

PACKING LIST – ZIMBABWE

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Zimbabwe. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Packing Considerations

Zimbabwe is warm without being oppressive. Generally, the days are bright and sunny, and the nights are clear and cool. The winter months are May to July, and the weather tends to be dry. You can expect temperatures to range from 50 - 89 degrees.

Maximum weight for luggage on domestic flights is 44 lbs (checked and carry-on luggage combined). We suggest packing light! You will have the opportunity to do laundry when you are staying somewhere for two nights or more.

PACKING CHECKLIST

Clothing & Gear

- Soft-sided bag (22x14x9 dimensions; no rigid frames)
- Daypack
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- Lightweight winter hat or beanie
- Lightweight gloves
- 1-2 pairs of pants
- 1-2 pair of shorts
- 1 bathing suit
- Waterproof jacket
- Hat for sun protection
- 5-7 pairs underwear
- 5-7 pairs of socks
- Sleepwear
- Comfortable walking shoes
- Sandals
- 1 set of clothing for non-safari activities

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, money, proof of vaccinations)
- 2-3 spare passport photos (in case of lost passport)
- Write down or print out your travel insurance number
- Locks for your luggage
- Travel alarm clock with spare batteries or phone
- Headlamp or small flashlight with spare batteries
- Optional binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Biodegradable soap, shampoo, and conditioner

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- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)

AdventureWomen Essentials Continued:

- Earplugs: we recommend silicone earplugs
- Optional assortment of stuff sacks and bags (please consider bring reusable, silicone, or nylon bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff
- Reading material/journal and pens
- Face masks

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen – if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- Antihistamine if you suffer from any allergies
- Motion sickness medication

If you prefer to buy a complete kit, we recommend the [Smart Travel first aid kit](#).