

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 **duffel bag, suitcase or backpack** that will hold your gear and clothes
- Lock for each travel bag
- Small **daypack** 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 closed-toed hiking boots or hiking shoes.** Tennis shoes are not sufficient!
- 1 pair sturdy open shoe such as “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 and long pants** 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 occasions when we all will want to look neat and clean. These include homestay visits and group dinners. We recommend one of these options: **simple dress/skirt/ or dress casual pants (women) and button down shirts with dress casual long pants (men).** In the local communities we visit, women will typically be in dresses or skirts (often knee length) and men will be in long pants. We recognize not all women are comfortable wearing a skirt/dress, in that case, wearing pants is perfectly acceptable.

*The number of pants, shirts, shorts, dresses, skirts etc. 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. At the end of the program most students say they brought too many clothes

NOTE: We will have access to laundry facilities at least 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
- **Any over-the-counter drugs that you regularly need** (e.g., Tums, Pepto Bismol, pain reliever 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.