

Up The Creek Prep: What to pack

By  Anna-Bet Bester

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Oh happy day, Ke Nako, it is here! [Up The Creek 2014](#) has finally arrived. If you aren't at the festival already, happily occupying some of the prime camping real estate as early birds tend to do, you probably still need to load up the car.

Here is a handy list (okay MY list) of festival necessities that you can reference to make sure that you don't forget anything too important at home.



Image sourced from www.dailymail.co.uk

1. Clothing: Swimming costume/trunks, flip flops, hat/cap, two sets of clothing (T-shirts and shorts or dresses), something warm for when it gets dark. Chances are it won't get too cold, but you never know, so throw in a cardigan or a hoodie. Pro tip: a sarong is the most versatile piece of fabric you will ever come across. It can become a dress, a skirt, a scarf, a blanket and even a makeshift burka when you've had a bit too much sun. Pack at least one. I'm packing two.
2. Toiletries: Face wash/soap, shampoo/conditioner combination-jol (you will not be sporting a blow-out quaff, so there is no need to bring along the setting serum darling), deodorant, toothbrush, toothpaste, sponge/face cloth, showering plakkies (athlete's foot is not your friend) and a towel. I highly recommend investing in a [micro-fibre camping towel](#) if you have some spare dough; it folds up super small and dries in the wink of an eye. Great for travelling. Now, for the most important part of this section: SUNSCREEN. This is not a drill people. Buy sunscreen, pack sunscreen and wear the flippen sunscreen will you? If you don't you WILL get scorched. Here is my [favourite sunscreen](#) in the world. It was developed for athletes, is non-greasy and sprays on like a dream. You can get it from pretty much any pharmacy or Clicks. Also, a spare roll of toilet paper is not a bad idea.

3. First aid stuff: I like to be prepared for all eventualities, so I will be packing a small first aid kit. This will include: Milk Thistle, Essentiale Forte N (preventative), Rehydrate, After Sun of some sort (for when you mess up), plasters, disinfectant, antibacterial cream, antihistamine tablets and headache stuff (Panado or something similar).
4. Camp stuff: Disclaimer: I don't plan to spend a lot of time lounging in my tent, so my camping equipment packing list is very basic. If you are a professional camper who has a particular setup, that is your baby. I will be packing the tent (remembering to add the tent poles this time), the camping beds, a pillow and duvet (yet to buy a proper sleeping bag) and a head lamp (simply because I happen to have one and it has a very exciting flash setting that turns any situation into a little rave at the press of a button). Also, a beach umbrella, but that is for down at the river.
5. Food & drink: [See this article](#). Remember to pack a corkscrew for wine and a bottle opener for beers and the like. I will be bringing my handy picnic backpack that has all kinds of rad things like plastic plates, knives and forks etc. Keep an eye out for one; it makes al fresco dining an absolute breeze. Bring a plastic water bottle if you are planning to DIY the drinks side of things.
6. Miscellaneous: Floatation device (a donut-shaped lilo comes highly recommended), camera and memory card, cell phone charger (if you feel the need to stay connected to the outside world) and LOTS of gees.

Righto, that should do it! Now all you need to do is load up the car, fill up with fuel, crank the tunes up high and hit the road. See you at the 'Creek!

ABOUT ANNA-BET BESTER

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