

## PACKING GUIDE



### General Packing List:

- ✔ Copies of important travel documents, such as passport, passport photos, visas, criminal background check, travel insurance, and plane tickets
- ✔ Medical kit with aspirin (or a similar pain reliever); an antihistamine for relief from allergies and insect bites; an antidiarrhoeal; scissors; tweezers; band aids; antiseptic cream for cuts and grazes; and any personal medications
- ✔ Toiletries, including toothbrush, toothpaste, shampoo, conditioner, soap/body wash, sunscreen, lip balm, insect repellent, and contact lenses
- ✔ Towel(s)
- ✔ Work gloves
- ✔ Laptop, tablet, or smartphone
- ✔ You can buy a SIM card for around US\$5 to make/receive local/international calls, and send texts and emails
- ✔ Camera
- ✔ Plug adapters and chargers for your electronics
- ✔ A set of nice clothes – you will probably want to go out for dinner or dancing
- ✔ Sun hat and sunglasses
- ✔ Swimsuit
- ✔ Swimming towel

### Clothing Packing List:

- ✔ Neutral-coloured clothing – camouflage clothing is banned in Zimbabwe
- ✔ Collared, khaki-coloured shirts – both short- and long-sleeved
- ✔ Khaki-coloured pants and shorts
- ✔ Comfortable walking shoes – preferably hiking boots
- ✔ Sun hat/cap and a warm hat/beanie
- ✔ Sweatshirt/fleece pullover and windbreaker/rain jacket
- ✔ Casual and smarter clothing for evening wear
- ✔ Underwear and socks
- ✔ T-shirts are fine and they do not have to have a collar



## Day Packing List:

- ✔ A small padlock for securing bags and valuables
- ✔ Torch, binoculars, and water bottle
- ✔ Sleeping bag for weekly camp out
- ✔ Books, music, and other entertainment for travel and downtime
- ✔ Travel guide (many volunteers find *Lonely Planet* to be very helpful)
- ✔ This information booklet
- ✔ Journal and pens to keep a diary

## Volunteer Supplies

It is difficult for volunteers to travel abroad with supplies due to baggage-weight limitations. However, you will have access to shopping centres in Victoria Falls where these items can be bought. This is also our recommended and preferred way to contribute to your project – you do not have to carry supplies with you, and you will be contributing to the local economy. As community development initiatives are carried out in conjunction with conservation activities in the programme, some volunteers choose to bring supplies to the local schools they will be working in. Below is a list of supplies that are needed, and volunteers can choose any number of items to bring with them.

- ✔ First-aid supplies
- ✔ Flip-flops/shoes
- ✔ Children's clothing
- ✔ Bubble-blowing solution
- ✔ Face paint
- ✔ Music player and some children's music
- ✔ Musical instruments
- ✔ Stickers and stamps
- ✔ Group games – without small pieces – e.g. Twister
- ✔ Coloured drawing paper
- ✔ Pencils/pens/markers/crayons
- ✔ Books (any type)
- ✔ Posters
- ✔ Coloured pavement chalk
- ✔ White and coloured chalk