Clothing and Equipment

**Items in bold are required.** Other items on the list are suggestions. You do not need all of these items. **Pack light.** Avoid very expensive items.

**EQUIPMENT:** We provide sleeping pads and tents.

- A large duffel bag or backpack that will hold your gear and clothes for a couple of weeks
- Lock for each travel bag
- Small daypack/book bag for operating in the day in the bush or on an outing
- Lightweight sleeping bag: The desert and the eastern highlands can get cold (45°F/7°C) at night.
- A lightweight cotton sheet or sleeping bag liner for versatility
- Towel and wash cloth
- Large “zip-lock” bags for protection of gear from rain and dust and to help keep things organized
- **Flashlight or headlamp** (batteries can be purchased in Africa)
- Plastic “tupperware” with sealable lid is useful and large spoon
- Pocket knife
- **Sunglasses**
- **Computer memory device:** A “thumb drive” is required for backing up your documents and storing photos
- Camera
- **Binoculars:** We will use binoculars in a few academic exercises. You do not need expensive binoculars, and you may want to consider borrowing or renting them.
- Two one-liter water bottles

**SHOES**

- 1 pair lightweight hiking boots or hiking shoes. Tennis shoes are not sufficient!
- 1 pair sturdy open shoe “Tevas” or the equivalent. Flip-flops are marginal.

**CLOTHING**: Ideally, comfortable, neat clothes that are easily washed and dry quickly. We recommend neutral colors, not all neon or fluorescent. On game reserves, neutral colors are especially important.

- **Broad-brim hat:** Baseball caps DO NOT adequately protect from intense sun
- **Light weight, long sleeve shirts (2 recommended) and long pants (2 recommended)** for sun and mosquito protection; we recommend cotton. **During fieldwork in Namib Desert wearing long sleeve shirts and long pants for sun protection is mandatory.**
- Short-sleeve tops, not just tank tops. During stays in rural communities, we recommend wearing clothes that reasonably cover your body. For example, short-sleeve tops that are **not** low cut and below-knee length skirts or pants are good choices.
- Sweat pants or warmer long pants for cool nights
- Sweater, jacket, fleece, or sweatshirt for chilly evenings in the field
- Rain jacket
- Swimsuit
- There will be one or two more formal occasions where **simple dress/skirt (women) and button down shirts with clean, neat long pants (men).** We recommend women carry at least one longer (at or below the knee) skirt and men bring pants or shorts that fall below the knee, especially for homestays. We expect you to be neat and clean at group dinners, when arriving at new locations, and during flights.
*The number of pants, shirts, shorts, dresses, skirts depends on what you are willing to carry. Weather in Africa is extremely variable with lows in the range of 45°F (7°C) to above 110°F (43°C). A range of clothes and an ability to layer them is helpful.

**NOTE:** Likely, we will have laundry facilities every 7 days or so. However, be prepared to hand wash a few items of clothing!! Laundry detergent may be purchased in Africa.

**PERSONAL FIRST-AID KIT:** For emergencies, we carry a group first aid kit with essential first aid items.

- Prescription medications
- Back-up pair of prescription glasses
- Contact lenses and solution
- A few Band-Aids
- Non prescription pain relief (aspirin, Tylenol, or similar product)
- Any over-the-counter drugs that you regularly need (e.g., Tums, Pepto Bismol, etc.)
- Anti-bacterial hand cleaner/no water hand wash.
- Sunscreen: SPF 25 or better
- Insect repellent (DEET)
- Pre-wetted wipes (baby wipes)

**OTHER PERSONAL ITEMS:**

- **Passport (South Africa requires 3 blank pages)**
- ATM card for cash withdrawals and a credit card
- Small, pocket-sized field notebook
- One larger notebook for academic work and notes (we provide notebooks for academic journals)
- Personal journal
- Printed photos of family, friends, home and/or school to share while on the AFSP

**NOTE:** We might ask you to carry group items to Africa for the program. These will include small items for gifts such as a book, t-shirts, or parts of the AFSP medical kit, or one of the program computers/ipads.

**WARNING:** **ALWAYS** carry with you on to the plane trip items that you cannot afford to lose. These include: prescription drugs, eyeglasses, cameras, binoculars, and other items that you cannot replace easily or that are irreplaceable. Checked luggage (anywhere! airlines/backpackers/hotels) is sometimes quickly “explored” in transit and during storage.