



Adult Clothing Essentials

T-shirts
Trousers
Shorts/Skirts
Light Cardigan/Jumpers
Underwear
Rain Poncho
Pyjamas
Swimming costume
Socks
Two Pairs Comfy Shoes
Sandals
Hat

Kids Clothing Essentials

T-shirts
Trousers/Skirts
Shorts
Light Cardigans/Jumpers
Underwear
Socks
Pyjamas
Swimming costumes
[Comfy Trainers](#)
Pumps
Rain Poncho
Crocs
Hats

Travel Document Essentials

Villa/Hotel confirmation
Airline Information
Boarding Passes
Cash
Credit Card/s
Drivers License
Hire Car Information
Maps / Guidebooks
Medical Insurance Info
Pens / Notebook
Paper
Money for Tipping

Toiletry Essentials

Hair Brush & Bobbles
Toothbrush
Toothpaste
Deodorant
Shampoo
Body Wash
Perfume / Body Spray
Hand Sanitiser
Glasses & Case
Sunglasses
Body Wipes
Moisturiser
Lip Balm
Tampons/Sanitary Pads
Make Up
Tweezers
Nail Clippers
Tissues

Electronic Essentials

Mobile Phone
[Turbo Battery Charger](#)
[External Hard Drive](#)
Digital Camera
Phone Charger
Extra Memory Card
Tablet
iPhone Headphones
iPads
iPad Headphones
Headlamps/Torches
Adapters

Medicine Essentials

Ibuprofen/Paracetamol
Insect Repellent incl
DEET
Malarone
Mosquito Repellent
Bands
Sun Cream
After-Sun Lotion
Calpol/Nurofen
First Aid Kit
Plasters
Blister Plasters
Dioralyte
Antidiarrheal
Medication
Anthisan
Savlon
Clarityn
Piriton

Other Items

Mosquito Nets
Sewing Kit
Books / Magazines
Games
Insect Repellent
Adaptors
Cards
Headlamps

Backpack Essentials

Small Wallet
ID / Drivers License
Credit Cards
Mobile Phone
Camera
Turbo Charger
Sunglasses
Hat
Sun Cream / SPF
Lip Balm
Hand Sanitiser
Wet Wipes
Snacks
Water Bottle
Tissues

Gorilla Trekking Essentials

Hat
Sunglasses
Gardening Gloves
Long trousers
Long sleeved shirt/t-shirt
Light jumper
Waterproofs
Walking Boots
Camera!
Insect repellent
Binoculars