

PACKING LIST – BOTSWANA

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure to Botswana. 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.

Dress for the Weather

Some rain can be expected, but most days are sunny and beautiful. Most of the rain in Botswana is generally between December and March. The hottest months of the year are September to November, with daytime temperatures in the 80s and 90s, and the land is very arid and dry. It is an excellent time to see the wildlife, as there is little vegetation and water levels are low.

While generally hot during the day, the nights and early mornings could get a bit chilly, so it's good to pack a warm layer, especially for early morning safari drives in open vehicles. Please check the weather before you leave!

Luggage Restrictions

For your internal flights you are required to have a fully soft-sided duffel bag no larger than 30cm x 30cm x 70cm (approximately 12" x 12" x 27" or about 60L) and can weigh no more than 44lbs.

PACKING CHECKLIST

Clothing & Gear

- Duffel bag (soft-sided)
- Daypack
- 5 short-sleeve shirts
- 2 long-sleeve shirts
- 2 pairs of shorts
- 2 pairs of light-weight pants (convertible zip off pants work well)
- 1 set of nicer clothes for dinners
- 7 pairs underwear
- 3-5 bras/sports bras (good for bumpy roads!)
- 1 fleece or insulated jacket
- 1 waterproof rain jacket (this can be used as a windbreaker, too)
- Wide-brim, tie-on sun hat
- Lightweight hat and gloves (e.g., fleece beanie & gloves)
- 7 pairs of socks
- 1 pair well broken-in comfortable walking shoes

- 1 pair sport sandals
- Sleepwear
- Swimsuit/swimwear
- Reusable water bottle

Please note: laundry services are available at the camps.

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, travel insurance policy number) and money
- 2 spare passport photos (in case of lost passport)
- Optional locks for your luggage
- Optional travel alarm clock with spare batteries
- Binoculars (Optional. 8x40/42 models are excellent choices; center focus models are easiest)
- Headlamp with spare batteries

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- Optional camera, memory cards, battery charger
- Plug adapter(s) (type D or G)
- Power bank (optional)
- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Bug repellent
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs – we recommend silicone earplugs
- Optional assorted stuff sacks and bags – consider bringing nylon or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens

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!
- Motion sickness medicine (roads can be bumpy)
- 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

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.