

Links: [Cape trip 2006](#) [Harold's Hilux](#)

## **CHECK LIST** (Long Trip - out of country)

**Detailed list of equipment, description, number, value of:-** vehicle, cameras, lenses, binoculars, fridge, food, spares and sundry equipment, etc, as this may be required by customs.)

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### 1. **Documentation:**

Passport	Visas	Vaccination certificates
Carnet or triptyque	Vehicle papers	Drivers licence - International
Cash	Credit cards	Medical insurance
Passport photographs	Travelers cheques/foreign currency	
COMESA – third party insurance.		

*(Have certified copies made of most of the above and keep separately.)*

### 2. **General:**

Maps	Note book & pen	Binoculars
Sunglasses	Sheath/pocket knife	Catapult & marbles
Calculator	Maps/compass	Hats
Fishing gear	Small gifts	Batteries immobiliser/alarm
GPS		
Reference books (bird/animal/trees, etc + bird/animal check lists)		

### 3. **Photographic:**

Cameras & lenses	Film / Video tapes	Spare batteries (camera & flash)
Lens cleaner & tissue	Tripod	Windscreen tripod/bean bag
Video battery charger	Lens filters	

### 4. **Basic Toiletries:**

Toilet paper	Towels	Face cloth	Soap/shampoo
Hand & face cream	Suntan lotion	Wet-ones	Lip ice
Toothbrush/paste	Brush/Comb	Vaseline	Foot powder
Spare tooth brush	Tampons	Toilet paper	Dental floss

### 3. **FIRST AID:**

Consult a Doctor for Anti-biotic and other prescription medicines.

Antiseptic gauze	Malaria Tablets	Insect repellent	Anti-allergy
First aid book	Antiseptic cream	Antihistamine cream/tablets	
Eye drops	Bandages	Sutures	Cough mixture
Immodium	Chamberlins	Enos	Corenza-C
M-chrome	Cotton wool	Savlon (TCP)	Vicks
Vaseline	Tweezers	Needle/thread	
Plasters	Roll Elastoplast	Injection syringe/needles	

Head ache and muscular tablets (Disprin, Bezenol)

Milton (use for water purification / wash vegetables, etc)

**CAMPING EQUIPMENT:**

Water filter & purification tablets		
Water (50lt + pump)	Shower fitting	Porta potty
Engel fridge	Gas cooker(s)	Gas bottles (full)
Sleeping bags & pillows	Folding chairs	Rope & stretchies
Shade cloth	Water bottle	Thermos flask
Glass stands	Torch & batteries	Duckboard
Cold box & ice bags	Spade	Axe/small bow saw
Camp table	25lt Steel drum	Neon light
Electric extension cord	Adapter plug	Matches/lighter
Fire lighters	Gas bottles	Spare gas jet & jet cleaner
Spare gas washers	News papers	Rubbish/refuse/litter bags
Dust brush	Fire extinguisher(s)	Mosquito coils
Max/Min thermometer	Clothes pegs	Bath plug
Folding table	Tail gate table	

**6. KITCHEN:**

Milton: for disinfectant of vegetables, drinking water, etc

Tea box with tea, coffee, sugar, mugs, T-spoon

Mugs/cups/glasses/plates/knives/forks/spoons

Paper towels                      Paper plates                      Gas box /stove

Plates                                  Pot set & pan                      Bucket with lid 20lt

Chopping board                      Dish towels                      Table net

Plastic bags & food bags              Can/bottle opener                      Kitchen & bread knife

Spoon & ladle                          Braai fork or tongs                      Delfoot / Braai grid

Potato peeler                          Detergent                          Washing powder

Pot scourers                          Dust brush

**8. MOTOR SPARES: *Depends on the make & type of vehicle you have.***

*Ensure that all tyres are new.*

Fit chevrons & safety triangles.

Battery

charger

FUEL: 5 J-cans

Hi-lift jack

Sand ladders (best use

belting)

Fire extinguisher

Spare keys

Jack & wheel spanner

Spare tyre & tubes / valves

Radiator hoses

Globes (head /tail lights)

Spark plugs

Spare fuses

Fan belts

Fuel filters

Engine oil & filter

Brake fluid

(250ml)

Q20 oil

Silicon spray

Quick start

Spare battery

HT leads & LT wire

Hose clamps

Tyre pump & gauge

Tyre levers x 2

Grease + grease gun

Jump lead (heavy duty)

Siphon pipe & filter

Hammer & punch

Hacksaw

Set sockets/spanners

Plug spanner

Shift spanner

Vice grip

Hand drill &

bits

Fencing pliers & wire

Flat file (small)

D-shackle

Long nosed pliers

Side cutters

Screwdrivers

Insulation

Masking tape (broad)

Length electric

flex

Cable ties

Crocodile clips x 4

Epoxy steel

glue

Pres-stick

Tow-rope

Waste cloth

Plug steel wool	Square sand paper	Test light
Few lengths of flat iron	Padlock for tailgate	Puncture repair kit
Aerosol tyre sealer x 3 absorbers	Gun gum	Spare shock
Shock rubbers	250ml battery H <sub>2</sub> O	Gear box/steering box/diff
oil + suitable funnel		
Fuel pump		
Assortment (nuts/washers/bolts and self tapping screws		
Vehicle work shop & parts manual		

9, **CLOTHING:** Everyone always takes far too much, especially the ladies.

10. **FOOD:**

As the trip is for a long period it is impossible to carry all we need for that time.  
At some stage we will have to rely on what we can get locally.

Snacks for travelling: rusks, ginger biscuits, sweets, biltong, etc

**MEAT:** (Total quantity depends on freezing facilities)

Mince	125 grams per adult/meal
Stew	150 "
Wors	175 "
Steak	200 "
Bacon/eggs	

Salt/pepper	sugar	Aeromat, herbs & spices	chutney
cooking oil/olive oil	butter/marg	marmalade, jams & spreads	cheese
mayonnaise	tomato sauce	tobasco	rice
smash	mealie meal	spaghetti	matzos
crispy bread / crackers	orange juice, etc	soup powders & sauces	bread flour
baking powder	yeast	tea/coffee	cremora
milk powder	condensed milk	drinking chocolate	
gerkins			
dehydrated vegies	dried fruit	dried beans	
breakfast serials			

Tinned food:

peas	beans	whole tomatoes	sweetcorn	spaghetti
baked beans	tuna	pilchards	sardine	bully beef
sausages	other meat	fruit	mealie bread	ham

Fresh fruit & vegetables:

Apples	cabbage	potatoes	onions	carrots
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Lastly: BOOZE – according to your preference.

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