp service. Each tent has a stand-up size sleeping tent and a bathroom/toilet. On our return from the day on safari, sundowners are served (evening cocktails at sunset). Then we are served delicious dinner and laughter around the table, followed by contented slumber, as the sounds of the night wildlife are heard in the distance.

Our Safari Guides

David Carson

David Carson has been in the safari industry since 1990 and after completing a four- year apprenticeship and passing the stringent Zimbabwean Professional Guides exam in 1995, has been guiding all over Zimbabwe. His love for walking and being out on safari lead him and his guests after the elusive Black Rhino in Hwange National Park - where David's passion lies! In recent years David has taken up guiding in Botswana and is thoroughly enjoying exploring the Nationals Parks and Private Concessions. His enthusiasm for the bush is contagious!



9-12 May (Friday-Monday) VICTORIA FALLS – Shearwater Explorers Village

We will be transferred by road to Victoria Falls. The world-famous Victoria Falls were discovered in 1855 by Scottish explorer, David Livingstone. As news of the falls spread it attracted traders and a small settlement, originally called "Old Drift" was established on the Zambian side of the falls. A bridge was built over the Zambezi Gorge as part of the Cape-to-Cairo railway in 1902 making it possible for people to visit the village of Victoria Falls. In 1906 the iconic Victoria Falls Hotel was built and put the thriving village on the map. It officially became a town in 1972. Today it is the jumping off or finishing point for many safaris and offers a variety of exciting activities such as world-class white water rafting and elephant-back safaris.

Victoria Falls is approximately 5600 feet wide, twice the height of Niagara Falls, and one and one half times as wide. It is divided into five separate waterfalls: Devil's Cataract, Main Falls, Horseshoe Falls, Rainbow Falls and Eastern Cataract, ranging in height from 200-355 feet. Be prepared to get wet as you walk through the rain forest surrounding the falls, a result of the continuous spray. (Park entry fee US\$30 pp payable direct).

While in Victoria Falls, we have the opportunity to enjoy the company of friends and partners from Zimbabwe, and will include a private river boat excursion on the Zambezi River, as well as having dinner at a local establishment. Zimbabwe hospitality abounds.

We will be staying at Shearwater Explorers Village which is a lodge only 400 meters from Victoria Falls. It is so close to the falls it occasionally receives an early morning shower from the Falls spray. The property overlooks virgin African bush and a waterhole frequently visited by elephant and buffalo, and yet it is very near the craft markets and entertainment district.

You will also have an opportunity to shop for curios in the open -air market, visit the charming village shops filled with local artisans and their crafts, and refresh ourselves at local water holes.

12 May (Mon)- 13 May (Tues) VIC FALLS – JOHANNESBURG

Depart Vic Falls Airport at 2pm via SA Airlink 495, 12 May

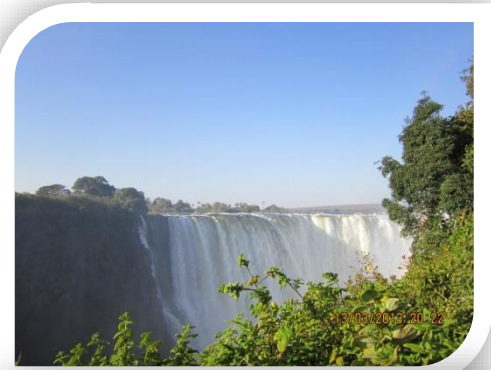
Arrive JNB at 3:45m, 12 May

Depart Johannesburg at 9:55pm (Delta 201) *check all luggage to final destination* arriving in Atlanta

13 May (Tues) ATLANTA/MINNEAPOLIS/SACRAMENTO/HOME

To MSP: Depart Atlanta at 12:15pm Tuesday (Delta 2901), arrival MSP at 1:50pm Tuesday.

To SAC: Depart Atlanta at 4:59pm (743), arrival SAC at 7:09pm Tuesday



TRAVEL INFORMATION

SOUTH AFRICA ENTRY REQUIREMENTS

Visas are not required for United States Citizens. However, all visitors must be in possession of a valid passport. Passports must be valid for at least 6 months beyond your intended stay.

****IMPORTANT INFORMATION FOR TRAVELERS TO SOUTH AFRICA****

ENTRY/EXIT REQUIREMENTS: PLEASE NOTE: The passports of all travelers to South Africa must contain at least two blank (unstamped) facing VISA pages; these pages are in addition to the endorsement/amendment pages at the back of the passport. Otherwise, the traveler, even when in possession of a valid South African visa, may be refused entry, fined, and returned to their point of origin at the traveler's expense, or detained for up to several days until extra visa pages are obtained. As a general precaution, all travelers are advised to carry a photocopy of the photo/bio information page of their passport and keep it in a location separate from the passport.

