Clothing and Equipment

The following lists are suggestions. You do not need all of these items. **Pack light.** Avoid very expensive items. Items in bold are absolutely required.

**EQUIPMENT**
- 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 adds versatility.
- Towel and wash cloth
- Large “zip-lock” bags for protection of gear from rain and dust and 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**
- extra pair of glasses if you wear them for distance vision or reading
- **Computer memory device** (“thumb drive”) – for backing up your documents and storing photos
- Camera
- **Binoculars** (required and will be used in a couple of academic exercises)
- 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)
- **Broad-brim hat.** Required. 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)**
- Rain jacket
- Swimsuit.
- Sweater, jacket, fleece, or sweatshirt for chilly evenings in the field.
- The number of pants, shirts, shorts, dresses, skirts depends on what you are willing to carry. Wrap-around skirts are available cheaply in most African markets.
- 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.
- There will be one or **more formal occasions** where simple dress/skirt (women) and button down shirts with clean, neat long pants (men). We expect you to be neat and clean at group dinners and when arriving at new locations and traveling on international flights.

Please note: Likely we will have laundry facilities every 7 days or so; however, be prepared to hand wash a few items of clothing!!!
PERSONAL FIRST-AID KIT:
• Prescription medicines
• back-up pair of prescription glasses.
• Contact lens 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.)
• Water purifying tablets (e.g. iodine or Puritabs)
• Anti-bacterial hand cleaner/no water hand wash.
• Sunscreen. SPF 25 or better
• Insect repellent (DEET)
• Pre-wetted wipes (baby wipes)
• Water purifying tablets (e.g. iodine or Puritabs)

OTHER PERSONAL ITEMS:
• Passport (South Africa requires 3 blank pages)
• Cash in the form of Traveler’s Cheques and/or an ATM card
• Small, pocket-sized field notebook
• One larger notebook for academic work and notes (we will provide notebooks for academic journals)
• Personal journal

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.