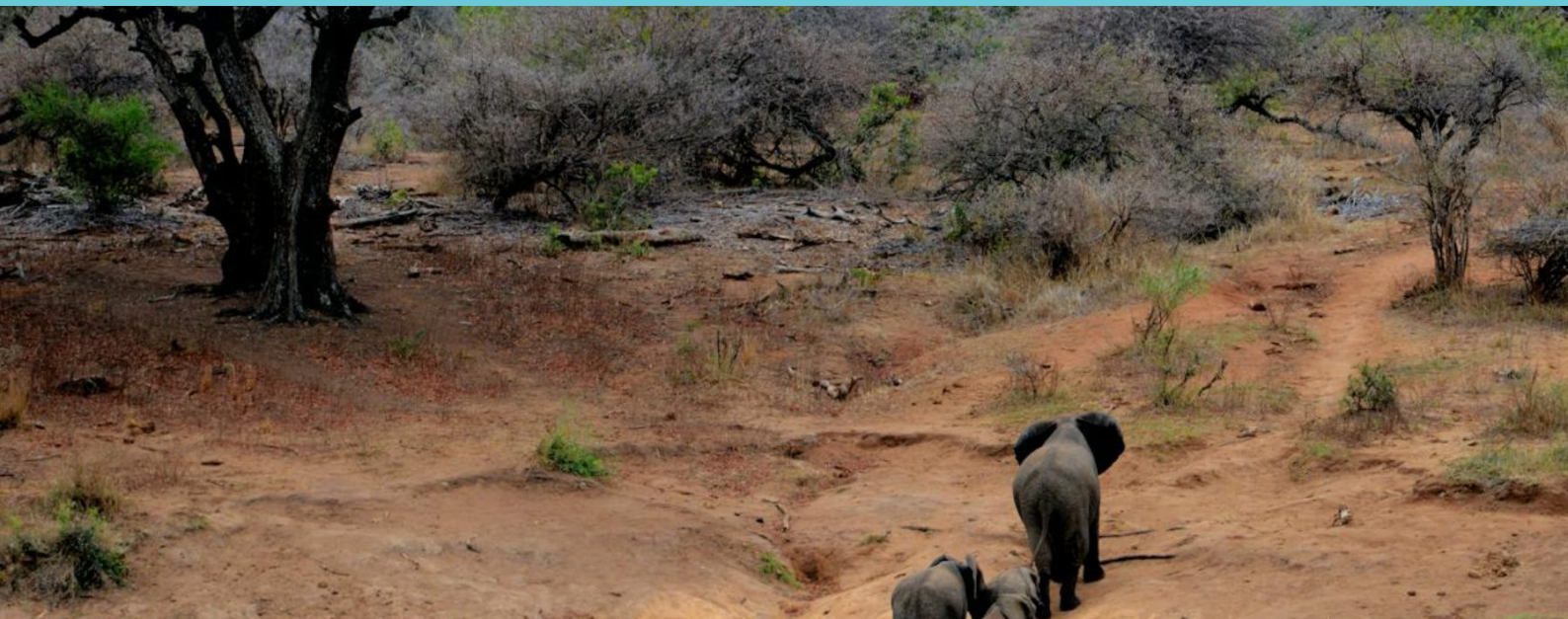




**liv&
travel**

YOUR PACKING GUIDE

Africa

I am so excited for your African journey. On safari, days begin before sunrise and end around the fire, so the secret is light layers in soft, natural colours. Here are a few things worth knowing before you pack.

GOOD TO KNOW

Pack light, in a soft bag

Light aircraft between camps usually allow around 15kg per person in a soft-sided bag, including hand luggage. Your itinerary will confirm the exact allowance.

Dress in layers

Early game drives can be surprisingly cold, and afternoons hot. A fleece and a windproof jacket make all the difference.

Travel lighter with laundry

Most lodges offer a laundry service, so a few days of clothing is plenty.

Choose neutral colours

Khaki, olive, sand and stone blend in. Avoid dark blue and black, which attract tsetse flies, and bright white, which shows every bit of dust.

Leave plastic bags at home

Kenya and Tanzania have banned single-use plastic bags, so use fabric pouches for shoes and laundry.

Keep tips in small notes

US dollars or local currency in small notes are useful for guides, trackers and camp staff.

Your full checklist is on the following pages. Happy packing!

