

MY SOLO AFRICA PACKING CHECKLIST

TRAVEL ESSENTIALS

- ☐ Passport
- ☐ Visa / entry documents
- ☐ Travel insurance details
- ☐ Flight & accommodation confirmations
- ☐ Copies of important documents
- ☐ Emergency contact information
- ☐ Wallet + cards
- ☐ Small amount of local currency
- ☐ Secure day bag

TOILETRIES & SELF-CARE

- ☐ Sunscreen
- ☐ Lip balm
- ☐ Insect repellent
- ☐ Hand sanitizer
- ☐ Wet wipes
- ☐ Menstrual products
- ☐ Personal toiletries

SAFARI PACKING LIST

- ☐ Power bank
- ☐ Travel adapter
- ☐ Long-sleeved shirt
- ☐ Long trousers
- ☐ Light jacket/fleece for early morning
- ☐ Comfortable closed shoes
- ☐ Sun hat
- ☐ Binoculars
- ☐ Insect repellent
- ☐ Camera + spare battery

SOLO TRAVEL EXTRAS

- ☐ Secure crossbody/day bag
- ☐ Backup bank card
- ☐ Emergency cash stored separately
- ☐ Digital copies of documents
- ☐ Printed accommodation details
- ☐ Portable charger
- ☐ Small padlock, if useful for your accommodation
- ☐ Offline maps

CLOTHING

- ☐ 3–5 lightweight tops
- ☐ 2 pairs of comfortable trousers
- ☐ 1–2 pairs of shorts
- ☐ 1–2 casual dresses
- ☐ 1 modest outfit for cultural/religious sites
- ☐ Lightweight cardigan or jacket
- ☐ Swimwear
- ☐ Cover-up / sarong
- ☐ Comfortable walking shoes

SAFETY & HEALTH

- ☐ Prescription medication
- ☐ Basic first-aid supplies
- ☐ Pain relief medication
- ☐ Rehydration sachets
- ☐ Motion-sickness medication
- ☐ Any destination-specific medication recommended by your healthcare professional

BEACH PACKING LIST

- ☐ 2 swimsuits
- ☐ Beach cover-up
- ☐ Sarong
- ☐ Beach bag
- ☐ Sunglasses
- ☐ Sun hat
- ☐ Waterproof phone pouch
- ☐ Flip-flops/sandals
- ☐ Lightweight beach dress

NOTE TO YOU

PACK WHAT MAKES YOU COMFORTABLE, PREPARED AND CONFIDENT, NOT WHAT YOU THINK A PERFECT TRAVELLER IS SUPPOSED TO BRING.