

Wildlife, Bones, and History in Zambia

Expedition Packing List

REQUIRED COVID-19 SAFETY ITEMS

The following items are required to be prepared in the event you or another person on site displays symptoms or tests positive for COVID-19:

- Multiple face masks—enough for the duration of the project (N95, FFP2, or equivalent are recommended)
- **IMPORTANT:** Multiple (3–4) COVID-19 antigen (rapid) tests
- Personal thermometer
- Hand sanitizer
- Proof of COVID-19 vaccination (if required by your destination country)
- Enough personal medications or other necessities to cover possible time in quarantine beyond your planned travel days.

GENERAL

- Expedition Logistics Document
- 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 SPF/sun-protection long-sleeve shirts
- Thick trousers that won't rip easily on plants and shrubs.
- Warm layers for cool evenings and mornings (a sweater/jumper/fleece, warm jackets, and/or thermals)
- Windbreaker for early mornings and late afternoons
- T-shirts
- Shorts
- Socks
- Hat with a wide brim to protect against the sun.
- Bandana
- Well-worn-in, comfortable, sturdy hiking boots with ankle support (do NOT bring brand-new boots)

CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for the end of the expedition.
- Sandals to wear around camp.
- Comfortable closed-toe shoes for evenings in camp
- Sturdy shower shoes

FIELD SUPPLIES

- Chapstick
- Small daypack to carry water (in a bladder, if possible), camera, and equipment
- Sunscreen lotion SPF 30+ (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](#).
Get 10% off with promo code 'Earthwatch')
- Flashlight or headlamp with extra batteries and extra bulb
- Two one-liter refillable water bottles
- Sunglasses
- Strong insect repellent (ideally fragrance-free or mild perfume), ideally with DEET and/or permethrin; repellents with permethrin are most effective against ticks.

BEDDING AND BATHING

- The lodge will provide blankets, pillows, and towels.
- Bring warm pajamas if you are susceptible to feeling chilly.
- Toiletries such as shampoo, shower soap, etc.

PERSONAL SUPPLIES

- Personal toiletries (we recommend biodegradable or reef/fish-friendly products like those from [Stream2Sea](#).
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- 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
- A G-style adaptor if your electronic equipment requires charging.

OPTIONAL ITEMS

- Duffel or backpack luggage (wheels are not ideal as your bag is going to get beaten up carrying between the airport and accommodations. **Example option:** [North Face duffel](#) that has straps so you can wear it like a backpack)
- Binoculars
- Swimsuit for recreational time
- Electrolyte tablets
- Walking sticks
- Camera, film or memory card(s), 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 and to pack dirty shoes or clothes at the end of the team.
- Books, games, art supplies, etc., for free time
- Earplugs for light sleepers

Note: *Bring only what 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.*