TRAVEL DOCUMENTS

- ☐ Passport, valid for at least six months after you return, with two blank pages
- ☐ Photocopies of passports, kept separately (and saved on your phone)
- ☐ Visas, eVisas or entry forms, with any supporting documents
- ☐ Flight tickets and boarding passes
- ☐ Hotel and transfer vouchers, downloaded in your Liv& Travel app
- ☐ Travel insurance policy and 24-hour emergency number
- ☐ Two bank cards and a little local currency
- ☐ Driving licence, and diving certification if you dive
- ☐ Vaccination records
- ☐ Emergency contacts, and a note of any allergies

CLOTHES, SHOES & ACCESSORIES

- ☐ Neutral-coloured shirts and tops
- ☐ Long-sleeved lightweight shirts (for sun and mosquitoes)
- ☐ Lightweight trousers and shorts
- ☐ Fleece or warm layer for early drives
- ☐ Waterproof, windproof hooded jacket
- ☐ Wide-brimmed sun hat
- ☐ Comfortable closed walking shoes
- ☐ Sandals or flip-flops
- ☐ Swimwear and a cover-up
- ☐ Scarf or buff for dust
- ☐ Breathable socks and underwear
- ☐ Something relaxed for dinner at the lodge
- ☐ Nightwear

ESPECIALLY FOR YOUR JOURNEY

- ☐ Binoculars (ideally one pair each)
- ☐ Head torch and spare batteries
- ☐ Soft, lockable duffel bag
- ☐ Fabric pouches for electronics and shoes
- ☐ Small notes for tips
- ☐ Daypack
- ☐ Microfibre towel
- ☐ Yellow fever certificate, if required
- ☐ Antimalarials, if advised by your GP or travel clinic

ELECTRONICS

- ☐ Smartphone and charger
- ☐ Camera or GoPro, spare batteries and memory cards
- ☐ Universal travel adaptor
- ☐ Power bank
- ☐ Noise-cancelling headphones
- ☐ Tablet, Kindle or laptop, and chargers
- ☐ Waterproof phone case
- ☐ A multi-port USB charger

FOR THE JOURNEY

- ☐ Neck pillow
- ☐ Eye mask and earplugs
- ☐ Lightweight blanket or scarf
- ☐ Compression socks for long flights
- ☐ Reusable water bottle (empty for security)
- ☐ Flight snacks
- ☐ Travel notebook and pen
- ☐ Hydrating face mist and lip balm
- ☐ A change of clothes in your hand luggage

TOILETRIES

- ☐ Toothbrush and toothpaste
- ☐ Shampoo and conditioner
- ☐ Body wash or soap
- ☐ Deodorant
- ☐ Hairbrush or comb, and hair bands
- ☐ Razor and shaving cream
- ☐ Feminine hygiene products
- ☐ Contact lenses and solution, or glasses
- ☐ Make-up and grooming products
- ☐ Skincare and nail care
- ☐ SPF for face and body
- ☐ After-sun or aloe vera gel
- ☐ Clear 100ml liquids bag for hand luggage

MEDICATION & FIRST AID

- ☐ Prescription medication in original packaging, with a copy of the prescription
- ☐ Pain relief
- ☐ Daily supplements
- ☐ Rehydration sachets and anti-diarrhoea tablets
- ☐ Travel sickness remedies
- ☐ Antihistamines
- ☐ Insect repellent and after-bite
- ☐ Plasters and blister plasters
- ☐ A small first-aid kit
- ☐ Hand sanitiser

LIV & TRAVEL ESSENTIALS

- ☐ Liv& Travel wash bag
- ☐ Airalo eSIM, set up before you leave
- ☐ AirFly Bluetooth adapter for in-flight screens
- ☐ TSA-approved luggage locks
- ☐ Solis portable Wi-Fi hotspot
- ☐ Personal air purifier
- ☐ Dyson Airwrap
- ☐ DJI Mini drone (check local drone rules first)

BEFORE YOU LEAVE HOME

- ☐ Check the latest FCDO travel advice
- ☐ Let your bank know you are travelling
- ☐ Check in online as soon as it opens
- ☐ Download your itinerary and boarding passes to use offline
- ☐ Share your itinerary with family at home
- ☐ Set an out-of-office
- ☐ Arrange care for pets and plants
- ☐ Unplug appliances and lock up

ANYTHING ELSE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____