

N/a'an ku sê volunteer project

Don't forget.....

Personal Admin

- Passport, insurance certificates and personal documentation
- Photocopies of all the above to be left at home with your next of kin
- Spending money
- Proof of inoculations (please speak to your GP about necessary immunisations)
- Secure, waterproof bag for documents and money: sealable plastic bags will do

General

- Toiletries
- Sleeping bag: useful for winter months, possible overnight sleep outs in the field, or if you plan to travel outside of your project
- Silk or Cotton Liner: Ideal for hot nights or as an extra layer to your sleeping bag
- Sunglasses (high UV protection)
- Sun cream (high factor needed)
- Torch and batteries (preferably a head torch)
- Alarm clock/watch
- Diary and writing pens
- Camera/batteries/film or memory card
- Water bottle at least 75cl
- Day pack/rucksack for everyday use
- Mobile phone set for roaming
- Personal stereo
- Swimming towel
- Sewing kit and pocket knife for general use (not in hand luggage!)
- Plug adaptor (3 large round pins)
- Travel Guide, such as Lonely Planet or Rough Guide
- The evenings can be quiet so bring books, cards, board games etc to play

Clothing

- Sets of outdoor loose fitting cotton clothes with full arm and leg cover for cooler mornings and evenings
- Sun hat / Bandana
- Boots or sturdy trainers for project work
- Gardening gloves to protect your hands
- Work clothes that you don't mind getting worn and dirty
- Casual clothes for day trips to Windhoek and for evenings at the Guest lodge
- Flip flops / sandals
- Underwear enough for at least seven days
- Pyjamas/nightwear
- Lightweight fleece or jumper
- Waterproof jacket
- Warm clothes for winter and early mornings.

Medical Kit

- Hand sanitiser and wet wipes
- Anti-malarial tablets (not required at the Sanctuary itself but if you plan to travel afterwards, check with your doctor)
- Personal First Aid Kit (plasters, bandages, decent tape, cotton wool and an adequate supply of Betadine and Cicatrin powder and talc)
- Personal medication e.g. prescription drugs/inhalers
- Painkillers
- Contact lenses and solution if necessary
- Lip Balm with SPF
- Tweezers (not in hand luggage!)
- Scissors (not in hand luggage!)
- Nailbrush, you will get dirty!
- Re-hydration salts and Imodium or similar product
- Sanitary products for women if necessary
- Mosquito repellent (ensure it contains DEET or equivalent)
- Ear Plugs – you will be sharing a room with 3 people and possibly animals!