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## AFRICAN ADVENTURE TOURS

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### PACKING LIST FOR TREKKING :

- Warm, waterproofed, fast drying clothing (layers are recommended)
- Warm jacket, which offers wind and rain protection
- Strong walking shoes
- Sun protection (sunscreen, sunglasses, hat, eventually long-sleeved T-shirts)
- Insect repellent
- Water purifying tablets
- Torch
- Eventually binoculars
- Photo or video camera (batteries cannot be charged on the trek)
- Daypack (the main luggage is carried by mules and will only be opened in camp)
- Personal special needs (medicine, contact lenses, ... )



### On our trekking tours included:

- All equipment (tents, sleeping bags, mattress, towels, pillows, cooking utensils)
- All trekking stuff (mandatory local guides and scouts, muleteers)
- Mules for the transport of the equipment
- All the food
- Cook to prepare the meals

