



## World Bicycle Relief Africa Rides to Zambia - June 2022

### *Suggested Packing List*

#### Weather Conditions

The WBR Africa Rides trip to Zambia in June will be during the cool dry season, characterized by cooler mornings and evenings; the average temperature around 10°C / 50°F, so it we recommend packing warm clothing for the mornings and the game drives in open vehicles. Afternoons will be more pleasant with temperatures around 23°C / 73°F.

#### Clothing

We recommend packing clothes that you can layer, and packing for both warm and cold conditions. Laundry services will be available at your hotels, your own expense, if you would like. **Please keep in mind that Zambia is a somewhat conservative country, so we recommend travelers avoid wearing revealing clothing and that women, pack packing knee-length (or longer) skirts or trousers that are not skin tight.**

- Light and neutral colored, loose fitting clothing
- Warmer clothing and layers
- Long-sleeve shirts and pants
- A warm jacket, fleece or sweatshirt
- Comfortable walking shoes with ankle support (make sure they are broken in)
- Comfortable, warm clothing for sleeping and relaxing in the evenings
- A couple of versatile "nice yet casual" outfits
- Sun hat or cap and sunglasses
- Exercise clothing
- Swimwear
- Socks
- Waterproof jacket or poncho

#### Materials

- Book or e-reader
- Journal and pens
- Day pack or cross-body bag and tote bag / packable reusable shopping bag
- Binoculars
- Camera and batteries
- Energy bars and snacks
- Plug adapter (Type G recommended) and converter
- Chargers for all electronics



## Essentials

- Passport (original and photocopy)
- International flight itinerary
- Travel Insurance Policy and emergency numbers
- Covid Vaccination Card (original and photocopy)
- Printed copy of the TT / QR code from verifying your Covid test on Global Haven
- Money pouch
- Credit cards and cash (see money section of the Country Guide)
- Earplugs (dogs, buses, noisy neighbors - a pair of good earplugs can be invaluable!)
- Flashlight or headlamp with extra batteries
- Watch or alarm clock
- Small, reusable pouches or bags - good for keeping valuables dry and dust free

## Medical Kit and Toiletries

Participants should include an adequate supply in your hand luggage of any prescribed medication (in its original labeled container) you may require while traveling.

- Face masks - at least two a day
- Hand sanitizer
- Sunscreen and lip balm with an SPF
- Insect repellent
- Toothbrush, toothpaste, floss and travel mouth wash
- Prescription glasses and contact lenses + contact lens solution
- Eye drops
- Prescription medication
- Allergy medication/epi-pen
- Re-hydration salts or electrolyte tablets
- Anti-diarrhea medication
- Pepto-Bismol/tums for stomach upsets
- Painkillers
- Motion sickness medication (i.e. dramamine, or prescription)
- First aid kit - antiseptic cream, Band-Aids, sterile wipes
- Pre-moistened antibacterial hand wipes
- Travel sized soap and body or hand lotion
- Travel sized shampoo and conditioner
- Hair brush, comb, hair-ties or clips
- Travel packs of tissues
- Toilet paper
- The phone number of your favorite doctor in case you get sick and want to speak with a trusted expert

**\*\*Important Reminder:** All travelers are encouraged to notify their bank of their travel plans so that the bank does not see charges as illicit activity and put a block on the card.