

SOUTH AFRICA (2018) - WHAT TO TAKE

A TRAVELLING & DUBAI TRANSFER

1 Suitcase - maximum weight 30kgs (13kg own luggage - rest for donations)

(Please remember to put a photocopy of your passport in your case)

1 small piece of hand luggage - maximum weight 7kgs - to include:

1. Passport
2. Wallet with Rand for South Africa and Euro / Dollars for Dubai
3. Toiletries in a clear plastic bag (100ml)
4. Any medication
5. Change of top etc.
6. Pen & diary for trip
7. Playing cards / Books / Travel games etc. (there could be flight delays)
8. Water bottle

Wear comfortable clothing and remember that it can get chilly on the plane during the night. **Wear hoodie and t-shirt for travelling**

B FOR DURBAN

1. 10 T-Shirts / tops (incl. JGHS t-shirt)
2. 5 shorts / trousers / skirts (include smart casual for evening)
3. 1 pair flip-flops / sandals (for beach and day use)
4. 1 pair trainers (for sport / game park)
5. 1 hat for the sun
6. 2 swimming costumes
7. 1 beach towel
8. Toiletries including sun lotion factor 35/50 and after sun lotion
9. South Africa adaptors (remember the package must specify that it is for SA)
10. Body belt to carry money etc. when we visit the markets
11. 1 alarm clock per room (use your mobiles at your own risk)
12. Water bottle - 1 litre
13. Straighteners / hairdryer (one per room)

C MEDICAL SUPPLIES

1. Imodium
2. Laxatives
3. Sanitary products (for ALL girls- living in close quarters has meant that girls have been caught off guard, so please be prepared)
4. Sun cream and after sun
5. Rehydration Salts (e.g. dioralyte)
6. Bite/sting relief
7. Antihistamines
8. Painkillers

D FOR SCHOOLS

1. Any resources necessary for your activity
2. Make your luggage to 30kgs with any additional resources for ZHS / DHS