



## Packing suggestions & what to bring (Applicable to all three Volunteer Tourism Projects)

### A few packing suggestions include:

- Light cotton trousers,
- Cotton shorts,
- Light cotton shirts (long and short sleeved),
- Comfortable walking shoes,
- Sandals,
- Shower-proof rain jacket / windbreaker,
- Sun hat,
- Fleece,
- Insect repellent,
- Small torch,
- Bathing suit,
- Suntan/sunscreen lotion,
- Sunglasses,
- Camera (telephoto lens recommended) and binoculars.
- Batteries, charges
- Camera film,
- Sunscreen

For winter,

- Pack an extra warm jacket,
- Woollen hat,
- Scarf and gloves

### What to bring:

- Writing material (Pen and Notebook)
- Small Backpack to carry your daily requirements
- Adaptor plug converters
- Water Bottle