

Namibia 2015 Gear Checklist & Information

This is fairly comprehensive list of items you will need, some essential and some optional, and information relevant to the Namibia study abroad. However, this list is intended to accompany an orientation where all of the items are explained in more detail and questions can be answered. For some items listed, there are perfectly acceptable alternatives that are detailed in the orientation. If in doubt please contact me prior to making a purchase (dwilson@mesacc.edu)

Equipment and Gear List

Photography:

- Camera & lenses (35mm equivalent of focal lengths 24-300) with manual, shutter & aperture priority.
- Batteries: x2 spare sets (x3 sets total) of rechargeable & x1 set Li-ion as back-up.
- Memory: 4x4GB cards or more. If your camera shoots HD video get hi-speed memory.
- Cleaning kit
- Case/bag
- Monopod
- Flash (external w/spare batteries)

NB. I will have spare AA size batteries and spare memory as well as a P&S camera. These will not be for permanent loan however.

Notes:

Computer:

- Laptop - SMALL. Long battery life is important.
- Card reader (suggested, but I'll have 1 or 2)
- Blank DVDs or external hard drive for back-up

Go to www.blurb.com and download the booksmart software.

Phone:

- Unlocked GSM cell phone & charger (12V)

Notes:

Clothes:

- Shoes:
 - Hiking boots (light)
 - Cross trainers/running shoes
 - Sandals/flip flops
- Socks x 6pr
- Undies x 6pr
- Trousers x 2pr
- Shorts x 2
- Shirts (be sure to have at least 1 long sleeve)
- T-shirts x 4
- Button-up x 2
- Fleece x 1
- Jacket x 1
- Hat
- Sleeping bag (light, good quality mummy bag)
- Towel (medium)
- Flannel
- Bathing suit (Speedos are ideal)

Notes:

Light:

- Headlamp LED w/spare batteries
- Handheld LED w/spare batteries

Bags:

- Check-in bag. Check with the airline on the weight limit.
- Carry-on. Check with the airline on the weight limit. Maybe use a day-pack. 40L is a good size.
- Photography/computer bag
- Luggage strap(s)

Books:

- Purchase guide books, but be weight conscious. See syllabus.

Notes:

Toiletries:

- Sunscreen
- Toothpaste
- Soap
- Shampoo
- Toothbrush
- Medications
 - Anti-diarrhea
 - Hydrocortisone cream
 - Anti-itch/insect bite cream
 - Vitamins
 - Prescription meds to last the whole time
 - Anti-malarial (doxycycline recommended)
- Small first aid kit (band-aids, antiseptic, antibiotic)
- Shaving gear
- Deodorant (although we all stink, get used to it!)
- Insect repellent (FYI - DEET based will destroy plastics)

Information

Shots:

Talk to your Dr., consult the CDC website, or make an apt at the Maricopa County Travel Shot clinic. The following are a list of shots I have had to travel to Namibia.

- Tetanus/polio/diphtheria - be up to date
- Hepatitis A (Hep B??)
- Typhoid
- Meningitis

Notes:

Money Related.

You can use the ATMs to get money in the local currency. Make sure you call your bank before you leave and let them know, or your card may be declined after its first use. Be sure to have at least 2 cards. Also bring US\$\$s (small bills). Remember however, you may NOT be able to change US\$\$s outside of the cities where there is a bank or the exchange rate may be steep.

- 1) Bring spending money. Its tough to know how much to suggest. Here are some things you may/will want to use it for: meals NOT included as group meals (about 3 days worth), drinks, snacks, junk food, optional activities (there is a HUGE range of these), souvenirs, to pay for photographs, to pay for events.
- 2) Have emergency funds in case medical care is needed. Remote clinics will only take cash.
- 3) Have at least 2 cards that you can use in an ATM, e.g., debit card and credit card. Be sure you have a PIN for both.

Notes:

To bring or to buy in Namibia?

You will have the opportunity to go shopping in several large cities. I suggest you bring only small amounts of things in the toiletries list as you can purchase them in Namibia if you run out. For example, don't bring a huge bottle of your favorite shampoo.

Carry-on & Checked Luggage.

Look carefully at the airline restrictions on what you can put in your carry-on bag. Typically no more than 3oz containers of any liquid or gel and NO sharp objects like nail-clippers, scissors, knives etc. Put these in your checked bag. If at all possible, DO NOT put anything of high value in your checked luggage. It could get stolen.

Food.

Group Food: We will purchase food at supermarkets for times when we are at campsites, reserves, and in the bush. This is virtually all meals. We will cook and eat as a group on most occasions. Namibians eat lots of meat! We will BBQ a lot and eat a variety of meats including game meats and “boerwors”, as well as food that is easy to cook in large amounts like pasta and stews. Breakfast will be simple such as cereal and lunch things like sandwiches. We should have fresh fruits and vegetables available as well as hot drinks, but the fresh fruit and veggies will be subject to availability. The food is very basic camp food. Availability and choice is often very limited, we can't carry large amounts of food and our ability to store food and keep fresh food fresh is very limited. You are welcome to purchase your own foods at your own cost, BUT, storage of the group food takes priority and cooking of the group food takes priority over personal foods. The degree to which I can accommodate special food requests is extremely limited. The budget will dictate what kinds of food we purchase and to keep the cost down, we eat simply. If you wish to drink sodas, or other soft drinks, you will need to purchase these yourself. You will also need to purchase snacks, junk food yourself. We will have limited storage space however. We will designate cooking and chore duties.

Restaurants & Cafes: When we have the time and when convenient, you will have access to local restaurants and cafes. There will be times when we will not be cooking group meals so you will be need to eat at restaurants or be you may cook your own meals at the vehicle. Be prepared to have sufficient cash to purchase food.

Vehicle Etiquette.

Organization: You will be responsible for keeping your vehicle clean and organized at the direction of your driver. This includes the interior, the back section, boxes of equipment and the freezer. It is difficult to dispose of trash in very rural areas, so we must try to make as little as possible. Your purchasing decisions can affect this. Your driver will coordinate keeping the vehicle organized and clean.

Rotations: We will rotate which vehicle you occupy to give you an opportunity to get to know the different drivers, and to take turns who is the front vehicle. We'll also rotate seating positions.

Music & Smoking: You can haggle, fight, and argue over music choice! However, please be respectful of the volume of the music. I would prefer this to be a non-smoking trip. However, if you do smoke, please smoke away from the group, never in the vehicle or in the tents, and please dispose of cigarette butts and ash responsibly.

Sleeping Arrangements.

Each vehicle will have two roof-top tents or we use ground tents that can each accommodate 2 people. You can choose your “roommate”, but we will also rotate roommates for the first few nights. You can sleep under the stars in some areas, and some of you may need to sleep in a tent on the ground. We will rotate this.

Items to trade.

Think about items that will NOT generate trash and items people need to enhance their health.

Shoes, especially kids shoes.

Clothing

Toothbrushes (you can buy there)

School items

Hairdryers and Curling Irons.

Just don't bring them. If you must, make sure they can operate off 220V otherwise you will NOT be able to use them. If they can run off 220V you'll need to purchase a plug adaptor. You will NOT be able to use them from the vehicle power inverters.

