



Get ready for adventure! Using decades of experience Bold Earth has carefully crafted our packing lists to include everything you need for a successful trip. The varied climates and situations in Africa require participants to have all items on the equipment list. Participants who arrive without all the necessary equipment are required to purchase missing items. Do not pack more than is on the list. Most items can be bought from Walmart or Target at reduced prices, or borrowed from a friend. Call or email Bold Earth with any questions: 303-526-0806 or [info@boldearth.com](mailto:info@boldearth.com). We are always available to help. **\*\*Click on the BLUE TEXT or IMAGES for suggested clothing and equipment.\*\***

### REQUIRED EQUIPMENT



\_\_\_\_\_ **Duffel Bag:** Please only bring one duffel. We suggest a tough bag approximately 36"x18" or smaller.



\_\_\_\_\_ **Daypack:** Bring one large "school type" daypack to be used during the day to carry personal items.



\_\_\_\_\_ **Sleeping Bag** A medium weight, mummy style, nylon bag with synthetic filling made for camping and backpacking and rated to 15-20°F. A stuff sack is required. Your sleeping bag must be small, compact and able to fit into your duffel.



\_\_\_\_\_ **Sleeping Pad:** "Therm-A-Rest" or other air/foam sleeping pad.



\_\_\_\_\_ **2 Water Bottles:** one-liter bottles.



\_\_\_\_\_ **Head Lamp & Batteries.**

### REQUIRED CLOTHING

**CLOTHING:** You need a **one-week** supply of clothing. We will wash laundry at least twice! We recommend some quick drying, non-cotton shirts and shorts.

#### Inner layer

\_\_\_\_\_ One week supply of underwear  
 \_\_\_\_\_ Pajamas/Nightwear  
 \_\_\_\_\_ **1 pair medium weight long underwear.**

#### Middle layer

\_\_\_\_\_ 4 pairs of shorts (one pair synthetic)  
 \_\_\_\_\_ 6 short-sleeve shirts (no tank tops in local villages)  
 \_\_\_\_\_ 2 long-sleeve shirts  
 \_\_\_\_\_ 2 Sweatshirts  
 \_\_\_\_\_ 2 pairs of jeans or khakis  
 \_\_\_\_\_ 2 swimsuits

#### Outer layer

\_\_\_\_\_ Light weight **rain jacket**  
 \_\_\_\_\_ **1 fleece jacket**  
 \_\_\_\_\_ 1 pair sweatpants

#### Head & Hands

\_\_\_\_\_ Baseball style cap  
 \_\_\_\_\_ 1 warm hat

#### Footwear

\_\_\_\_\_ 2 pairs of **wool or synthetic hiking socks**  
 \_\_\_\_\_ 6 pairs of lightweight, athletic socks  
 \_\_\_\_\_ **Sandals** that secure around your ankles (Texas/Chaco's)  
 \_\_\_\_\_ Sneakers/running shoes  
 \_\_\_\_\_ Flip Flops

#### Miscellaneous

\_\_\_\_\_ **Passport:** Bring 2 sets of photocopies of your passport  
 \_\_\_\_\_ SPF 30+ sun screen, chapstick  
 \_\_\_\_\_ Personal toiletries (teeth etc.) meds, bandanna  
 \_\_\_\_\_ 2 medium towels  
 \_\_\_\_\_ Sunglasses with a **secure strap**  
 \_\_\_\_\_ **Laundry Bag**

#### Optional, But Highly Recommended

\_\_\_\_\_ Camera (Phone & camera must be separate)  
 \_\_\_\_\_ Watch, Book, Journal  
 \_\_\_\_\_ Small pillow  
 \_\_\_\_\_ Notebook and pens

## Important Information Regarding Your Trip - PLEASE READ THIS!

**Buying Guide:** The packing list above is mandatory for your trip; however, the linked items are just shopping recommendations. Gear bought at Target or Walmart will work. Feel free to find the gear that suits you and your budget best. The Bold Earth office welcomes and expects questions about packing and equipment!

