



The END Fund's ARISE iTAG Workshop - South Africa

October 2023

Suggested Packing List

Weather Conditions

Cape Town and the southernmost part of the Western Cape have a Mediterranean-type climate, with hot summers and wet, mild and changeable winter months. Generally the summer months are from September to March.

For summer months, lightweight (cottons and linens) and short-sleeved shirts are best, although a light jersey/jumper might be needed in the evenings. Although the days are warm, evenings and early mornings can be cool, so packing some thin layers is advisable.

Luggage & Packing

We recommend packing any medications you take, a change of clothing, and any valuables in your carry-on bag in case your checked bag is lost or delayed. Be sure to have luggage tags with your contact information on each bag and a lock when possible.

The Essentials

- Passport (original and photocopy)
- International flight itinerary
- Tourist visas if required
- Medical Insurance Policy & emergency phone numbers
- Credit cards and cash (see money section in country guide)
- Reusable water bottle
- Notebook
- Prescription medicine
- Glasses and sunglasses\
- Portal charger for electronics
- Plug adaptors or a universal adapter
 - Type M (most common) and converter
 - South Africa operates on a 230V supply voltage and 50Hz.

Clothing

In Cape Town, the dress code is relatively casual and you can feel comfortable wearing the same style of clothing that you do at home. However, for women, it's a good rule of thumb to keep legs covered until the knees (no short shorts, skirts, or dresses). If you plan to visit smaller towns and rural villages outside of Cape Town or large cities, keep your shoulders and knees covered. Below are a few essential items you should pack for your trip:

- Trousers/Lightweight pants/Jeans
- Skirts or dresses that fall to the knee or below
- 1-2 nicer outfits for dinners at the hotel and in town
- Light, short sleeved shirts
- Sweater or light jacket for cooler evenings
- A couple versatile "nice yet casual" outfits
- Comfortable, closed toed walking shoes
- Shawl or scarf
- Small travel umbrella
- Waterproof jacket/poncho
- Sun hat or cap
- Socks and undergarments
- Sleep wear

Medical Kit & Toiletries

- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste
- Insect repellent - Picaridin / DEET
- Prescription medication with original labels
- Cipro or other antibiotic in case of stomach issues
- Sleeping medication if helpful
- Over the counter medication
- Allergy medication and epi-pen if needed
- Re-hydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Anti-diarrhea medication
- Medication for indigestion - Pepto-Bismol, Tums, etc.
- Painkillers
- First aid kit - antiseptic cream, Band-Aids
- Pre-moistened antibacterial hand wipes
- Travel-sized soap skin- and haircare products (bring with you if you prefer your own, but these are also provided at the hotel)
- Hair brush, comb, hair ties or clips
- Travel packs of tissues
- Eye drops
- Contact lenses and contact lens solution
- Phone number of a trusted doctor

Travel Essentials

- Book or e-reader
- Journal and pens
- Day pack
- Camera, extra batteries, and charger
- Travel pillow
- Chargers for all electronics
- Battery power bank / charger
- Earplugs

- Headphones or AirPods