



Thursday 22<sup>nd</sup> December 2011

Hi Guys & Girls,

I hope you are all looking forward to the Gambia trip, I certainly am!

While we are camping in Sittanunku, north Gambia, please allow a minimum of £10 each a day to cover meals and water; all meals will be prepared by the ladies from the village so all the money will go directly to them. I will be in Gambia a week before you arrive and will ensure that there is enough bottled water for the whole team.

If you need to access the 'packing list' please visit <http://www.footballgambia.org/events.html> - I've included a few essential tips below

**Binoculars** - get a good pair of binocs which will make the game viewing experience that much more enjoyable. You will also be able to appreciate the beauty African birds in more detail.

**Sunglasses** - Africa has some serious sunshine and lots of it! So to enjoy the warm, long days to the full, invest in a good pair of sunglasses that will protect your eyes and help you spot those elusive wildlife much easier. Polarised lenses work well. Be it in the bush or on the beach, a pair of sunnies will make it that much better

**UV Sunscreen Protection** - pack a tube of sunscreen to prevent sunburn.

**A Good Hat** - Make sure you pack a hat. There's nothing worse than getting sun burn on your face or even sunstroke because of too much exposure. A wide brimmed hat keeps the sun off your face and shoulders. I suggest a hat that packs easily. A hat made of fabric works well. Pack a cap for those days when you just need to keep the sun out of your eyes.

**Camera** - it is well worth capturing those special moments, there will be plenty of them!

**Head lamp/ wind up torch** - it's probably one of the most useful tools for camping. Keep it handy at all times.....

**Earplugs** - Pack a pair as you never know who will be your neighbour in the tent next door...

### **Tent tips**

Keep your tent clean when breaking camp by always using a ground sheet under the tent. It keeps your tent clean so packing up is easy and quick. To keep the inside of your tent clean, have a no-shoe policy in the tent. Just make sure that you place them inside at night. Don't leave food in your tent. It might attract wildlife; if you have to keep them in an airtight sealable bag. The best way to not get bitten by bugs is to keep your tent door closed at all times. The tents come with a mosquito sheet in front of the door and windows, so on the warmer nights; you'll have more than enough ventilation. It also keeps the wildlife out! Animals see a tent as a solid structure so you can feel safe once tucked in for the night.

## Prevent insect bites

The most effective methods to not get bitten is to implement a few basic strategies together. Spray immediately after a shower or bath. Don't forget the exposed areas (ears, ankles, hands, neck and face). Wear light long sleeved shirts and cotton trousers at night. Always keep your tent closed to prevent an insect from sneaking in.

See you soon!

Regards

Ian