Cameroon Supply/Packing List

Travel documents
Passport
Flight schedules
JHU travel insurance info
Cameroon contact info
Copies of your travel documents (also, take pictures of each and store them in your phone)

Yellow International Certificate of Vaccination Prophylaxis

Money
U.S. Cash (new bills/big heads)
Visa, Mastercard, ATM card (Don’t forget to call ahead and let them know you are going to Cameroon! Also, take pictures of each and store them in your phone. There is an ATM in Cameroon that you will have a chance to get local currency out of.)

Travel stuff
Neck pillow, ear plugs, eye shades
A good book
Cheap watch

To Keep Yourself Healthy
Medications (malaria prophylaxis, cipro, HIV post-exposure prophylaxis, Imodium, whatever else you may need)
LifeStraw Go Water Filter Bottle
First aid kit
Bug spray
Sunblock
Dental floss (for flossing and tying holes in your mosquito net)

Camping
Hiking/camping backpack (DO NOT bring a suitcase!)
2-person tent
Tropical sleeping bag
Light sleeping pad

Clothes
Waterproof hiking boots
Flip-flops for bathing
Work clothes (khaki’s and shirts; thin, tropical long-sleeved shirts to avoid mosquito bites; recommend permethrin insect repellent clothing; below-the-knee skirts for girls for villages)
Fun clothes (jeans, t-shirts, long-sleeved shirts)
Sweatshirt / jacket
Sneakers
Underwear
Pajamas
Rain gear
Hat
Sunglasses

Electronics
Cell phone and charger
Camera, *batteries (bring your own supply, charger, extra memory cards
Music device, charger, headphones
Plug adapters (+/- power converter)
Laptop (if desired – may get damaged in jungle)

Other Items of Daily Living
Rite in the Rain All-weather Journal Notebook No. 393, 4-5/8” x 7” size
Headlamp / flashlight / other light
Power bars
Toiletries
Beach towel for bathing
Nail clippers
Small gifts (JHU or USA “stuff”---hats, pens, shirts, etc)

Optional:
Money belt
Small pouch/purse for carrying around your stuff
Duffel bag (for souvenirs)
Water purification tablets (unlikely to need but good to have)

What not to bring:
*Too much stuff (check weight limits and overage charges for airlines before departure; everything must be able to be carried into the forest via an 8-hour hike)
*Do NOT bring a suitcase or rollerboard
*Anything of particular sentimental or monetary value (inc. wedding rings, etc.)
*Items that look new (in original wrappings, store-folded and pinned clothes, electronic equipment in packages, DVD or CDs in sealed cases).
*Note: put any valuables in your carry-on or on your person and not in checked bag (to avoid things being stolen!!)