Zambia packing checklist

Travel preparation for volunteers

Tick items as you prepare to leave. Adapted from the ELIM team's original "Checkliste Sambia – Reise".

Accommodation and bedding

- [ ] Towel
- [ ] Sheet / fitted sheet / bed linen
- [ ] Slippers for indoor use
- [ ] Small pillow
- [ ] Light blanket

Clothing

- [ ] **Rain boots – a must, it's the rainy season!**
- [ ] Light short- and long-sleeved shirts
- [ ] Hat / cap
- [ ] Sports shoes
- [ ] Rain jacket

Health and hygiene

- [ ] Disinfectant spray
- [ ] Insect repellent
- [ ] Hand sanitiser gel
- [ ] First-aid kit
- [ ] SPF 50 sunscreen

Equipment

- [ ] High-capacity power bank
- [ ] Type G plug adaptor
- [ ] Rechargeable torch / lamp
- [ ] Rechargeable handheld fan

Carry-on bag for the flight

- [ ] Neck pillow
- [ ] Passport
- [ ] Jumper
- [ ] Enough cash
- [ ] Snacks
- [ ] Thermos flask
- [ ] Revolut card (optional; helpful in the original list)

Before departure

1. Label suitcases with your name, contact address and phone number.
2. Check official entry, visa, health, vaccination, insurance and airline baggage requirements.
3. Confirm dates, accommodation, costs, flights and local travel with ELIM; this list is not a booking or medical clearance.

Travel questions: info@elim12.at