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)

**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!!*