

AFRIKA BURNS SURVIVAL GUIDE

AFRIKA BURNS is an experiment in community building, radical self-expression and **SELF-RELIANCE**. In order for you to fully enjoy the experience we offer the following advice:

Before AFRIKA BURNS

- Identify your 'tribe' (if you are coming in a group, and you should – its way more fun!).
- Get together and discuss your participation – who is doing what and when and how.
- Discuss sharing options – transport, fuel, food, camping and catering equipment, child minding...
- Devise a basic menu for three days (at least one decent meal per day). Shared catering prevents duplication and there is less to transport i.e. one huge tin of olive oil, two large pots instead of several smaller ones...
- Lay in stocks of beverages and alcohol as *there is no cash bar!*
- Arrange for somebody to take care of your pets and plants while you are away. Bribe them if necessary. Remember we can bring children but not dogs!

Transport

- Share transport!
- Travel in convoy so if anybody breaks down you have back up.
- Make sure you have your driver's license, identification and an up-to-date route map of the Cape Province.
- Carry on your person the contact details of your next-of-kin.
- Take a spare set of car keys.
- Pack your vehicle maintenance manual and basic tool kit.
- Make sure your cellphone is charged and bring a cellphone charger for the car.
- Invest in a puncture repair kit and a spare tyre in good condition.
- Spare fan belt (pair of pantyhose might work too).
- Bar of soap or sealant in case of petrol tank leaks.
- Hazard triangles in case of an accident or break down.
- Container for petrol or water and funnel.
- The last petrol station before the venue is in Ceres or Touws River.

Camping

1. Tent (remember to tie a cloth around any protruding stakes)
2. Mallet, cable ties, extra rope
3. Fabric to create shade canopy or umbrella
4. Waterproof groundsheet
5. Foam or inflatable mattress (and pump if necessary)
6. Sleeping bag and pillow (doubles as seating)
7. Waterproof containers for food, clothing and personal effects (useful as seating)
8. Cooler box
9. Head torch or torch with spare batteries or those new shake torches
10. Solar powered lantern and rechargeable batteries (available at Hardware stores)
11. Bucket with handle and sealable lid – fetching water, washing dishes etc.
12. Sponge and pot scrubber
13. Carlton roll (wiping out greasy pots before washing)
14. Bio degradable dishwashing detergent (Pick & Pay)
15. Dish towels
16. Gas cooker with spare gas canister
17. Braai grid and utensils
18. Pot with lid – can be used as frying pan too
19. Espresso pot (for coffee addicts) or enamel tea pot
20. Plastic picnic plates and tumblers
21. Good sharp knife (doubles as vegetable peeler)
22. Cutlery
23. Tin opener
24. Bottle opener/corkscrew
25. Large container with sealable stopper for drinking water
26. Refuse bags – good strong ones with wire or cable ties
27. Ziplock bags and Ziplock containers – worth the investment for storing food and just about anything!
28. Brush and pan (for cleaning campsites and car interiors!)
29. Solar camping shower if you have one (certain motor parts shops sell shower igloos!)

Food

1. Prepare some meals beforehand and freeze
2. Freeze whatever you can in sealable containers – keeps everything else fresh and cold for longer!
3. Store all perishable food in sealed containers or Ziplock bags – that way they won't contaminate other foodstuffs if they go off or leak

4. Tinned foods make great camping meals
5. Coffee bags, instant or ground coffee
6. Teabags. Herbal tea's that don't require milk and can be drunk cold are great!
7. Cooking oil – tin or bottle (transport bottle in sealed bag in case of leaks)
8. Condiments (those all in one naked chef twisty ones are cool for camping)
9. Fresh garlic, ginger, basil, mint – to spice up a meal
10. Hard cheeses instead of soft ones
11. Tin foil
12. Limit the number of perishable food items in favour of non-perishables
13. Snacks – chocolate, nuts, seeds, raisins, dried fruit, muesli, crackers, rice cakes etc.
14. Long-Life milk products instead of the real thing

