

## Shirts

You need mostly short sleeve shirts either T shirts or the light weight outdoorsy travel short sleeves with vents which are nice to help stay cool. You will want at least a couple of pairs of long sleeves as well. If you get the roll sleeve tab shirts you can easily convert long sleeves into short sleeves.

## Underwear and socks

You want light weight underwear that will dry quickly. Cotton or blend hiking type socks work well also. You can wear with your sandals in the morning when it's cool, or if the tsetse's are biting (they love feet)

## Sweater. Light weight Jacket, or sweat shirt

You will definitely need this as it can get cool in the evening. I have ended up having to buy one in the camp gift shop - which are EXPENSIVE! Remember only Neutral Colors!

## \*TREAT CLOTHING WITH PERMETHRIN

One way to cut down on biting insects, particularly tsetse flies is to treat your clothing before you go with Permethrin. It is available at places like Bass Pro. Spray all your clothing following the directions. It dries odor free and it will last through at least 6 washes.

## \*Wide brimmed hat.

A MUST!!! We recommend "breeze weave" type crowns with "stiff" wide brims. These keep sun off but head cool! They have a wide stiff brim and the crown is a mesh fabric that allows air to pass through. Baseball hats are not recommended as they do not cover your ears or the back of your neck. Be sure any wide brimmed hat that you get has a "string" under the chin, or it will likely blow off and many times it will be in an area with lions etc. where we cannot retrieve it.

Don't say "I'm not a hat person" - this isn't about fashion it is a NECESSITY because of the intense sun! Please take this seriously. These hats are relatively inexpensive (\$30-\$45) and Bass Pro carries them as well as many other places.

## Pajamas

The camps will vary in temperature at night. Sometimes it's very cool and you may find a hot water bottle under the covers when you come back after dinner!

