

*Sunscreen and sunburn cream

Bring the highest possible SPF, we are close to the equator and the sun is strong. Bring creams to treat any sunburn that you do end up getting. This is serious – a sunburn can ruin your trip!

*Insect repellent

People are usually surprised that there are not swarms of bugs in Africa. However because of malarial mosquito concerns it is recommended using a high Deet content insect repellent especially in the evening when they tend to bite. Warning - wipe your hands well after applying as this can cause damage to your plastics, books, camera bodies etc.

Personal first aid kit -

Twizzlers, bandaids, neosporin, cortisone etc.

Eye Drops

Dust and sun can irritate your eyes.

Over the Counter medications

You may not need any or all of these, but these are suggestions. However if it is in red BRING IT!

Following are some suggestions:

- * Benadryl. This is helpful if stung or bitten by any insects or have any other allergic type reactions to something. PLEASE BRING THIS IN CASE OF TSETSE FLY BITES!!! I will not give you mine and once you start itching from the bites you will wish you had it!

- * Pepto-bismal. Some people find eating a pepto bismal tablet before every meal keeps any upset from happening, and of course helps if you do get any upsets.

- * Pain medications - Bring what works for you - aspirin, tylenol, advil, aleve etc.

- Antacids - If you ever suffer from indigestion be sure to bring Zantac, Tums, Maalox etc.

- Motion Sickness Medication - The long car ride, especially if you are in the back of the van or on a bush plane, bring dramamine or the patches behind your ear.

However, if you find that these do not work for you - as they don't for me - ask your doctor about getting a gel version of Promethazine (Phenergan) 6.25 mg. It is used to treat nausea in cancer patients and pregnant women. It comes in small syringes (without the needles) and you squirt on wrists then rub together.