HEALTH REQUIREMENTS

No inoculations are required at this time if you are arriving from the United States. Please consult the US Center for Disease Control and your physician for current immunization/inoculation recommendations. Anti-malaria tablets are recommended if visiting game areas.

CURRENCY, BANKING HOURS AND ATMs

Although Zimbabwe has its own currency, the country is dollarized and you will be able to use US dollars to pay travel expenses and make purchases.

You will be able to use your credit and ATM cards while traveling in the airport and hotels/lodges, as well as in some shops. Please be advised that we do not advise using debit cards linked to bank accounts as fraud is a possibility. Having a supply of US dollars in one, five, ten and twenty dollar denominations for tipping and purchases at street and rural markets is advised. Change if due is likely to be in Zimbabwe currency.

Several international banks have branches in the main cities. The banks and the Bureau de change at the airport offer some of the best exchange rates, but it is also possible to change money at your hotel reception.

Please note - US currency printed **BEFORE** 2001 (small picture of head) will NOT be accepted. New notes of 2003 or later are best. (Please make sure your bills are free of rips and tears).

CREDIT CARDS

Visa and MasterCard are widely accepted throughout the country. American Express, Diners Club and Discover are less widely accepted, however may be more readily used in the main city centers.

LUGGAGE

In most instances the weight restriction is 44 lbs. in South Africa and for other safari programs the limit is 33 lbs. (15kg.) Based on 2014 mission experience, 23 kg. is the maximum weight in Bulawayo and Johannesburg airports. Always check with airline restrictions. For safety and space reasons, you have strict luggage restrictions on charter flights. This weight restriction includes your camera bag and equipment. A soft duffle bag (instead of a hard suitcase) should be used. Please keep in mind that the baggage compartments on the light aircraft are only ten (10) inches high, so the pilots must have the ability to manipulate the bag into the compartment and distribute the weight evenly for the safety of all.

LAUNDRY

There is daily laundry service in most camps and lodges. All lodges and camps provide shampoo, soaps and insect repellants. This saves a little on your weight restrictions! The camp staff will not wash underwear, especially ladies, due to local traditions.

DEPARTURE TAX

No international departure tax applies at present time. However, be advised that requirements may change at any time.

VOLTAGE

City and town power systems are 220/230 volts A.C. at 50 cycles per second. We recommend traveling with at least one universal outlet adapter which includes both the Zimbabwe (rectangular prongs) and South African Prongs. Most hotels and lodges will also offer USB access for charging phones and cameras, etc.

ZIMBABWE TOURIST INFORMATION

ENTRY REQUIREMENTS

Visitors require a visa for entry into Zimbabwe. This visa should be obtained on arrival in Bulawayo. Please have the exact denominations in US cash for each visa. The double entry tourist visa costs \$45.00 US and is subject to change.

A valid passport and round-trip air ticket are required. However, entrance requirements may change from time to time, so it is advisable to check with the Zimbabwe Tourist Board before departing.

CLIMATE

Although Zimbabwe lies in the heart of south-central Africa, surprisingly the weather is moderate all year round. The higher altitude tempers the tropical temperatures and Zimbabwe's inland position keeps the humidity comfortably low. There are four distinct seasons:

November - March:	Hot/Warm and intermittently rainy
March - May:	Spring-like season of diminishing rainfall
May - August:	Cool and dry winter (in the 40's at night)
August - October:	Increasingly warm/hot (summer)

The ideal game viewing time in Zimbabwe is from June to October.

WHAT TO BUY

Articles made from glowing Zimbabwe copper, jewelry made from semi-precious gemstones, and soapstone or granite sculptures are the best buys. Hand-woven tapestries crocheted items and baskets are particularly attractive in the highland areas. Beautiful wood carvings, beaded items and metal sculptures are also popular.

BOTSWANA TOURIST INFORMATION

ENTRY REQUIREMENTS

There is no visa requirement for U.S Citizens visiting Botswana for 90 days or less. You must have a passport that has at least three blank pages and is valid for at least 6 months past the date of travel.

COMMUNICATION

Do not count on telephone or internet communications throughout the trip. Plan ahead and prepare your friends and family for gaps in your availability to communicate with them. Remember there is a 7–8-hour difference in time depending on what time of year you travel. This is a time to take a technology break, disconnect and experience rural Africa to the fullest. The areas we work in are remote and wifi is only available via satellite. You can access wifi on a limited basis by purchasing time directly from the lodge operators. Internet/wifi will likely be included at better hotels/lodges and in the airports.

