

## South African Penguins Expedition Packing List

### REQUIRED COVID-19 SAFETY ITEMS

In addition to the items included below, please also bring:

- Proof of COVID-19 vaccination, including booster doses if available
- Sufficient funds to cover any required COVID testing (if required by your home country; cost of testing is approx. R150–400 (~US\$/€10–25) for an antigen test and R400–1100 for a PCR test in South Africa)
- Enough face masks for the entire length of the project. Even when mask use is no longer required on site, all participants must still bring a supply of masks with them in the event they are needed. (N95, FFP2 or equivalent are recommended. )
- Multiple travel antigen (rapid) tests for COVID-19
- Personal thermometer for daily health checks
- Hand sanitizer for personal use (at least 60% ethyl alcohol)
- Enough personal medications, or other necessities, to cover possible time in quarantine beyond your planned travel days

### GENERAL

- Expedition Logistics Document: an electronic version if possible, to save paper waste
- Your travel plans, rendezvous details, and Earthwatch's emergency contact information
- Photocopies of your passport, flight itinerary, and credit cards in case the originals are lost or stolen; the copies should be packed separately from the original documents
- Passport and/or visa (*if necessary*)
- Certification of vaccination (*if necessary*)
- Documentation for travel by minors (*if necessary*)

### CLOTHING/FOOTWEAR FOR FIELDWORK

- Lightweight, quick-drying, long-sleeved shirts, and pants/trousers that you don't mind getting dirty and/or torn from thorns.
- T-shirts and shorts for warm days
- Clothes that can be layered for warmth (wool or polypropylene are recommended—not cotton), especially for April–August teams
- Rain gear (poncho or jacket and trousers are strongly recommended, especially for winter teams)
- Well worn-in, thick-soled, closed toed walking shoes and/or hiking boots, preferably waterproof (especially in wetter months: May–September).
- Hat with wide brim to protect your head and neck from sun
- Gumboots can be useful for fieldwork in the winter months (there are some at the house but not all sizes.).

### CLOTHING/FOOTWEAR FOR LEISURE

- One set of clothing to keep clean for end of expedition and/or recreational day(s) in Cape Town
- Comfortable clothes for relaxing at the research house
- Sandals or flip-flops to wear in the house

## FIELD SUPPLIES

- Binoculars: 7x35 or 8x40 is recommended, field and vacuum sealed (larger models, such as 10x, are difficult for beginners but would work for experienced birders)
- Pair of glasses (either your own prescription glasses or sunglasses) to be worn when handling the penguins as a guard against any risk of the birds pecking at eyes; there are also safety goggles available on site
- Sunscreen lotion
- Small daypack/rucksack
- Water bottle(s) able to hold at least 2 liters (Two 1-liter bottles are often better than one)
- Notebook and pen/pencils, preferably small enough to fit in your pocket

## BEDDING AND BATHING

**Note:** *Bedding and pillows will be provided by the project.*

- Towel(s) (There are a few towels onsite left by previous volunteers and you are welcome to use these to save yourself the luggage space)

## PERSONAL SUPPLIES

- Personal toiletries
- Antibacterial wipes or lotion (good for cleaning hands while in the field)
- Personal first aid kit (e.g., anti-diarrhea pills, antibiotics, antiseptic, itch-relief, allergy meds, pain reliever, bandages, blister covers, etc.) and medications
- Spending money (about \$200 USD in RAND)

## OPTIONAL ITEMS

- Camera, memory card(s), and extra camera battery
- Hardware for sharing digital photographs at the end of the expedition
- Dry bag or plastic sealable bags (e.g., Ziploc) to protect equipment like cameras from dust, humidity, and water
- Books, games, art supplies, etc. for free time
- Earplugs for light sleepers
- Insect repellent
- Flashlight or headlamp with extra batteries and extra bulb
- Travel guide
- Favorite snack foods
- Transformer and/or adaptor for electronics and electrical equipment (see Additional Travel Information in the Travel Planning section for details)
- Knee pads (like those used for gardening)

**Note:** *Do not bring more luggage than you can carry and handle on your own. If traveling by air and checking your luggage, we advise you to pack an extra set of field clothing and personal essentials in your carry-on bag in case your luggage is lost or delayed.*