Documents:

- Passport
- Air tickets
- Medical insurance
- Yellow fever vaccination certificate
- Malaria prophylaxis

Clothing and footwear:

- Boots and trainers, two pairs
- A fleece set or an equivalent set of warm clothing.
- Bandana or buff
- Sun hat or cap
- Long-sleeved shirts and tops
- Lightweight trekking trousers
- Shorts
- T-shirts

Other items:

- Powerbank
- Sunglasses
- Rain jacket
- SPF 50 sun cream
- Mosquito repellent
- SPF 10-15 lip balm
- Personal first-aid kit
- Toiletries, wet wipes and flip-flops
- Insect repellent
- **Malaria medication**
- Swimming things
- Mosquito net for the bed