LANGUAGE

English and Afrikaans (which is derived from Dutch) are the two official languages. Most South Africans are bilingual and English is spoken and understood throughout the country.

HEARD IN SOUTHERN AFRICA	MEANING IN AMERICA
Serviette	Napkin
Napkin (Nappie)	Diaper
Robot	Traffic light
Just Now	Sometime in the indefinite future
Izit?	Oh really?
Howzit	Hello and how are you?
Sweets	Candy
Biscuits	Cookies
Petrol	Gasoline

Garage	Gas station
Queue	Line
Boot	Car trunk
Hooter	Car Horn
Jersey	Sweater
Tins	Cans
Lift	Elevator
Shame	'Oh what a pity'
Broer	Brother
Braai	Barbeque
Café	A mini market, not a coffee shop
Jol	Party
Mealie	Maize/Corn-on-the-cob
Toilet	Bathroom
Bathroom	Room where you take a bath
Diary	Calendar
Pleasure!	You are welcome

MAINS' L MISSION TRIP

SUGGESTED PACKING LIST

- 1) There are usually luggage weight restrictions on most safari programs due to charter flight transfers (44 pounds; 23 kg.) Please refer to your itinerary and/or group leader for direction. Soft-sided luggage is required if traveling on any charter flight transfers.
- 2) Please bear in mind there is daily laundry service in most areas. Even at Ethandweni, you will be able to wash articles of clothing if necessary.
- 3) The temperatures are cooler in the evenings and early mornings, especially on games drives. Most travelers find they need a warm outer jacket, gloves/mittens, and a hat when traveling April-August. A light jacket/raincoat is helpful October -January.
- 4) Extra: "Pack with a Purpose" A second checked bag is recommended for items for donations/team activities props. Pack in a suitcase you are willing to leave behind. (The last mission preparation meeting involves all team members packing these cases, assigning an extra bag per mission member.)
 1. "Work clothes" – at least one change of clothes you don't mind getting paint on, etc. Suggest 2 shorts; 2 t-shirts/short-sleeved shirts; 1 pants/light jeans, 1 long-sleeved shirt. Not all clothing needs to be

“safari” khaki. While in Matopos, colors are okay; keep in mind while traveling from place to place there are opportunities to see game.

2. Khaki casual clothing for safari (3 changes). Suggest 2 shorts; 2 t-shirts/short-sleeved shirts; 2 pants/light jeans, 1 long-sleeved shirt. Can be mixed/matched from above.
3. Casual clothes (3 changes): dress, trousers, etc. Can be worn while at dinner, while in Vic Falls, in certain community activities (teaching at school, in the communal lands), etc. “Dressy” attire is not necessary.
4. Binoculars
5. Sunglasses, preferably polarized and on a string. (You may want to bring more than one pair!)
6. Bush hat/cap with a broad brim. Hats fly off in open vehicles so hats with straps are recommended
7. 1 pair thick-soled shoes (tennis/running shoes and/or hiking boots.) Hiking and rock climbing is the norm, so ensure your footwear is supportive.
8. Comfortable shoes for traveling, working
9. Socks
10. Sandals
11. Tevas/thongs/flip flops (optional)
12. Sweatshirt, fleece, or sweater (a must!)
13. Light windbreaker/jacket
14. Gloves/mittens (important in June/July/August to dress in layers)
15. Work gloves
16. Flashlight that takes at least two batteries, plus extra batteries (handheld or headlamp)
17. Basic medical kit: band aids, antiseptic cream, antibiotics, Tylenol/Advil, laxative, anti-diarrhea, eye drops, antihistamine cream, motion sickness medicine (and any other personal comfort products right for you), compression socks
18. Personal medications
19. Mosquito/insect repellent (wipes, lotion or spray)
20. Malaria tablets
21. Suntan lotion and moisturizing cream
22. Day backpack (small) – for use in the vehicle and on walks (not brightly colored)
23. Personal toiletries: small shampoo/conditioner, shaving cream, skin moisturizer, panty liners
24. Small packet/s washing powder/liquid
25. If you wear contact lenses it is recommended to bring a pair of glasses
26. Tissues/wet ones
27. Camera, memory card/sticks and spare batteries
Video: charger/converter/adaptor for 220/240AC voltage + 3 batteries and/or cigarette lighter/adaptor
28. Visas, passport, money
29. Photocopy of passport, visas, credit card numbers, and airline tickets (to be kept separate from originals)
30. Large water proof bags and smaller baggies
31. Watch
32. Journal
33. Headphones
34. Chapstick

35. Bandana/Gaiter

36. Water bottle