



*Tree Tops Log  
Cabin in "Ntsuty"  
PONTA  
D'OURO,  
MOZAMBIQUE*  
**Suggested  
Packing List**

Sun Creams

Mozzy repellent and spray (essential!)

Anti-Malaria tablets (or equivalent from health store)

Torch, candles

Personal toiletries

Toilet Rolls

Not too many clothes (but something warm in case)

Braai fire lighters, Charcoal, Matches

Washing up liquid

Beverages:     Alcoholic  
                      Soft drinks  
                      Water (nb our water is clean and  
                      sweet but you may prefer mineral water)  
                      Tea, coffee, milk, sugar

serviettes

Food supplies

Seasoning, olive oil, oil

Beach towels/mats (*one grass mat is provided in the storeroom*)

Beach umbrella (gazebos can be hired on the beach)

Diving equipment (and dive card)

Snorkel stuff

Don't forget:

any personal medication

(There are no doctors in Ponta D'Ouro. The nearest medical facility is over the border in South Africa - at Manguzi Hospital but there is now a pharmacy at the village square. We have left a few emergency 1<sup>st</sup> aid items, together with antihistamine in case of bad reaction to bee or wasp sting.

You can get basic foodstuffs in the village, as well as cool drinks, beer, booze and freshly baked bread – and there are a variety of restaurants to choose from. Do ask around!