

Cape Town Packing Checklist

November edition - city, coast, mountain and weather-swap ready

PACK FOR LAYERS, NOT A SINGLE FORECAST

Warm spring days can meet strong wind, a cool coast and rapidly changing mountain conditions.

CORE CLOTHING

- ☐ 4-6 breathable tops
- ☐ 2-3 shorts, skirts or light trousers
- ☐ 1 pair of comfortable long trousers
- ☐ 1 warm mid-layer: cardigan, fleece or light sweater
- ☐ 1 wind-resistant light jacket
- ☐ Light waterproof shell
- ☐ Underwear and sleepwear
- ☐ Swimwear and a light cover-up
- ☐ One smart-casual outfit for dinner or wine tasting

SHOES AND DAY BAGS

- ☐ Broken-in walking shoes
- ☐ Sturdy hiking shoes only if your itinerary needs them
- ☐ Sandals or easy beach shoes
- ☐ Small secure cross-body bag
- ☐ Comfortable daypack for organized hikes
- ☐ Reusable water bottle
- ☐ Foldable tote or laundry bag

SUN, WIND AND COAST

- ☐ Broad-spectrum sunscreen
- ☐ Sun hat or cap that handles wind
- ☐ Sunglasses
- ☐ Lip balm with SPF
- ☐ Quick-dry towel if accommodation does not provide one
- ☐ Secure clips or pouch for beach essentials

DOCUMENTS AND MONEY

- ☐ Passport and any required entry documents
- ☐ Travel-insurance policy and assistance number
- ☐ Digital and separate backup copies
- ☐ Two payment methods stored separately
- ☐ Small amount of South African rand
- ☐ Driving licence and rental documents if needed

Activity Add-ons

Tick only the modules you will actually use - this is not a list of compulsory purchases

TABLE MOUNTAIN OR LION'S HEAD

- ☐ Waterproof shell - SANParks recommends one even in summer
- ☐ Warm layer for wind and temperature change
- ☐ Sturdy, grippy footwear
- ☐ Enough water and energy snacks
- ☐ Sun hat and sunscreen
- ☐ Small first-aid and blister kit
- ☐ Fully charged phone and power bank
- ☐ Offline route or map
- ☐ Headlamp only as emergency backup - do not plan to hike after dark
- ☐ Route and return time shared with someone

BEACH AND PENINSULA DAY

- ☐ Swimwear and quick-dry layer
- ☐ Wind-resistant jacket
- ☐ Sunscreen for reapplication
- ☐ Water and snacks
- ☐ Hat, sunglasses and lip protection
- ☐ Dry bag or zip pouch for electronics
- ☐ Motion-sickness remedy if needed for boat trips
- ☐ Warm layer for the return journey

TECH AND TRANSPORT

- ☐ Phone charger and South Africa plug solution
- ☐ Power bank
- ☐ Offline Cape Town map
- ☐ Saved accommodation entrance pin
- ☐ Route and timetable screenshots
- ☐ Ride-hailing app set up before arrival
- ☐ MyCiTi plan/card notes if using the bus
- ☐ Small headphones for tours - stay alert in public

HEALTH AND COMFORT

- ☐ Personal prescription medication in original packaging
- ☐ Basic pain relief and plasters
- ☐ Blister treatment
- ☐ Allergy medication if normally used
- ☐ Reusable water bottle
- ☐ Hand sanitizer and tissues
- ☐ Any motion-sickness medication you rely on

FINAL 24-HOUR CHECK

Forecast checked [] Mountain/cableway status checked [] Airport transfer saved []

Return transport planned [] Phone charged [] Emergency contacts saved []

Verify current weather, attraction rules and airline baggage limits before departure.