



THE DONGOLA
GUESTHOUSE

Suitcase or in backpack

- Pillow for flight
- Sunglasses (glasses / lens wearers: spare), cloth
- Flashlight / pocket knife
- Washing powder / hand washing detergent
- Games (e.g. card games)
- Vacation reading / favorite book / dictionary
- Note material, ballpoint pen
- Umbrella / hat
- Chewing gum / lozenges

Clothes, Shoes

- Shoes, walking shoes, boots, sandals, sneakers
- Pants, jeans, shorts
- Underpants
- Shirts, t-shirts, sweaters
- Socks
- Warm sweater or fiber fur
- Sports equipment: tennis, bike, hiking
- Motorcycle: helmet, belt, gloves, scarf, pants, jacket
- Neckerchief, cap and gloves
- Swimming trunks / bikini, bath towel
- Pajamas or tracksuit
- Belts, suspenders, tie, suit
- Windbreaker / raincoat / fleece

Toiletries

- Toothpaste, toothbrush
- Soap, shampoo
- Sunscreen
- Nail scissors
- Hairbrush / comb
- Shaving kit / razor
- Hand cream
- Cotton swab
- Mosquito repellent
- Deodorant
- Handkerchiefs / wet wipes
- Earplugs
- Ladies' hygiene products

What to bring with you

First Aid Kit

- Means against travel sickness
- Charcoal tablets and a remedy for severe diarrhea
- Antipyretics / painkillers / sleeping pills
- Clinical thermometer
- Remedies for colds, coughs, sore throats
- Plasters, adhesive plasters, blister plasters for hiking boots
- Tweezers
- Cooling ointment / gel
- Sleeping pills for travel / flight
- Medicines that you need to take regularly*
- Eye drops,

Photo, film, phone ...

- SIM card for the country (if already available)*
- Photo camera / tripod / lenses / filters / flash
- Cell phone with charging cable / USB cable for car plug
- Batteries
- Travel plug / adapter (rarely needed)
- Binoculars

Papers / Documents

- Passport, identity card
- ~~COVID test, vaccination certificate, no longer necessary~~
- Money, credit cards
- Airline tickets
- Tickets, entrance tickets
- Travel guide / map
- Business cards, brochures
- Learning aids

Valuables

- Wallet
- Wristwatch
- Jewelry / Rings*

Charge devices at home before departure !
Legal: power of attorney in case of absence / will

Other