

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 – or at least for one section of one 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 – small, quick-drying travel towels are convenient
- Large “zip-lock” bags for protection of gear from rain and dust and to help keep things organized
- **Flashlight or headlamp** (replacement batteries can be purchased in Africa)
- 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 them.
- **Two one-liter water bottles**

SHOES

- **1 pair lightweight closed-toed hiking shoes or boots.** Tennis shoes are not sufficient! We don't do any intense hiking, but we are often in the field in thorny and rocky habitats.
- 1 pair sturdy open shoe such as “Texas” or the equivalent. Flip-flops are marginal.

CLOTHING*: Ideally, comfortable, neat clothes that are easily washed and dry quickly. We recommend neutral, light colors, not dark or fluorescent. On game reserves, neutral colors are required for wildlife observing.

During fieldwork in the Namib Desert wearing light colored, lightweight, long sleeve shirts, long pants and broad-brimmed hat for sun/heat protection is mandatory.

- **Broad-brim hat:** Baseball caps DO NOT adequately protect from intense sun
- **Light weight, light-colored, long sleeve shirt and long pants** for sun and mosquito protection; we recommend cotton but breathable synthetics work also.
- Short-sleeve tops (not just tank tops). During stays in rural communities, we recommend wearing modest clothes that cover the shoulders. These include short-sleeve tops that are not low cut and below-knee length skirts or pants.
- Sweat pants or 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 “nice-casual” 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 (knee length or longer, please) 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)
- Personal toiletries

OTHER PERSONAL ITEMS:

- **Passport (South Africa/Namibia requires 3 blank pages)**
- ATM card for cash withdrawals and a credit card (notify bank of your travel plans)
- 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.