**Expectations:** Epic Africa is a physically, mentally, and culturally demanding trip. You will be both tent camping and staying in adventure lodges and bush huts. We will expect you to be open to the African culture and food. It is essential that we have a flexible attitude and behave with cultural sensitivity in order to make a good impression as guests.

**Identification:** A **Passport** valid 6 months beyond intended stay is required. US Citizens will get a Mozambique Visa upon arrival at the border. If you are a non-U.S citizen, please check with your local embassy to see what other Visas are required to enter Swaziland and South Africa. Passports will be held for you by your Trip Leader. A Travel Permission Slip is MANDATORY (available online 3 weeks before your trip).

**Weather:** Generally, expect cold in the morning/evening but warm during the day. Temperatures range from 30°F - 75°F (2 - 22 C°).

**Spending Money:** EVERYTHING IS INCLUDED. Cash plus an ATM or Credit Card is best! We suggest bringing approximately \$75 per week. This is for personal expenses, baggage fees, gear replacement and gifts. Cash can be exchanged for local currency either ahead of time through a currency exchange service or bank, or at the airport upon arrival. If you run out of money, you have spent too much. Unless there is an emergency, **Bold Earth will not advance money.**

**Baggage Fees:** Each airline has different fees for checked baggage. Save or bring cash for the end of the trip to check your bags home. Before arriving at the airport, check the baggage policies for your reservation. If you have difficulty locating this information, the Bold Earth team will be happy to assist you!

**Emails:** Trip Leaders will have access to email about once a week.

**Time:** South Africa, Swaziland and Mozambique time is 6 hours ahead of New York and 1 hour ahead of Paris.

**Laundry:** We visit laundromats weekly. You will wash your own clothes - we provide the suds, coins and know-how. Many participants have identical jeans, socks, hiking boots, etc. A good practice is to put your name on items which are not unique to you.

**Trip Journal:** Bring along a notebook to record the challenges and successes of your adventure.

**Health:** Please consult the "Medical Concerns" form on your Camper Resource Center for more information.

**Suggested Reading List:** The people, places and activities you will encounter on your trip are diverse and incredible. These are a few books offering background information. We suggest you consider reading these books before, during or after your adventure. Also, you might like to read Outside Magazine, Backpacker Magazine or Trilogy Magazine, available everywhere. For more adventurous reading, check out **Extreme Classics: The 100 Greatest Adventure Books of All Time.**



**Long Walk to Freedom: The Autobiography of Nelson Mandela**, by Nelson Mandela.

The South African president reveals much of himself in Long Walk to Freedom. A good deal of this autobiography was written secretly while Mandela was imprisoned for 27 years on Robben Island by South Africa's apartheid regime. The book also discloses a strong and generous spirit that refused to be broken under the most trying circumstances--a spirit in which just about everybody can find something to admire.



**Things Fall Apart**, by Chinua Achebe.

In direct, almost fable-like prose, it depicts the rise and fall of Okonkwo, a Nigerian whose sense of manliness is more akin to that of his warrior ancestors than to that of his fellow clansmen who have converted to Christianity and are appealing the British administrators who infiltrate their village. The tough, proud, hardworking Okonkwo is at once a quintessential old-order Nigerian and a universal character in whom sons of all races have identified the figure of their father. Achebe creates a many-sided picture of village life and a sympathetic hero.



**A Different Kind of War Story**, Carolyn Nordstrom.

Takes us to the front lines of one of the most brutal wars in recent history. The setting is Mozambique during the fifteen-year war of terror that took a million lives—mostly civilian and completely destroyed homes, crops, hospitals, schools, and even access to water. The characters are the soldiers who fought it, the thieves and opportunists who profited from it, and the ordinary people whose lives were shattered by it and from whose ranks emerged the heroes and healers who created peace.