

■ Wild Coast Gap Year Packing Checklist

■ Clothing

- ■ Shorts (3–5 pairs)
- ■ T-shirts / tank tops (7–10)
- ■ Light long-sleeve shirts (sun protection)
- ■ Sun hat / peak cap
- ■ Swimsuits (2–3)
- ■ Warm jackets (fleece / insulated)
- ■ Waterproof / windbreaker jacket
- ■ Beanie
- ■ Scarf
- ■ Gloves
- ■ Thick socks (5–7 pairs)
- ■ Long trousers / jeans (3–4 pairs)
- ■ Thermal underwear (optional)
- ■ Comfortable everyday wear
- ■ Sleepwear
- ■ Underwear (at least 2 weeks' worth)
- ■ Flip-flops / sandals
- ■ Trainers / sneakers
- ■ Hiking boots (sturdy, waterproof)

■ Accessories & Outdoor Gear

- ■ Sunglasses (UV protection)
- ■ Binoculars
- ■ Day-backpack (20–30L)
- ■ Reusable water bottles (1–2)
- ■ Sun protection cream (SPF 30+)
- ■ Aftersun lotion / aloe gel
- ■ Anti-mosquito spray / cream
- ■ Personal first aid kit (meds, plasters, antiseptic)

■ Sports & Adventure Equipment

- ■ Snorkel & mask
- ■ Wetsuit (3mm–5mm)
- ■ Fins
- ■ Weight belt (weights provided)
- ■ Rash vest (optional)
- ■ Any personal sports gear (yoga mat, netball shoes, etc.)

■ Bags & Travel

- ■ Large travel bag / suitcase
- ■ Small overnight bag (optional)
- ■ Lockable toiletry bag / safe pouch

■ Electronics

- ■ Mobile phone (unlocked for SA SIM)
- ■ Power bank (1–2)
- ■ Chargers (phone, power bank, etc.)
- ■ Spare SIM card (local prepaid recommended)
- ■ Headphones / earphones
- ■ Camera (optional)

■ Toiletries & Personal Items

- ■ Toothbrush & toothpaste
- ■ Floss
- ■ Shampoo & conditioner
- ■ Soap / body wash
- ■ Deodorant
- ■ Razor & shaving supplies
- ■ Hairbrush / comb & ties
- ■ Nail clippers
- ■ Feminine hygiene products (for women)
- ■ Quick-dry towel
- ■ Laundry bag
- ■ Laundry detergent pods/sachets

■ Useful Extras

- ■ Notebook / journal & pens
- ■ Travel documents (passport, visa, insurance, ID copies)
- ■ Padlock(s)
- ■ Dry bag (for water activities)
- ■ Torch / headlamp (spare batteries or rechargeable)
- ■ Multi-tool / pocketknife (in checked luggage)
- ■ Reusable shopping bag
- ■ Small sewing kit