

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 and avoid bringing very expensive items. While most of our time will be spent on land, we will be going on at least one boat trip.

EQUIPMENT:

We provide sleeping pads and tents.

- ☐ A **duffel bag, suitcase or backpack** that will hold your gear and clothes
- ☐ Small **daypack** for operating 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.
- ☐ **Towel** and wash cloth: small, quick-drying travel towels are convenient
- ☐ **Flashlight or headlamp** (replacement batteries can be purchased in Africa)
- ☐ **Sunglasses**
- ☐ **Binoculars:** We will use binoculars in a few academic exercises. You do not need expensive binoculars, and you may want to consider borrowing them; just be sure that they are waterproof or that you have a cover for when we are on the boat (<https://www.nocsprovisions.com/> has some cheap, sturdy, packable, and waterproof options)
- ☐ **Two one-liter water bottles:** There are a lot of collapsible options or if you get wide-mouthed hard-sided ones you can pack small stuff in them before putting them in your suitcase.
- ☐ Travel-size pillow
- ☐ Lock for each travel bag or at least for one section of one bag
- ☐ Waterproof phone case, especially if you plan to use your phone for photos on the boat (e.g., <https://www.amazon.com/waterproof-phone-case/s?k=waterproof+phone+case>)
- ☐ A lightweight cotton sheet or sleeping bag liner for versatility
- ☐ Large “zip-lock” bags for protection of gear from rain and dust and to help keep things organized
- ☐ Pocket knife
- ☐ Chums for your sunglasses; floating chums could be advisable.

ELECTRONICS:

- ☐ **Laptop with required course software**
- ☐ **Computer memory device:** A “thumb drive” is required for backing up your documents and storing photos
- ☐ **Camera:** You can also get various adapters to extend the zoom range on your phone (e.g., <https://www.nocsprovisions.com/products/photo-rig-smartphone-adapter-for-binoculars>). It’s a bit clunky but having at least some zoom can be useful if you want good wildlife photos.
- ☐ Small back-up battery for your phone, etc. (e.g., Anker Power Bank)
- ☐ **Power adaptor:** We will provide some basic power adapters and you can also buy them in Namibia. If you want to purchase your own, Namibia uses type D and M sockets. You can find more info here: <https://www.power-plugs-sockets.com/namibia/>

SHOES:

- ☐ **1 pair lightweight closed-toed, waterproof/quick dry 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. If you can get these in water proof or quick-dry that will be best; close-toed shoes are usually required on boat trips.
- ☐ 1 pair sturdy open shoe such as "Tevras" or the equivalent
- ☐ Flip-flops for indoor/beach wear

CLOTHING:

Ideally, you will bring 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. On the boat, having water-proof and/or quick-dry clothing will help you remain comfortable.

The number of items you bring 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.

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. There are lots of packable options. Keep in mind that it will be windy on the boat, so getting one with a chinstrap (or removable chinstrap) is smart.
- ☐ **Light weight, light-colored, long sleeve shirt and long pants** for sun and mosquito protection. We recommend cotton but breathable synthetics work also.
- ☐ **Sweater, jacket, fleece, or sweatshirt** for chilly evenings in the field. Swakopmund can be chilly during the day as well.
- ☐ **Rain jacket/windbreaker:** It is best if you have something that can go over a warmer fleece or sweatshirt for layering because it can be cool out on the water in the morning/evening, but will be warm mid-day.
- ☐ There will be occasions when we want to look neat and clean. These include UNAM visits and group dinners. We recommend one of these "nice-casual" options: **simple dress/skirt** (knee length or longer) **or dress casual pants and shirt.**
- ☐ Swimsuit
- ☐ Short-sleeve tops (not just tank tops): During visits 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

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**
- ☐ **Motion sickness preventatives:** These are helpful especially if you know you get seasick, but even if you think you don't. Bonine works pretty well for Dr. Webster.
- ☐ **Any over-the-counter drugs that you regularly need** (e.g., Tums, Pepto Bismol, pain relievers, etc.)
- ☐ **Sunscreen:** SPF 25 or better
- ☐ Insect repellent (with DEET)
- ☐ Personal toiletries
- ☐ Back-up pair of prescription glasses
- ☐ Contact lenses and solution
- ☐ A few Band-Aids
- ☐ Anti-bacterial hand cleaner/no water hand wash.

OTHER PERSONAL ITEMS:

- ☐ **Passport (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.

WARNING: ALWAYS carry with you on to the plane the 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.