

PACKING LIST – ZIMBABWE

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Zimbabwe. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Packing Considerations

Zimbabwe is warm without being oppressive. Generally, the days are bright and sunny, and the nights are clear and cool. The winter months are May to July, and the weather tends to be dry. You can expect temperatures to range from 50 - 89 degrees.

Maximum weight for luggage on domestic flights is 44 lbs (20 kgs) per person for checked and carry-on luggage combined. This is for safety and space reasons, and includes any cameras, camera bags and associated equipment. Your duffle bag must be soft sided with no rigid frames and the maximum dimensions of the soft bag are 10 inches wide x 12 inches high x 24 inches long (typically a 50-60 liter duffle bag will suffice, but please be aware of the dimensions). Wheels on a bag are only permissible if they are not part of the solid frame of the rigid structure. We suggest packing light! You will have the opportunity to do laundry when you are staying somewhere for two nights or more.

PACKING CHECKLIST

Clothing & Gear

- Soft-sided bag (24x12x10 dimensions; no rigid frames)
- Daypack
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- Lightweight winter hat or beanie
- Lightweight gloves
- 1-2 pairs of pants
- 1-2 pair of shorts
- 1 bathing suit
- Waterproof jacket
- Hat for sun protection
- 5-7 pairs underwear
- 5-7 pairs of socks
- Sleepwear
- Comfortable walking shoes
- Sandals
- 1 set of clothing for non-safari activities

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, money, proof of vaccinations)
- 2-3 spare passport photos (in case of lost passport)
- Write down or print out your travel insurance number
- Locks for your luggage
- Travel alarm clock with spare batteries or phone
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF

PACKING LIST – ZIMBABWE

- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Biodegradable soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Optional assortment of stuff sacks and bags (please consider bring reusable, silicone, or nylon bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff
- Reading material/journal and pens
- Masks/face coverings

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen – if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- Antihistamine if you suffer from any allergies
- Motion sickness medication
- At Home COVID tests

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.