



### GRAB CONTENTS LIST – AFRICA

#### Introduction

Equipment listed below should be included when travelling in Africa.

#### Assumptions

1. The grab bag described below is designed to support overland travel by vehicle in and through towns / villages or travelling on established and regularly trafficked roads or tracks in Africa.
2. Long trousers and long sleeved shirts with stout walking or desert boots should be worn. Sunglasses will be routinely worn or immediately available in addition to the recommended contents.
3. In case of vehicle breakdown, except in very unusual circumstances, crews shall stay with or close to the vehicle to await assistance or rescue.
4. Much of the area is remote. A meaningful response from well trained and equipped emergency services is unlikely. The standards of care available in hospitals and clinics will not meet western standards.
5. The contents should also support sudden country evacuation in the unlikely event it is required.
6. Pets will not accompany us in Africa.

#### CONTENTS

##### Water

- 2 litre bladder with drinking hose fitted
- Portable water filtration unit
- Spare water in arid areas.

##### Communications

- Iridium Go (one only); and /or,
  - Garmin InReach mini (one only); and / or,
  - Personal satellite rescue beacon
- Motorola PMR (Group internal communications 3-5 miles)
- PMR headset with PTT
- PMR spare battery
- Personal mobile phone
- Omni 20 (power)
- Flashing strobe / beacon
- Whistle
- Signal mirror

##### Navigation

- Garmin GPS receiver
- Map
- Compass
- Monocular (10 x 42)

##### Sleeping

- Sleeping bag or Quilt (4 season)
- Inflatable insulated sleeping mat
- Bivibag - goretex

##### Shelter

- Tent; or,
  - Hammock and tarpaulin
- Walking poles
- Spare pegs
- 'Bear Bag'



## GRAB BAG CONTENTS - AFRICA

### Cooking

- Fire starter / waterproof matches / lighter
- Stove and cook pot / mug
- Windbreak – aluminium folding type for stove
- Spare fuel (methylated spirits or denatured alcohol)
- Candle
- 'Liffoon'
- Cleaning kit

### Food and snacks

- Freeze dried expedition main meals x 6 (800 calories each)
- Freeze dried expedition breakfasts x 3
- Dried packet soup x 3
- Tea and coffee
- 6 x Energy bars in ziplock bag
- Trail mix / Billtong
- (Condiments / spice pot)

### Medical

- Group Trauma Kit (1 only) - if practical
- Group dental first aid kit
- Personal first aid kit
- Anti malaria prophylaxis
- 'Sharps' Kit
- Prescription medication
- Water purification tablets
- Space blanket
- Sunscreen, lip balm. Factor 50
- Zinc cream
- Mosquito net and head net
- Insect repellent (DEET)
- (Hip flask - 'tipple' of your choice)

### Personal admin

- Zipped Wallet (RFID proof)
  - Passport & VISA's
  - Inoculation Record
  - Travel documents
  - Prescriptions (medication and spectacles)
  - Vehicle insurance and Carnet docs
  - Driving licences
  - Credit / Debit card(s)
  - Emergency cash
  - USB Stick
  - Keys – Vehicle and personal
  - Notebook and pencils
- Hygiene
  - Toothbrush & tooth paste
  - Shower gel / body wash
  - Towel (small)
  - Ziplock bags and toilet paper
  - Wet wipes
  - (Razor and tampons)
- Clothing (vacuum packed)
  - Underwear and spare socks
  - Base layer
  - Mid layer
  - Gloves, Buff or shemag
  - Duvet jacket
  - Woolly hat
- Head torch (with red filter)



## GRAB BAG CONTENTS - AFRICA

- 2 x cyalume sticks
- Sunglasses / snow goggles
- Tank (Gorilla) tape (50mm) small roll
- 'Housewife' (sewing kit) + fish hooks
- Knife and Multitool
- Paracord (Type 550 4mm x 10m) Green or black
- Large heavy duty orange bin liner
- Personal Emergency Plan (PEP)