

Socks (Hiking/Leisure)	Yes
Dress/Skirt/Sarong	Optional
Lightweight Waterproof Jacket	Optional
Walking Boots (Sturdy Well Worn In Boots)	Yes
Running Shoes For Evenings	Yes
Sandals/Flip Flops	Yes
Wide Brimmed Hat	Yes
Cotton Scarf	Optional
Hygiene	
Toothbrush & Toothpaste, Soap (Anti Bacterial Or Biodegradable), Shampoo/Conditioner (Biodegradable), Lip Salve With Sun Protection, Antiseptic Wipes/Gel, Vaseline	Yes
Razor & Cream, Sanitary Products, Shower Gel, Travel Towel, Deodorant, Toilet Paper/Tissues, Hairbrush/Comb	Optional
Health	
Insect Repellent (Containing DEET)	Yes
Insect Killer	Optional
Vitamins	Optional
Malaria Tablets (Seek Advice From Your Doctor)	Optional
After Sun/Moisturizer	Yes
Sun Protection (Factor 30 Minimum)	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport	Yes
Air Travel Documents	Yes
Passport Photographs ^{2 required}	
Cash	Yes
Credit Card (for emergencies)	Yes
Travel Insurance	Yes
Vaccination Certificates	Optional
Other	
Camera & spare battery and memory card	Optional
Binoculars	Optional
Sunglasses	Yes
High Energy Snacks, Dried Fruit And Nuts)	Yes
Contact Lenses (Bring Spare Lenses, And Glasses In Case Of Dust)	Optional
Tape (For Emergency Repairs)	Optional
Cord Or String	Optional
Bath plug	Optional
Sewing Kit	Optional
Note Book And Pen	Optional
Compass	Optional
Alarm Clock	Optional
Watch	Yes
Flashlight (With Spare Batteries And Bulb). Head Torch Recommended	Yes
Water Bladder and water bottle (1 litre each, minimum)	Yes
Water Purification Tablets/Iodine Drops	Yes
Ear Plugs	Optional
Re-Sealable Plastic Bags (For Dirty Washing etc.)	Yes
Spare Boot Laces	Optional

small first aid kit	
Pain Killers/Acetaminophen	Yes
Adhesive Dressing (Band Aids) & Blister Pads	Yes
Antiseptic Spray	Yes
Diarrhea Tablets	Yes
Re-hydration sachets (2 per day)	Yes
Insect repellent (DEET based)	Yes
Antihistamine tablets	Yes
Motion sickness tablets	Optional
Any Medication You Normally Use	Yes