



APECS SOUTH AFRICA WOMEN - MARION RELIEF PACKING LIST



ITEM	QTY	TYPE	COMMENT	CHECK
CLOTHING				
FIELD CLOTHES				
Beanie	1	comfy	to improve on the one issued	
Buff	4	1x winter, 3x summer	you wear them on head and around neck	
Gloves: inners	2	thermal/wind proof & woolen		
Gloves: working	2	wind proof, water repellent, leather; pig skins		
Hat	1	peak-cap	for the sun	
Rain gear (jacket & pants)	1	issued		
Fleece	1	issued		
Gumboots	2	issued		
Work shirt	1	issued		
T-shirt	4	for field, thin and moisture wick		
Thermals	3	shirts for field, pants for sleeping		
Socks	6	issued		
Blue pants	1	issued	for warmer days when GORE-TEX not needed	
CASUAL BASE				
Socks	4	warm, short, thin for indoors		
Take-over function outfit	1		smart casual / semi-formal clothing	
Jersey/hoodie	2	comfy for base	it doubles as a night gown	
Mid-layer warm top	1	soft, for under jacket and hut night		
Thermals	2	tops and bottoms	for wearing in doors, the base can get cold	
Long sleeve shirt	2			
Scarf	2			
Outer jacket	2	down & rain/wind		
Trousers	3	2 sweatpants & 1 comfy jean		
Gloves	2			

ITEM	QTY	TYPE	COMMENT	CHECK
CLOTHING				
SHIP				
Think summer in CT and warm ship, and fancy dinners & bar time.				
Shorts	2	any	CT	
T-shirt	4	any	neater for ship & CT	
Long pants	2	jean & neat		
SHOES				
Warm & working	1		for every-day wear on the base	
Closed shoes	1		for dinner on the ship & Take-Over function	
Sandals/plakkies	1		for every day on the base and the showers	
Tekkies	1		for ship, docks, gym	
Crocs	1		for use in huts	
OTHER				
Towel (small & large)	1			
Bra	5	2 sports, 3 normal	for every-day wear in field and the base	
Panties	14	any	take enough for 2 weeks not washing your clothing	
Pajamas	2	1 summer, 1 winter	for ship & base	
Gym clothes	1	shorts (use field shirts)	there is a gym on base and the ship	
Board shorts/bikini	1	any	sauna, jacuzzi	
TOILETRIES				
TOILETRY BAG				
Conditioner	1		300 ml is generally enough for three weeks	
Shampoo	1			
Dental floss	1			
Deodorant/perfume	1			
Face Wash	1			
Face moisturiser	2	Day & Night Cream		
Roll-on	1			
Razor and blades	1			
Moisturiser: body	1	intensive moisturiser, small	don't buy the run-of-the-mill normal stuff	
Body wash & Sponge	1	100 ml		
Toothbrush	1			
Toothpaste	1	100 ml		

ITEM	QTY	TYPE	COMMENT	CHECK
Make-up remover	1			
Bubble bath/ Essential oil	1		for a nice bath after a long day	
Hair mask	1			
Eye drops	2	single doses		
Cotton wool				
Hand sanitiser	4		for the field - get small 50 ml bottles	
Lip-ice	1	thick, moisturising, SPF		
Tissues		small pocket sized, 1 pop-up	field and room	
Sunscreen	1	SPF + 50, waterproof		
Vaseline	1		for rash	
Pads/tampons				
Eyepatch				
Ear plugs				
NAILBAG				
Nail clipper/scissors	1			
Nail polish	1		if you wish	
Nail polish remover	1		if bringing nail polish	
Tweezers	1			
Cotton wool				
VANITY BAG				
Hairbrush/comb	1			
Hair clips/ties			you will lose tons of these	
Make-up			you might want a change of pace after weeks in blue overalls	
Earrings				
HUT NIGHTS				
Wet wipes / Face wash	1	body		
Pads/tampons	x		enough for field stay	
Toothbrush & paste	1	small travel set		
Face Cream	1	small travel set		
Body moisturiser	1			
Deodorant	1	anti-perspirant		
facecloth				
Towel	1	Micro-fibre or small		
FIELD DAY-PACK				

ITEM	QTY	TYPE	COMMENT	CHECK
Sunscreen				
Lip-ice	1	thick, moisturising, SPF		
MEDICINE				
FLU-ISH				
Corenza /Linctagon			if required	
Sinutab / Advil CS			if required	
Throat spray /Strepsils		anti-bacterial		
PAIN/INFLAMMATION				
Myprodol/Iboprufen			if required	
Neurfoen				
Disprin/Panado			if required	
Norflex				
Cataflam				
EXHAUSTION/DEHYDRATION				
Berocca/Vitathion			if required	
Essentiale			if required	
Rehydrate			if required	
Vitamins		Omega3, Cal-Mag, B, C, Viral Guard	if required	
MOTION SICKNESS				
Sweets/Halls/Ginger lollies				
Stugeron				
Scopaderm				
Valoid				
Epinutin			keep aside for days before ship	
OTHER				
Plasters			if required	
Voltaren gel			for the sore Marion Knees	
Deep Heat Gel				
ELECTRONICS				
Camera				
Camera charger				
SD Cards				
External HD				

ITEM	QTY	TYPE	COMMENT	CHECK
Flashdrive				
Laptop				
Laptop bag				
Laptop charger				
Cell phone Charger				
Head lamp				
Batteries	Lots	rechargeable or Duracell		
Multi-plug				
Double Adaptor				
Earphones				
iPod/MP3 player				
SOFTWARE				
Update and restart software before you leave Cape Town.			Internet on base during take-over is insufficient for updates	
ENTERTAINMENT				
Movies	Lots		share on the ship and base intranet	
Music	Lots			
Series	Lots			
STATIONERY				
Clutch pencil	Few		speak to your team – you might have stock on base	
Eraser	1			
Notebooks	Few			
Pen	Few			
Pencil sharpener	1			
Pencils	Few			
MISCELLANEOUS				
Alcohol		buy through a ship's chandler-it is tax free	-	
Backpack	1		for flying to the base	
Cash		R 2,000.00 – R 3,000.00	for ship stuff merch, snacks etc.	
Coffee		filter or instant		
Coffee plunger		if taking filter coffee		
Lock	2	padlock with combination lock	just in case	
Sewing kit				
Sunglasses				

ITEM	QTY	TYPE	COMMENT	CHECK
Sunglasses strap				
Sweets and snacks			for the ship and base	
Thermos flask	1		for the field	
Travel mug			for the ship and base	
Washing powder/sunlight washing bar	2 kg		for the ship and base	
Water bottle	3		for your room/gym/the field	
Sleeping bag	1		for cold base / hut nights	
Laundry bag	1		for washing delicates	
Hangers	1		There usually aren't enough on ship/base	