

south africa first hand experience kit list



The items listed below are purely recommendations but please pay careful attention to the 'essential' items. See what has been recommended for your community challenge and tick the items that you possess already. See what you can borrow, and if you need to purchase any items, remember that you can get a 15% discount on equipment and 10% on vaccinations from Nomad Travel Stores and Medical Centres. Call 020 8889 7014, or visit www.nomadtravel.co.uk and input the code CC1002 at the checkout.

Try to use your equipment before you go – particularly your work boots - this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in steel toe capped boots should be worn.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don't need it, don't bring it. Bring clothes that wash and dry easily (jeans take forever to dry). Clothes should fit comfortably but should not be baggy.

Your main bag should not weigh more than 20kgs. Your hand luggage should not exceed 5kg and maximum dimensions of 55x35x25cms. Please make sure you pack all your bags yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else. If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don't pack things you will need again before or during the flight – such as medicine - and make sure you have an adequate supply. Keep cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as toothbrush to freshen up on the long journey. Don't pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them. When packing, we recommend that you take as much as possible of your *building clothing* in your hand luggage. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the building while we relocate any missing baggage.

item	take it?
baggage	
Suitcase or rucksack	Yes
Day rucksack (for sun cream, camera, film, bottles of water, snacks)	Yes
clothing	
Building boots (sturdy boots with STEEL TOE CAPS)	Yes
Building gloves x 3 pairs	Yes
Eye goggles	Yes
Dust mask	Yes
Hard Hat	Yes
Long-sleeved t-shirts/shirts for evenings	Yes
T-shirts (for building as well as leisure – allow 1 per day for building)	Yes
Sweatshirt or fleece (it can get cold on the air-conditioned flight)	Yes
Trousers (such as lightweight cargo trousers, avoid jeans)	Yes
Shorts (for building as well as leisure)	Yes
Swimwear	Optional
Underwear and socks (light and loose)	Yes
Wide brimmed hat (to shade your face as you will be in the sun most of the day)	Yes
Lightweight waterproof jacket	Yes
Sandals/flip flops (for leisure time)	Yes
Bandana (good for keeping sun off your neck)	Optional

hygiene	
Toothbrush and toothpaste, shampoo, (bio-degradable), antiseptic wipes/dry hand gel (to clean hands on site)	Yes
Razor and cream, sanitary products, shower gel, deodorant, nailbrush, tweezers (not in hand luggage)	Optional
Insect repellent (containing 50% DEET)	Yes
Sun protection (factor 30 minimum) for face, lips and body	Yes
After sun/Moisturiser	Yes
Energy bars/sweets	Optional
Vitamins	Optional
documents (where relevant, please leave a copy at home with your next of kin)	
Passport (and a photocopy kept apart from original)	Yes
Air travel tickets (issued at the airport)	Yes
Cash	Yes
Travellers cheques and numbers (and a photocopy kept apart from original)	Optional
Credit card (for emergency situations)	Yes
Travel insurance (and a photocopy kept apart from original)	Yes
Vaccination certificates (if applicable)	Optional
other	
Sunglasses	Yes
Camera, film/memory stick, batteries/charger	Optional
Plug adaptor (only if bringing digital camera/phone charger etc)	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Money belt	Optional
Gaffa tape (emergency repairs for just about anything from boots to tools)	Optional
Alarm clock/Watch	Optional
Torch	Optional
Ear plugs (for room-mates who snore!)	Optional
small first aid kit	
Pain killers/Paracetamol	Yes
Adhesive dressing (plasters)	Yes
Compeed blister pads	Yes
Antiseptic spray/wipes	Yes
Rehydration Drinks / Sachets	Yes
Any medication you normally use (in correctly labelled packaging - pack in hand luggage)	Yes
tools needed	
Trowel/masons spoon	Optional
Hammer	Optional
Spirit level	Optional
Tape measure (centimetres and inches)	Optional
Marker pens	Optional
If you are a skilled mason, carpenter, etc – you may wish to bring your own tools	Optional