



**WHAT DO I NEED
AND WHAT IS NOT
INCLUDED**

WHAT DO I NEED?

CHECKLIST

- Valid passport with not less than one year and 6 months remaining before the expiry date.
- Valid visa for entering the Republic of South Africa, if required. If yes, then you would need to apply for a visa for Mozambique, Namibia, Botswana and Zimbabwe. Once we have received your application, we will then determine which visas you will require.
- We will provide you with a letter addressed to the South African Embassy in your country – a motivational letter on our official letter head.
- Valid return air ticket validated for 1 year.
- You will need international travel medical/health care insurance. If you purchase your air ticket by credit card, please ensure you notify them that you would like full international medical cover for one year to include air lifting cover.
- Depending on what country you are from, you would need certain vaccinations.
- World Travel Money Card: You will be purchasing items and services throughout the year, so access to your money is essential.
- International drivers license if you do have one.

WHAT MUST I PACK IN?

Do you want to be one of those SOTI Trooper straining under the weight and trying to lug around two large suitcases? Answer: NO!!

Please remember to travel lightly! Not only will you have to carry your own luggage but also your Boot Camp duffel bag full of Boot Camp issued items, such as your boots, uniforms, sleeping bag, tent and much, much more. The most suitable type of travel bag you can bring is a large, sturdy gym bag with 2 short handles and a shoulder strap. This is all you will need. A lightweight portfolio will be suitable for important papers and documents.

Remember, anything you bring that is deemed unnecessary will be confiscated anyway.

CHECKLIST

- **Toiletry kit:** A small bag with your brush/comb, deodorant, soap, shaving kit, small sized shampoo/conditioner, toothbrush, toothpaste, dental floss, sunscreen (SPF 40), nail clippers/scissors, hydrating lip balm and wash cloth.
- Special items/medication: contact lens solutions, special face or anti-allergy creams, asthma pumps, contraceptive pills, allergy bracelets and diabetic medication etc.
- Prescription lenses: If you wear glasses or contact lenses, it's a good idea to bring an extra pair along in case of accidental loss or damage. The spare pair will be left with your Team Leader for safe keeping.
- Two casual outfits: Jeans & T-shirts. Don't bring anything expensive. You will be buying Proudly South African clothing on your travels.
- One pair of "worn in" trainers. You will alternate wearing these with your new trainers and boots that will be issued to you. Travel in these to save space in your travel bag.
- Pyjamas/sleepwear (practical)
- Swimsuit and swimming goggles (goggles are optional)
- Light bathrobe for showers (optional)

- Cotton underwear: Regular (5 changes) and thermal (2 changes)
- Bathrobe for the showers (lightweight and optional)
- Athletic supporters for males & sports bras for females.
- Female hygiene kit (females)
- Hair restraints to match hair colour (females)
- Travel size hair dryer (females)
- Sturdy watch preferably waterproof, with alarm & night light.
- Pen & small notebook: You will be taking notes.
- Lock with 2 keys: Medium size. Team leaders keep one key in case you lose yours.
- Shower shoes: Inexpensive flip-flops for use in the shower.
- Ziploc bags to keep your notebook and papers dry.
- Small address book with addresses & phone numbers of family, friends & other important contacts.

NOW HERE IS A LIST OF ITEMS YOU MAY NOT BRING!

YOU'RE TRAVEL BAG AND ITS CONTENTS WILL BE INVENTORIED DURING "SHAKE DOWN" AND BANNED ITEMS WILL BE CONFISCATED AND LOCKED AWAY. SO SAVE YOURSELF THE TIME AND EFFORT AND DON'T BRING THEM IN THE FIRST PLACE. YOUR STORAGE SPACE IS VERY LIMITED!

- Pornographic or obscene material.
- Large bulky items, CD players and radios.
- Curling irons / hair straightners or other electrical items deemed unnecessary.
- Shoes other than your trainers and flip-flops. Boots & new trainers will be issued to you.
- Narcotics and drug paraphernalia.
- Make-up / nail polish (not permitted during Boot Camp Training)
- Any glass containers (plastic containers are permitted)
- Stuffed animals or any other unnecessary items.
- All jewellery other than a wedding band, watch and small plain ball earrings. You will be asked to remove all gold chains, bracelets, navel/ tongue / lip piercing jewellery.

CAMP KIOSK – Some of the items available to purchase

- Snacks: crisps, chocolates, sweets, health bars, dried fruit, nuts, biscuits
- Drinks: mineral water, fruit juices, sodas
- Toiletries: soap, toothpaste, mouthwash, dental floss, shaving cream, shampoo, razors, body creams, sunscreen, bug repellents, deodorants, body powder, foot powder, ear buds, cotton balls/swabs, plasters, blister kits, lip balm, feminine hygiene products, tissues, disinfectant creams

- Other items: nail clippers, scissors, combs, tweezers, hair brushes, hair clips and ties, small mirrors, inner soles, shoe laces, Yale locks, lighters, matches, wash cloths, shoe shine kits, sewing needles & thread, swimming goggles
- Airtime (SA Networks) and Blackberry Biz
- Stationary: Pens, pencils, notebooks, envelopes, laptops (if you don't have one)
- Permitted over the counter (Schedule 0) pharmaceutical products: eg: eye drops, aspirin, remedy creams & heartburn treatments

All personal items should be marked with your name.

Leave all valuables at home. We will not take responsibility for lost or stolen items.