

TOILETRIES:

- UNLESS YOU ARE PARTICULAR ABOUT YOUR BRANDS, PACK TRAVEL SIZED ITEMS TO GET YOU STARTED. THERE IS A GROCERY STORE ABOUT 15 MINUTES AWAY TO PICK UP FULL SIZED SHAMPOO, SOAP ETC

FIRST AID:

- IT'S NEVER A BAD IDEA TO KEEP A FEW PLASTERS OR BANDAGES AROUND. MANY STORES SELL A TRAVEL SIZED MEDICAL KIT WITH A FEW OF THE ESSENTIALS LIKE ASPRIN, ANTIBIOTIC CREAMS, ETC.
- BITE CREAM AND INSECT REPELLANT ARE SOMETIMES USEFUL TO HAVE, THE EVENINGS BRING THE OCCASIONAL MOSQUITO.

***SPEAKING OF MOSQUITOS, THERE IS AN EXTREMELY LOW RISK OF MALARIA IN CINTSA. PLEASE SEE YOUR LOCAL TRAVEL CLINIC FOR RECOMMENDED VACCINES. WE VERY STRONGLY RECOMMEND AN UPDATED TETANIS

THE SUN:

- THE AFRICAN SUN IS HOT! AND WE SPEND A GOOD DEAL OF TIME OUTSIDE. IT'S BETTER TO USE AT LEAST 30SPF SUNCREAM. AND FOR THE DAYS YOU FORGET IT, KEEP A BOTTLE OF AFTER-SUN IN THE FRIDGE! IT'S ALSO AVAILABLE AT THE LOCAL SHOP
- A GOOD IDEA IS TO BRING A COUPLE OF LIGHT, LONG SLEEVED JERSEYS FOR THE DAY AFTER TOO MUCH SUN
- AN INEXPENSIVE PAIR OF SUNGLASSES IS GOOD TO HAVE ON HAND, REMEMBER THAT IT'S A FARM AND YOU DON'T WANT ANYTHING TO HAPPEN TO A REALLY NICE, EXPENSIVE, PAIR.
- A HAT OR CAP HELPS KEEP THE HOT SUN AWAY.

CLOTHES:

- YOU WILL BE WORKING ON A FARM, YOU'RE GOING TO GET DIRTY. SOME OF THE FENCES ARE BARBED WIRE, SHIRTS CAN CATCH AND TEAR. DON'T BRING FANCY, EXPENSIVE CLOTHES FOR DAY TO DAY.
- THE GOOD THING ABOUT COMING IN THE SUMMER IS THAT DENIM SHORTS AND TANK TOPS DON'T TAKE UP MUCH ROOM IN YOUR SUITCASE. BRING ENOUGH TO LAST A WEEK, THERE IS A WASHER AVAILABLE.
- THIS TIME OF YEAR IS TYPICALLY WARM BUT FOR COOLER DAYS AND EVENINGS, BRING A COUPLE OF LONG SLEEVES AND A FEW LONG PANTS OR LEGGINGS. WE'LL OCCASIONALLY GO OUT FOR A COUPLE OF DRINKS IN THE EVENINGS AND A LIGHT JACKET CAN BE NEEDED.

SHOES:

- NO NEED FOR FANCY BOOTS, JUST A COMFORTABLE PAIR OF SNEAKERS AND DEFINITELY A PAIR OF FLIP FLOPS. IT MIGHT BE USEFUL TO HAVE A PAIR OF SHOES (OR

BOOTS IF YOU CAN SPARE THE ROOM IN YOUR SUITCASE) FOR MUDDY DAYS AND A CASUAL PAIR FOR GOING OUT IN (LEAVE THE HEELS AT HOME, LADIES).

OTHER:

- BUM BAG, MOON BAG, FANNY PACK, CALL IT WHAT YOU WANT. THEY MIGHT NOT BE THE MOST FASHIONABLE ACCESSORY BUT THEY ARE SO USEFUL ON THE FARM. YOU CAN STASH SOME CASH AND YOUR PHONE (YOU NEVER KNOW WHEN THE PERFECT PHOTO OP WILL BE) AND KEEP YOUR HANDS FREE!
- YOU'VE HEARD ABOUT THE RAINS DOWN IN AFRICA, BRING A BREATHABLE RAIN JACKET.
- PLEASE DO NOT PACK ANYTHING VALUABLE IN YOUR CHECKED BAG. IF YOU ARE BRINGING A CAMERA OR LAPTOP, BRING THEM IN YOUR CARRY-ON WITH ALL IMPORTANT DOCUMENTS.