

WHAT TO BRING

Please use the kit list below as a guide to what to bring.

- Sleeping bag or bedding (can be provided upon request)
 - Pillow
- Loose fitting expedition clothing
- Long trousers and sleeves for evenings
- Good Strong Trainers or Walking Boots
 - Rafters
 - Toiletries
 - Towel
- Torch + spare batteries
- Water bottle(s) (at least 3 Liters capacity)
 - Cap/hat/ Sun cream
 - Expedition cutlery
 - Notebook & pen
 - Raincoat
 - Personal medication
- Expedition food + Snacks/drinks (for the Expedition) High-calorie, High-energy, low-weight snacks e.g. peanuts & raisins, biscuits, dried fruit, and energy bars.
 - Large Backpack
 - Insect repellent

Optional:

- Head Torch
- Sunglasses
- Pen knife
- Camera

Group Kit

- 1 Emergency Mobile Phone per team

MWABA MWILA
SAFARI ADVENTURE



KAFUE SILVER DOFE AJ

“Exploring the wild. Challenging you. Impacting communities, one adventure at a time.”



KAFUE - SHIMABALA AJ

Our 3-day Adventurous Journey takes place in the Kafue/Shimabala area. The Dropoff/pick-up point is close to the Shimabala toll gate. Participants navigate their way through the hilly Kafue terrain with spectacular views of the Kafue River and insightful interactions with rural communities. The multi-day expedition can be a physically challenging experience as well as an immersive cultural experience.

CAMPING FACILITIES & EQUIPMENT

The main camping area is very basic. Flushing toilets and showers are available. Some of the campsites are “wild camping” with no running water or electricity. Makeshift toilets and showers will be available

MOBILE SIGNAL

The mobile signal is patchy in some areas.

MEALS

As per the requirements of the DofE, Participants are required to be self-sufficient throughout their expedition. The only meal that we will provide is the supper on the night before the AJ.

SAFETY

Please ensure your students have active medical insurance in case of an emergency. Mwaba Mwila Adventures will have a qualified first aider on site. However, in the unlikely event of a more severe incident, students may have to be evacuated. We can help facilitate this, but the school /parents will have to organize the logistics and cover the cost of further treatment.

ITINERARY

Day 1 Training at School

08:00-12:00

Award aims, Awards briefing (15 min)

General Training session

1. Navigation (20 min)

2. Menus & Equip (20 min)

3. 1st Aid Training (20 min)

Break: 09:15 – 09:35

Preparations in sub-teams

1. Navigation (2h)

2. Camp Craft (1hr)

3. Menus & Food (1hr)

12:00 – 13:30 12:00 – 13:30

Day 2

13:30 Arrive at Base Camp

Briefing

Projects and Team Roles

Preparations in sub-teams 14:30-1630

1. Navigation

2. Camp Craft

3. Menus & Food (1hr)

Showers and free time

Braii supper for all

Campfire

Emergency Procedures

Lights out 21:00

Day 3

05:00 Students pack up & and cook their breakfast

06:30 Instructors meet team/ Team Checks/ Teams start walking

07:00 Breakfast for Teachers/

Exped Packed Lunch (Participants prepare their lunch in teams)

15:30 Arrival target

17:30 Campsite Checks

Showers and free time

(Participants prepare their supper in teams)

Debrief

Lights out 21:00

Day 4

05:00 Students pack up & and cook their breakfast

06:30 Instructors meet team/ Team Checks/ Teams start walking

07:00 Breakfast for Teachers/

Exped Packed Lunch (Participants prepare their lunch in teams)

15:30 Arrival target

17:30 Campsite Checks

Showers and free time

(Participants prepare their supper in teams)

Debrief

Lights out 21:00

Day 4

05:00 Students pack up & and cook their breakfast

06:30 Instructors meet team/ Team Checks/ Teams start walking

07:00 Breakfast for Teachers

Exped Packed Lunch (Participants prepare their lunch in teams)

12:30 Arrival target (Base Camp)

12:30 – 13:00 Project Presentations

13:00 – 13:30 Debrief

Equipment Returns & Pack Up

14:00 Leave Kafue