

PACKING LIST SOUTH AFRICA: YOUR CHECKLIST TO TICK OFF

DOCUMENTS	ELECTRONICS	TRAVEL PHARMACY
 COVID certificate Valid passport (check the validity and renew it if necessary) Copy of passport (save digitally or keep separately from original) Visa on Arrival (not required with passport from Germany, Austria, Switzerland) Insurance certificate for health insurance abroad (online) Vaccination card (check if you need to refresh vaccinations) Flight ticket (printout or e-ticket) Travel credit card Cash List of emergency contacts and allergies, if any Optional: International driver's license (in case you want to rent a car) 	 Mobile phone with charger Phone Case (Waterproof) Headphones Powerbank or solar charger Flashlight (preferably USB rechargeable) Headlamp with red light to not disturb animals (best USB rechargeable) Adapter/travel plug type M Binoculars (10 to 15 times magnification) Optional: Camera with charger and good zoom lens Optional: Laptop/tablet/e-reader/ kindle with charger Optional: Multiple power socket 	 ☐ Hand sanitizer or wipes ☐ Anti-mosquito repellent (e.g. Nobite, Autan, with ingredient DEET or similar) ☐ Insect bite healer (e.g. Bite away) ☐ Painkillers (e.g. Ibuprofen, Aspirin) ☐ Diarrhea medication (e.g. Imodium Akut, charcoal tablets) ☐ Wound cream (e.g. Bepanthen) ☐ Band-aids and blister plasters ☐ Water filter or iodine disinfection tablets ☐ Tick tweezers ☐ If necessary, tablets against travel sickness ☐
□ <i>Optional:</i> Citypass Cape Twon	~	CLOTHES & SHOES
TOILET BAG Toothbrush Toothpaste Dental floss Deodorant Hairbrush Sunscreen Razor Shower gel/soap Shampoo/Conditioner Nail care Face lotion	 □ Backpack (pay attention to hand luggage dimensions: 55x40x20cm for the plane) □ Sunglasses □ Earplugs/Ohropax □ Books/Magazines (e.g. "The long walk to freedom" Nelson Mandela) □ Headgear/Cap □ Sleeping mask □ Travel pillow (for flight and longer trips) □ Optional: Mosquito net □ ENVIRONMENTALLY CONSCIOUS TRAVEL 	 □ Underwear □ Thin socks □ Tshirts □ Sweater/hoodies □ Rainjacked □ Longsleeved airy shirts □ Longsleeves (against the sun and mosquito) □ Long, light pants (mosquito proof) □ Shorts □ Swimwear □ Beach dress/beach outfit □ Scarf/multi-functional scarf □ Sneakers □ Sandals/Flip Flops □ Umbrella □ Optional: Walking shoes
☐ Lip protection with UV protection ☐ Tweezers ☐ Toiletries ☐ Optional: Apres Sun ☐ Optional: Make-up ☐	 Reusable silicone tubes filled with your shampoo, conditioner, shower gel Reusable bottle (preferably stainless steel for hot and cold) Optional: Reusable cup (preferably stainless steel for hot and cold) Optional: Stainless steel outdoor cutlery (knife, spoon, fork, chopsticks, straw) 	For night and early morning: Warm socks (mosquito proof) Long sleepwear/pajamas Warm sweaters Foldable down jacket Hat & gloves (also useful for morning Game drives)



