

# YOGA & SAFARI

East Africa offers the best safari in the world! With famous parks like the Serengeti, Masai Mara, Ngorongoro Crater, Tarangire and hundreds more, East Africa is also the only place on earth where you can witness the Great Migration. Even better, you're also going to be doing yoga!!!



## THINGS YOU NEED TO KNOW!!!

- ▣ East Africa is a conservative region. Always wear clothing that covers your knees and your shoulders when in public.
- ▣ You can wear your usual yoga wear during yoga classes.
- ▣ Temperature range between 10 - 30 degrees Celsius.
- ▣ [Hiking pants](#) are a great option and dark colours can be worn for multiple days.
- ▣ Disposable bottles are discouraged on our tours and incur a \$5 fine per bottle/day donation to charity.
- ▣ Yoga mats are provided by Adventure Out Loud.
- ▣ Plastic bags are illegal in Tanzania and Kenya and incur fines of up to US\$40,000.
- ▣ Always save copies of key documentation online (i.e. Google Drive) or in your email.

**CLICK FOR LOCAL LAWS  
AND REGULATIONS**

# PACKING LIST

All items that are not optional, should be brought from home as they are hard to buy/hire in East Africa. Click links for examples.

## CLOTHING

- ▣ 5 - 6 pairs of clothing (pants/long shorts/dresses/long skirts are all appropriate)
- ▣ 1 - 2 pairs of casual dinner clothing
- ▣ 2 - 3 pairs of yoga/exercise clothing (yoga pants, singlets and shorter shorts are ok because we will be practicing in private)

## COLD WEAR

- ▣ 1 - 2 sweater, jacket or jumper
- ▣ 1 thermal layer (top and bottom if you are a cold person)

## FOOTWEAR

- ▣ Shoes or boots
- ▣ Sandals or flip flops

## BAGS

- ▣ Large hiking pack or a suitcase to leave at the hotel with unnecessary gear
- ▣ Carry on duffel or suitcase for safari gear

## TRAVEL DOCUMENTS

- ▣ Passport (valid for 6 months)

## SPENDING MONEY

- ▣ US\$500 cash to buy souvenirs, visas, drinks and tips
- ▣ [28 Degrees](#) credit card or [Citibank debit card](#)

## OTHER

- ▣ 1L re-usable [water bottle](#)
- ▣ [Travel adapter](#)
- ▣ Rain jacket, poncho, umbrella
- ▣ Swimmers and travel towel
- ▣ Sun hat & [fly protection hat](#)
- ▣ Toilet paper (just in case)
- ▣ Toiletries, medications, sanitary products, hand sanitiser & sunscreen
- ▣ Sunglasses, eyeglasses, contacts and solution
- ▣ Energy bars, nuts and snacks
- ▣ Insect repellent

## OPTIONAL

- ▣ Ear plugs (recommended)
- ▣ [Portable battery](#) to recharge your phone
- ▣ Camera
- ▣ iPod
- ▣ Reading book or playing cards

