

Having shoes that are easily removable makes getting comfortable a lot simpler.

Expect your feet and legs to swell. This is normal as gases expand - some people will experience this more than others, but wearing shoes that are adjustable such as sandals is helpful as well as getting up and moving around as much as possible. I personally have found using pressure stockings which you can get at Walmart or any drug store help immensely and are very comfortable. I **HIGHLY** recommend using them. Be sure to get the full toed ones, not the ones for diabetics that have the toes cut out as these can be uncomfortable. Also don't get the very tight ones nor the lightest ones - get about in the middle. These **HONESTLY** help.

8.)**Shutting out “stuff”** - Some people find ear plugs helpful in “shutting” out stuff around them and being able to rest better as well as sleep masks.

## **PACKING**

### **Your “main” Bag**

Remember to use a duffel bag and not a regular suitcase. Also Americans tend to over pack. Try to take lightweight travel type clothing that packs into small areas and that dries quickly - **DON'T** take bulky heavy weight items such as jeans or heavy duck/ canvas clothing. .

If you are going as a couple it is a good idea to divide your items between both bags. One trip, James's bag got there but mine didn't for a couple of days so he had clean clothes - but not me!! Always wise to put an extra change of underwear at least in your carry on. I always roll up an extra pair of pants and a t shirt in my carry on/camera bag as well.

Laundry is available and done daily for a nominal fee. However since they rely on the sun to dry things at the camps, and sometimes the staff is overworked, you can't always be guaranteed one day service.

What we usually take is 3 or 4 pairs of zip leg travel pants, and three or four short sleeve shirts each, along with two or three long sleeve. When you get back in the evening from your day out on safari, your clothes will usually be washed, dried and ironed on your bed! Light weight travel clothing that is made to dry fast works the best

Travel clothes can also be washed yourself as they will dry quickly. This will save you some money on laundry plus will guarantee they will be ready in time as those light weight fabrics will dry pretty quickly. If you want to do your own

