

It is AMAZING stuff working well for me on small planes where before NOTHING helped! It doesn't seem to make me sleepy either. The medication also comes in pill form but when I tried it it did not seem to be as effective and it made me VERY drowsy.

- Decongestants - such as sineoff, sudafed etc.
- Cortisone Cream – this is required. If you bit by a tsetse you we want it and I WILL NOT give you mine – trust me!!!
- Dental adhesive/Orajel - I found the dental adhesive useful to have when a cap came loose. Orajel in case of any other dental problems, and can also be used as a topical antiseptic for other uses.
- Fix er upper things - a little tube of super glue, safety pins and small sewing kit can be a life saver
- Disposable Towelettes - Great to have in your daypack as it can get very dusty out in the field. Also nice to put in your carry on on the plane to “wash” your face and hands.
- Chap stick and hand lotion

#### Bandana

You will see we ALWAYS have them on us! They are good to have to cover cameras to protect from dust. Also helps to keep lens clean, blow nose, wipe eyes, cover sunburnt legs - any number of things! We always bring several each. I won't say this is required, but don't be complaining later to me that you should have brought one :-)

#### Leatherman type tool or army knife

This can come in handy for a variety of situations. Just remember it has to be packed away in checked in luggage not on carry on so don't bring an expensive one.

#### SMALL Daypack or backpack

To take with you in the vehicle for extra cards, batteries, lens, insect repellent, sunscreen etc. This is usually our carry on on the plane also.

#### Personal Toiletries

Shampoo, toothbrush and paste, soap, razor, hair brush, etc. Putting shampoo and the like into little travel bottles saves a LOT of room in your suitcase! Put these travel bottles into ziplocs to prevent leakage. Also the little trail size works very well in not taking up to much room in your luggage.