Drinks

1. Bottled drinking water – LOTS! 5 litre containers with carrying handle are best
2. Ice bucket - large cooler box with lid, filled with ice and pre-frozen food and drinks
3. Freeze lemon juice, or add sprigs of mint leaves to ice trays for jazzing up drinks!
4. Choose plastic bottles and tins instead of glass bottles – they weigh less
5. Take extra for sharing with friends and strangers – remember there are NO cash bars!
6. Plastic tumblers that can be rinsed out are preferable to soggy paper cups
7. Swizzle sticks and cocktail paraphernalia for style queens!

Personal

1. 1 ply Toilet paper
2. Waterless soap (comes in a tube) or soap in a soap dish with lid
3. Wet wipes
4. Toothpaste and toothbrush
5. Sunblock and cream for sunburn (be optimistic)
6. Moisturiser and hand & body cream
7. Hand mirror
8. Disposable razor and shaving cream
9. Antihistamine cream if you are allergic to insect bites
10. Mosquito repellent
11. Aloe Vera gel for insect bites and sunburn
12. Aspirin, pain relief tablets
13. Immodium for upset tummies
14. Hay fever muti if you are a sufferer
15. Vitamin tablets and tissue salts if you take these
16. Prescription medications
17. Spare ventilator if you are asthmatic
18. Condoms, contraceptive pills
19. Tweezers (for removing thorns)
20. Nail clippers or scissors, nail file
21. Small bottle of disinfectant, cotton wool, bandages and box of plasters
22. Sunglasses (take a spare pair, even if you give them to somebody else!)

Clothing

You only need a few changes of outfit – add layers at night, remove during the day.
 Take something to keep your head warm at night – a beanie or woolly hat.
 A scarf or shawl always comes in handy – also doubles as blanket or rug.
 Really comfortable foot wear – good sturdy waterproof boots, extra socks and sandals.
 A moonbag or something similar for keys and ID – you won't need a wallet or cellphone!
 Thermal underwear is advisable to keep out the cold.
 Sarongs and wraps are great for flitting about during the day, and if you wet them they keep you fabulously cool (optimistic again)
 Sun hat or cap – the Karoo sun is relentless.
 Dress as a team – easy to find one another in a crowd if you all look alike!
 Take a bag of silly fancy dress items!
 Spare knickers (just in case a bus hits you!)

During the event

Choose a camping area – preferably on high, flat ground.
 Depending on your sleeping requirements – choose the quiet zone if you need to sleep.
 If you camp beside your car then position your car to provide additional shade during the day.
 Remember where you have set up camp!
 Establish where you can find water.
 Find out where the toilets and showers are situated - also medical aid tent.
 Create a dedicated kitchen area to share with your friends.
 Take turns to cook for one another.
 Take turns to wash dishes and clean your campsite. Your friends will love you.
 Make sure any precious possessions are safely locked away in the car.
 Hide your car keys instead of trawling them around with you. Just remember where!

Engage with your neighbours – get to know them, share things with them.
Don't make fires unless in demarcated areas and never leave unattended.
Don't leave rubbish bags lying around – secure and tie with cable or wire ties.
Separate your refuse for recycling – bottles, plastic, organic with paper...
Uneaten food goes off really quickly (dispose of in sealed bags to prevent bad smells) -
remember the rubbish you generate has to return home with you!
Keep one change of clean clothing for the trip home!

After the event

Remember this is a **LEAVE NO TRACE** event – **YOU** are responsible for cleaning your site.
USA burners, after breaking camp, make a grid on their campsites and each member ensures there is not a sequin or false eyelash or cable tie left in each square.
There might be a recycling pile for wood or plastic or bottles – if not – please take home.
Don't consider driving if the weather is treacherous, you are tired, or feel otherwise. Hang out with the hardcore hangers on until you are up for the journey home.
Get home safely!

(written & compiled by Lil Visser, June 7th 2007)