

Packing list

EXPEDITION IN THE CONGO BASIN

An expedition in Congo-Brazzaville takes you into remote and often humid environments, where the right clothing and equipment will help you stay comfortable throughout the journey.

CLOTHING

Lightweight, breathable and quick-drying clothing is best suited to the warm and humid conditions.

For forest excursions and wildlife activities (15-night expedition), we recommend:

- Long-sleeved, lightweight shirts, preferably quick-drying
- Long, lightweight trousers, preferably quick-drying
- A light fleece or sweater for cooler mornings, evenings and river activities
- A lightweight waterproof jacket or raincoat

Neutral, discreet colours inspired by nature are recommended, particularly for forest excursions and wildlife viewing.

For visits to villages and time spent on board, comfortable casual clothing is perfectly suitable.

Rain showers can occur throughout the year, so a lightweight waterproof layer should always be kept within easy reach.

A swimsuit is recommended for river activities when swimming is possible and conditions are considered suitable.

The dress code on board is casual, including at dinner.

EXPEDITIONS DUCRET

EXPLORE, EXPERIMENT & PRESERVE

SHOES

For forest walks, trekking and hiking excursions, bring a pair of comfortable, stable, closed-toe walking or hiking shoes.

Ideally, choose shoes that are:

- Lightweight and quick-drying
- Comfortable enough for walks lasting several hours
- Suitable for uneven and sometimes muddy terrain

Some excursions may involve crossing small streams or wet areas. A second pair of lightweight shoes that can get wet, such as water shoes or sailing shoes, can therefore be useful.

We also recommend bringing high socks to provide additional protection from insects and vegetation during forest excursions.

A pair of flip-flops or lightweight, comfortable shoes is also recommended for wearing on board, during village visits and at the lodges.

BAGS

A small, comfortable soft backpack is recommended for daily excursions. It should be large enough to carry your essentials, such as:

- Water bottle
- Camera
- Binoculars
- Rain jacket
- Personal items

A rain cover for your backpack is strongly recommended, particularly during forest excursions.

FOR OUR 15-NIGHT EXPEDITIONS

Additional luggage restrictions apply because some parts of the expedition involve domestic flights and transfers:

- **Main luggage:** maximum 20 kg
- **Bonobo tracking:** bring a small backpack containing what you need for one night. This will be a short night spent at a basic forest camp.
- **Dzanga-Sangha:** bring a lightweight, soft travel bag containing what you need for the 4-day stay. Maximum weight: 6 kg

WATER BOTTLE

A reusable water bottle is essential for forest excursions and longer walks, particularly in hot and humid conditions.

Water fountains are available on board and in the lodges, allowing you to refill your bottle throughout the expedition.

SUN PROTECTION

The Congo Basin has strong sun exposure, even when temperatures are moderated by cloud cover or forest shade.

We recommend bringing:

- A lightweight, practical sun hat
- High-factor sunscreen
- Sunglasses

A neutral-coloured hat is preferable for wildlife excursions.

FIRST AID & PERSONAL MEDICATION

A basic personal first-aid kit can be useful for minor issues during excursions. We recommend bringing items such as:

- Plasters and small dressings
- Antiseptic wipes
- Tweezers, including for tick removal
- Any personal medication you may require
- Oral rehydration salts or electrolyte sachets

The expedition carries first-aid equipment on board, but you should bring sufficient quantities of any medication you regularly take.

Please consult your doctor or travel health specialist before departure regarding recommended vaccinations, malaria prevention and any medication specific to your trip.

INSECT PROTECTION

Insect protection is particularly important in the Congo Basin.

We recommend bringing:

- An insect repellent containing DEET or another effective active ingredient
- Long sleeves and trousers for forest excursions
- A head net, particularly for gorilla tracking.

BINOCULARS

Binoculars are highly recommended and will greatly enhance your experience throughout the expedition.

They are useful both during forest excursions and from the ship, allowing you to observe wildlife, birds and the riverbanks without disturbing animals.

Compact binoculars are sufficient for most guests. If you already own suitable equipment, night-vision binoculars can also be useful for certain wildlife observations, but they are not essential.

CAMERA EQUIPMENT

A Congo expedition offers many opportunities to photograph wildlife, landscapes and local life.

A camera with a telephoto lens is recommended for wildlife photography. A lens of around 200 mm or longer can be particularly useful for observing and photographing animals from a distance.

Remember to bring enough memory cards, batteries and/or charging equipment for the duration of the expedition.

HEADLAMP

A torch, preferably a headlamp, is recommended.

It can be useful during early-morning or evening excursions, around the lodges and camps, and when moving around after dark.

A headlamp also allows you to keep both hands free when walking or handling your belongings.

EARPLUGS

Earplugs can be useful during longer motorboat transfers and for guests who are sensitive to noise.

BOOKS & ENTERTAINMENT

There will be plenty of time to relax on board between excursions.

You may wish to bring a book, e-reader, journal, music or a small game for quiet moments during the journey.

The ship also provides a peaceful setting to simply enjoy the river, rainforest and changing landscapes around you.