



Air Temp
35°C (95°F)

Water Temp
24°C (75°F)

6 Nights Camping – 2 Nights Hotel

For on the River

- A pair of Chaco's or similar sandals that cover your toes and provide grip on wet rocks
- 2 pair of river shorts – Swimming beach shorts or even sports leggings are suitable
- 2 Swimming costume or bikini for ladies
- 2 rash vests (not cotton) to wear under your life jacket (long sleeved is best so as to avoid contact with the hot sun on wet skin)
- A baseball cap for under your helmet to keep the sun off
- A wide brimmed sun hat to protect you from the sun during lunch breaks
- Sunglasses
- Chums for fastening your sunglasses to your head (these can be purchased from us)
- 2 x1 Litre Nalgene / Sigg or similar water bottle. (Hydration is **Extremely** Important)
- Carabiner for fastening your water bottle to the raft. (very important as they will fall out the raft if not secured)
- Waterproof camera such as a GoPro for the 'action shots' (Helmets for GoPros can be provided)
- Waterproof sunscreen and lip balm SPF30 Minimum

Around Camp & Hotels

- A 4-season sleeping bag, *this can be hired from us in advance. Each sleeping kit contains a sleeping bag, a sleeping bag liner and a pillow at a hire cost of £55 / \$80*
- Travel pillow (if not using ours)
- Trainers or walking shoes for wearing around camp
- Thermal top and bottoms (good to sleep in as it can get cold at night. *Coolers periods are from July to mid-August, hottest periods are from August onwards*)
- Tops/T shirts for around camp.
- Shorts/ trousers for around camp in the evenings
- A fleece or jumper & woolly hat. Early morning and evening can feel cool/cold
- Light weight down jacket
- Underwear and socks
- Allow for extra clothes for your stay at the hotels and if you are taking part in any activities or extending your holiday
- Zambia is still quite colonial, and some restaurants require a collard shirt for meals

Personal items

- Glasses or contact lenses. Disposable lenses are ideal
- Toiletries, toothpaste, biodegradable soap and shampoo
- Forget the hairdryer, but we do suggest moisturizer
- Hand wipes and a small bottle of hand sanitiser
- Small pack towel
- Headlamp or head torch with spare batteries
- Any current medication you are taking
- Insect repellent and your anti malaria tablets. (**Please seek medical advice on which anti malaria tablets to take as some can make you light sensitive and this can make you feel unwell in the hot sun**)
- Personal first aid kit. (your trip leader will also carry a first aid kit)

*You do not need to bring tents, sleeping mats, or wetsuits
We provide personal flotation jackets and helmets*