



HOLLAND AFRICA TOUR

PERSONAL GEAR 'DESERT' EXPEDITIONS

Dear Crewmember,

Please find below list with personal matters, which should be taken to Africa. Off course you can add or skip items as you wish. In the trucks your personal gear will be packed in your own (yellow) aluminium box. (Size \pm 100 X 30 X 30 cm.) It even has your name on it. Your empty suitcase/bag will be stored in one of the trucks and will get dusty during the trip: new luggage carrier will look old when you return home.



The list

- Sleeping bag**, good quality and warm. Nights can be cold in the desert. The tents have good mattresses with fresh sleeve around it. 2 persons per roof tent.
- Sheetcover. When hot only this cover. When cold use as supplement.
- We have also some small tents and mattresses. And a bed in MAN 4 workshop and MAN 8 storage area. Including mattresses and clean sleeves.
- Washing gloves (2-3) (not always much water available!)
There are throw away washing gloves for sale.
- Towels (2).
- Shorts (2) (or pair of trousers with zip legs).
- Long pair of trousers. Pockets on the legs are most safe against pick-pocking.
- For the lady's: knee long shorts are the best to wear: you do not 'stick' to your seat. Long skirts are good for doing shopping of site seeing but not for climbing in and out trucks.
- Tops are fine but beware of sun burn.
- Swimming gear. (Swimming pool hotel or lake/river on the way).
- Sport shoes or good fitting sandals for town and shopping. In the desert these shoes will be full of sand.
- Boots for hiking / climbing**. Rather high because of soft sand. You need to climb in and out the trucks constantly, and the steel is hard... Also, these boots are protecting your feet against accidents with sand plates, shovel and towing gear. Make sure they are not new and fit well. Because of weight and volume best to wear also during flight to and from Africa.
- T-shirts and/or other shirts. 8 - 10. You give them away after wearing.
- Long sleeved shirt /sweater or jacket for windy /cooler nights. Gives also protection against mosquito. If any.
- Underwear. Old stuff to be thrown away later. Take enough because (shit) accidents do happen!
- Socks (2 pairs per week?). Cotton or wool. No nylon.
- Hat or cap**. Wool/cotton. No 'bivouac' cap because of custom controls. Early morning and evenings could be cold.
- Gloves. Not necessary. We have working gloves with the trucks.
- Handkerchiefs cotton, they can also be used for many other tasks.
- On your flight to and from Africa it is wise to wear a light (travel) jacket. Instead of sweater you can wear the jacket on windy or cooler nights.
- Toilet requisites. Take small items in unbreakable packages. Water should be sparsely used. Toothpaste, shampoo, soap, shaving cream, etc. Small mirror?
- Sunburn protection!** The less perfumed the better. (attracts mosquitos!)
- Crème: One crème for all kind or purposes. (Like Neutrogena)
- Your own private medicines. Aspirin's, diarrhoea. There is a fully equipped pharmacy on board for more serious illnesses than a headache.
- Lip crème / Vaseline. The desert wind makes you skin and body dry.
- Anti mosquito spray**.



- **Malaria.** Check about Malaria pills (Malarone).
Often paid by health insurance company
- Azaron or other medicine to cure mosquito or other irritations.
- **'Wetties'**. Very handy! Can be used for washing as well.
- Hand cream (hands can get dry). Cream to disinfect hands.
- Candy (Personal) We have candy in the lunchboxes available.
- Drinking bottle. If you do not like to drink water (some times a funny taste to it) take some lemonade powder with vitamins with you, so you mix your own daytime drinks.
- Books/magazines/Bible. Although we learned that very little reading is done: only some magazines...
You will be very busy all the time! We will have maps of the countries we pass in the trucks.
- **Head light/ head torch** with extra rechargeable or normal batteries. Choose for led version including spare batteries.
We have chargers for AA batteries and AAA batteries. Make sure you have rechargeable batteries or enough 'normal' batteries.
- Some pens and notebook.
- **Photo and Video Camera** (tripod?) Partly in the box. Some tripods and single leg tripods are in the trucks available.
- Digital camera in a camera bag (lots of dust and even more: sand!).
- Extra memory stick, Flash cards or what ever system. All pictures /short movies will be copied to a lap top every few days by one off the crew members. At the end of the expedition every crew member will receive a dropbox link with all pictures.
This system will save time on the way as we do not all have to take the SAME pictures.
- Sun glasses and normal glasses. + spare glasses in solid case.
- Wallet belt. (Yes/no Can host also small camera).
- Rucksack or bag. During travelling to Africa. You will need it during side seeing and shopping! Use it as hand luggage during flights.
- **Passport + 4 spare passport photo's. Passport should be valid till 6 months after last entry date.**
No stamps or other signs of visits to Israel should be visible in passport.
- **International certificate of vaccinations (yellow book).** Yellow Fever is after first vaccination lifelong valid.
(WHO decided on 11/07/2016)
- **International Driving license** Everybody who wants to drive the trucks is allowed to do so. Very nice experience!
We will add some additional stamps in this International driving license (To obtain from ANWB) to allow you to drive a truck.
Takes also one passphoto.
- If you wish some small bags or containers (like zip bags) to save samples of sand/soil.
Many different colours along the way in the dessert and other areas.
- Pocket-knife (Leatherman?) In suitcase. Not in hand luggage.
- Safety cord(s) (sun) glasses. Also, one spare for 'general' key to operate padlocks on the trucks. The elastic ones are the best.



Route with Wikiloc app

If you wish to see where we have been, download the Wikiloc app in the app store or google play store. With this app you can see where we are going to (we will provide the route) and you can record it and see later on in Google Earth the route.

Overalls to repair MAN's are already packed in the trucks. (Garage heavy-duty hand soap available).

Please do not hesitate to ask any questions. These kinds of checklists can always be updated and be improved on quality.

Suggestions are very welcome.

Note I:

Once in the desert you get used to use your cloths for much longer period than one day. You get dusty every day again, that's for sure! So do not take too much luggage with you. **As mentioned before it should fit in the personal aluminium box!**

Note II:

Ladies should try to follow the dress code of the country. Only valid for villages and cities. This means for certain areas long trousers or dress. And rather closed T-shirt or other garments which does not show too much of skin of arms and body. Most of the time we are in the desert far away from all the Islamic rules.

