



## **Gambia Challenge Checklist**

### **Essentials**

- Passport
- Money
- Photocopy of passport (hidden away)
- Travel insurance
- Yellow fever confirmation card
- FG Itinerary

### **Toiletries**

- Malaria tablets
- Flannel
- Shower gel/ soap and shampoo
- Camping towel (Quick dry, lightweight & compact)
- Sun & Aftersun cream
- Plasters
- Hand sanitizing gel
- Paracetamol
- Upset stomach tablets & dioralyte
- Toilet roll
- Insect repellent (Deet)
- Mosquito net
- Tooth brush and tooth paste

### **Camping**

- Backpack (50L minimum) – No Suitcases!!
- Small rucksack
- Wind up torch
- Ground mat
- Ground sheet (2 man tent size)
- 3 x Bin liners
- Flask
- Plastic cup
- Sun glasses
- Sleeping bag (optional)
- Bed sheet

### **Clothes**

- Protective gloves (lightweight gardening)
- Clothes for garden work
- T-Shirts
- Trousers/ linen
- Shorts
- Long sleeve top or hoodie
- Hat
- Swim wear
- Trainers or boots
- Sandals or flip flops
- Sleep wear
- Astro boots and shin pads

### **Food**

- Energy bars
- Snacks
- Zip sealer bags
- Coffee

### **Other**

- Camera
- iPod
- Phone
- Chargers
- Binoculars
- Pencils & pads

Regards

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