



PACKING LIST

You might not be entirely sure what to bring on your holidays to West Africa. Therefore, we have developed this checklist document and recommend you to use this in order to be fully prepared for your holidays!

CLOTHING

- Outdoor summer clothing in natural fibres, like tank tops, t-shirts, skirts and pants just-above-the-knee (no hotpants);
- Light-weight cotton long pants to use for cool evenings or as sun screen;
- Comfortable walking shoes and sandals;
- Underwear;
- Swimwear;
- A wind and waterproof jacket comes in handy during the rainy season;
- Smart-casual outfit during the evening/dinner.

It is not recommended to bring white clothing, due to the dusty nature of West Africa it is nearly impossible to keep clean.

OTHER CLOTHING ITEMS

- A good, wide-brimmed hat or cap;
- Sunglasses;
- Sarong, scarf or multi-purpose cotton wrap-around. This is also useful also as sun screen or dust cover for cameras;
- Towel, face cloth and handkerchief.

TOILETRIES

- Toothbrush, toothpaste, soap, shampoo, conditioner, deodorant, razor, brush/comb, bodylotion, hair ties, small mirror, nail clipper, hand sanitizer; make-up, make-up remover;
- Sunscreen lotion, lip sun block;
- Contraceptives, tampons;
- Contact lenses/lens fluid/spare glasses;
- Mosquito and insect repellent (containing high percentage of DEET is recommended).

MEDICATION

- Prescribed medication;
- Small medical kit (pain killers, plasters, anti-septic and antibiotic cream, tweezers);
- Malaria tablets, which should be taken prior to arrival in West Africa. Many prophylactics can only be prescribed by a doctor.

BAGS

- Money belt to keep your valuables;
- Day pack for traveling and excursions;
- Lightweight backpack if traveling by public transport.

GADGETS AND ELECTRONICA

- Flash light and/or head lamp;
- Chargers and adapters;
- Ipod/mp3 music player;
- Camera equipment, including extra batteries and an extra memory card;
- Dust-free camera bag (zip-lock bag is fine);
- Travel adapter(s) (British plugs for Ghana, European plugs for Francophon countries);

We recommend you to go green and consider to bring solar lights and/or chargers.

OTHER TRAVEL ESSENTIALS

- Passport - valid for longer than six months prior to date of expire;
- Necessary visas (it is your responsibility to arrange these in advance);
- Credit cards (VISA is widely accepted) and travel insurance;
- Cash in local currency for personal expenses, tips and gratuities. Alternatively, hard currency to exchange in the country of destination (please note that travelers' cheques are difficult to use in West Africa);
- Medical aid insurance card;
- Airline and/or other transportation tickets;
- Copy of your travel itinerary;
- Copy of your passport and other important documentation, like medical aid card;
- Pens and notebook/travel diary;
- Books and/or e-reader, magazines, set of cards, puzzle books or other items for entertainment in the potentially quiet moments.

OPTIONAL

- Pocket knife;
- Duct-tape and a small rope;
- Small pair of binoculars when on safari and in areas with a rich birdlife;
- Sim-lock free cell phone if you want to make use of a local network provider.

We recommend to bring your own towels if you make use of mid-range or basic accommodation.

If you are making use of basic, community-based tourism accommodation, we recommend you to also bring your own mosquito nets, including some hooks and rope. In addition, bring your own bedsheets, since they are not always available either.