

What to pack when going on holiday to/in **South Africa**: a General Check-list...

Africa is uniquely different to other continents. This check-list document will help you stop guessing what to pack in order to come prepared for your long planned African LifeChanging-Holiday...



CLOTHING

- Long and short sleeve cotton shirts
- Long and short legged trousers
- Warm jacket or fleece for open air nature drives
- Comfortable walking shoes
- Sunglasses
- A wide brimmed hat
- Underwear and socks
- Swim wear
- Generally casual wear is widely accepted at hotels, safari lodges and guest houses. However, it is a good idea to pack an elegant black number for a stylish dinner or special occasion. There are many fine dining restaurants, celebrated festivals and elite rendezvous to experience when in South Africa.

TOILETRIES

- Personal toiletries dispensed into small containers. Many hotels, safari lodges and guest houses provide little soaps, shampoos and face cloths for your convenience. Should you run out of toiletries, these can easily be replenished when in South Africa.
- Sun block lotion is essential protection against the fierce African sun.
- Mosquito and insect repellent. These are also widely available through-out South Africa.

MEDICATION

- All prescribed medication is essential to bring with. Should you run short of these, accidentally break your glasses, loose your contact lenses - these can be readily replaced and sourced in South Africa. However when travelling though the more rural areas and neighbouring Southern and East African countries, these will be more difficult to obtain.
- Malaria precautions should be taken prior to arrival in Africa. Many prophylactics can only be prescribed by a doctor.

GADGETS & AFRICA ESSENTIALS

- Passport valid for longer than six months prior to date of expiry
- Necessary visas (it is your responsibility to arrange these in advance)
- Credit cards & [travel insurance](#)
- Pens (pack a few extra pens as giveaways to African children, specially in the rural areas where they fully appreciate this luxury commodity we take for granted)
- Miniature binoculars
- Cameras, memory sticks, charger, additional batteries (adapters can usually be ordered from housekeeping at hotels, safari lodges and guest houses)
- Visit our [online inspirational store](#) and purchase some LifeChanging Books, etc to read while relaxing on your holiday...

A FEW MORE TIPS

- Pack light and leave space for gifts to take back home. You might find a couple of amazing bargains!
- We suggest packing essential wash & wear items that travel comfortably
- Take a small overnight bag for flights or car travel when you overnight at 1 venue, before you reach your actual destination
- Enquire what the weather is like in advance, but do pack for hot & cold weather extremes! Depending on where you travel to, clothing stores might not be close by...
- If you travel with infants & children, read our recommended material "[Going on Holiday with Children](#)" for some extra tips on what to pack...
- When you make use of the "[We-Plan](#)" services of LifeChanging Holidays, we will clearly advise you on additional things to pack; applicable to your customized holiday...