

What to bring!

Africa Unearthed



Don't leave home without:

- Passport with minimum 6 months validity remaining at date of arrival home
- Photocopy of passport (leave another copy at home with family/friends)
- Passport size photo if doing the Mozambique extension
- Insurance policy (leave a copy at home with family/friends)
- VESA Travel Waiver printed and filled in
- Toiletries to be bio-degradable (more info on pg 2)
- Any prescribed medications
- Gastro kit essentials (see sidebar) →
- General first aid kit essential (see sidebar) →



A basic gastro kit includes:

- Gastrolyte tablets or similar for fluid replacement
- Imodium or similar for diarrhea
- Maxolon or similar for nausea and vomiting

A basic first aid kit includes:



- antiseptic
- painkillers
- wound-cleaning gauze
- sterile dressings
- bandage tape
- plasters
- tweezers
- scissors

Weather



The climate in the coastal areas of KwaZulu-Natal is subtropical. In summer, temperatures often rise above 30°C in summer but can be cool in winter.

December to February 21-29°C
 May to June 17-24°C
 July to August 15-23°C

Volunteer clothing:

- T-shirts and tops
- Shorts/capri pants, light weight long pants
- Sandals or flip flops/Havaianas
- Light weight jumper/sweater for night time
- Closed toe shoes/boots for volunteer work
- Rain jacket and wet weather gear
- Sunglasses, hat and work gloves for construction
- Lots of socks and underwear
- Warm jumper/sweater for night time



General clothing:

- Holiday clothes – dresses, shorts, t-shirts/singlets/tank tops
- Small Africa themed items for dress up day (think leopard print)
- Swimmers (girls...bikinis are fine)



Other important essentials:

- A large backpack is recommended but not a rule – we'll be on and off planes, buses, mini-vans etc. and you will be carrying your own luggage
- Day pack (small) for safari and volunteer work to carry water, first aid kit, sunscreen, camera and insect repellent
- Reusable water bottle for personal use (not a bottle of water)
- Sunscreen with min 30+ protection (preferably natural sunscreen so that the chemicals from normal sunscreen aren't running off to feed the fish!)
- Insect repellent with high Deet content (again, if possible, insect repellent that isn't a spray so that we can avoid spraying all plants and insects around)
- Calamine lotion for bites, sunburn and other skin irritations
- Towel (fast dry travel towels are recommended)
- Biodegradable soap, shampoo and conditioner, preferably as little plastic as possible (Lush offers shampoo bars, so that you just pick up a new bar to refill the tin, and poof... no more plastic waste!)
- Sufficient medications for the duration of your stay if applicable
- Flashlight and spare batteries
- Power adaptor (available for purchase at travel shops) to recharge phones etc.
- Small padlock for your pack/bag

Nice to have:

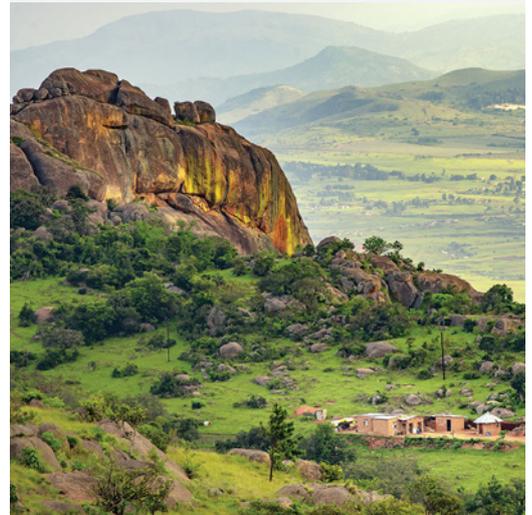
- Neck cushion for plane and coach travel
- Spending money for snacks, souvenirs, drinks etc. You can change your money on arrival in South Africa or use your ATM card to withdraw local currency
- Small useful items as gifts for the students or school i.e. old sport jerseys/hats/soccer balls or children's books and stationery



Vaccinations

While no vaccinations are mandatory for travel to South Africa, VESA strongly recommends that you speak to a medical practitioner about any immunisations you may need.

You will be visiting the St Lucia area of South Africa, the Middleveld area of Swaziland and for those on the 'Road to Mozambique' the coastal area of Southern Mozambique.



**CHANGE.
MADE BY YOU.**

Travel Responsibly

