

# Equipment List

## AFRICA – Mighty Zambezi



**Air Temp**  
35°C (95°F)

**Water Temp**  
24°C (75°F)

**6 Nights Camping – 2 Nights Hotels**

### For on the River

- A pair of Chacos or similar sandals ideally they should cover your toes and provide grip on wet rocks.
- 2 pairs of river shorts / swimming beach shorts or even sport leggings are suitable
- 2 Swimming costumes or bikinis for ladies.
- 2 rash vests (not cotton) for under your life jacket (Long sleeved is best so to avoid contact from the sun on wet skin)
- A baseball cap for under the helmet to keep sun off
- A wide brimmed sun hat to protect you from sun during lunch breaks
- Sunglasses.
- Chums for fastening your sunglasses to your head – can be purchased on our website
- 2 Litre Nalgene/Sigg or similar water bottle or Camel-back hydration system. (Hydration is **extremely** important).
- Carabiner for fastening water bottle to your raft (very important as they will fall out if not secured)
- Waterproof camera such as GoPro for the 'action' shots (Helmets for GoPros can be provided)
- Waterproof sunscreen and lip balm SPF30 minimum.

### Around Camp

- 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.
- Trainers or walking shoes for wearing around camp.
- Thermal top and bottoms. (Good to sleep in, it can get very cool at night)
- Shorts/trousers and tops to wear in the evenings around the camp fire
- Shirts/Tops to wear around camp in the evenings
- 2 Fleece or wool jumpers. It can be cool in the early morning and evening
- Light weight down jacket and hat
- Underwear & Socks
- Allow for extra clothes if you are taking part in any extra 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. Toothbrush, toothpaste, biodegradable soap and shampoo.
- Forget the cosmetics and hair dryer! But we do suggest moisturizer.
- Hand wipes and a small bottle of hand sanitiser.
- Small pack towel.
- Any medication you are currently taking
- Insect repellent and your Anti malaria tablets (Seek advice on which anti malaria tablets to take as some can make you light sensitive, which could make you feel unwell)
- Personal first aid kit. (Your guides and team leader will have first aid kits with them also)
- Headlamp or head torch with spare batteries.

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