

TANZANIA PACKING LIST

IN YOUR BACKPACK FOR THE AIRPLANE:

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Helpful Hints:

- Liquids must be 3.4 ounces (100 milliliters) or less
- You should wear some of your bulkier items: Sweatshirt, comfy pants / sweatpants, tennis shoes
- You might want to pack some of your bathroom items (listed on the next page) in your backpack so you have them while traveling
- Also take one complete set of clothes – shirt, shorts, underwear, bra, etc. to pack into your backpack, just in case your suitcase goes missing

Priorities:

- Passport
- Journal and Pen(s)
- Money belt / protective wallet / fanny-pack
- Cash – they must be new crisp \$100 or \$50 bills. \$100 must have the purple security stripe / \$50 must be printed before 2006
 - For keepsakes \$100-\$300 (max.)
 - For visa \$150
 - For food at airports and extras for possible special personal dinners

- Padlocks – one for each suitcase, backpack, and/or carry-ons
- Chap Stick
- Food / Snacks
- Small package of wet wipes
- Small package of Kleenex

Electronics bag:

- Phone with charging cable
- Extra battery pack with cord to plug into phone and charging cable
- International converter
- Ear buds / headphones

Medication – must be in original bottles:

- Prescription
- Over the Counter – aka Advil, Claritin, and others (as needed)

Other items, as needed:

- Glasses - hint: bring a small kit to fix your glasses, they are hard to find
- Contacts – contact solution and an extra back up pair
- Things to do on the plane: ex.) Books/Kindle or card games
- Travel pillow
- Thin blanket
- Reusable water bottle

THINGS TO PACK INSIDE YOUR SUITCASE:

Limited to 50 pounds

IMPORTANT: You have 2 checked bags, but only ONE will be for personal belongings.

The other is meant only for donation items (more on this [NEXT STEPS](#)).

 Helpful hints:

- Packing cubes are great to keep things organized
- Culturally we must wear modest clothes – no belly buttons showing ever and shirt and pants should be loose / not form fitting

Clothes:

- T-shirts – 3 (plus volunteer shirt – one provided, recommend purchase 1-2 additional volunteers shirts) – 5 total
- Shorts – 4
- Long pants / skirt – 1 (out of respect for the culture we will need to wear long pants and/or skirt sometimes, and sometimes the nights are cool)
- Socks / underwear – 5
- Bra (for girls) – 3 to 5
- Swimsuits – 2 + swimsuit cover-up + swim shirt
- Pajamas
- Closed-toe Shoes for Project Days
 - Zanzibar: Tennis shoes will work great
 - Kahama: Work shoes that can get real dirty and dusty!
- Flip Flops / Slides (comfortable ones for around the property / dorms; or to wear at the beach in Zanzibar)

Bathroom Items:

- Shampoo / Conditioner (consider bars vs. liquid)
- Body Wash (consider a bar vs liquid)
- Razor
- Face wash / acne wash
- Toothbrush + tooth paste (2 of the small tubes if fine)
- Eye drops
- Hairbrush
- Straightens / curling irons
- Deodorant
- First aid kit - including good blister care products (blister for hand & feet) -
This is a must!!
- Manicure / Pedicure set with fingernail files
- Hair ties / clips / scrunches
- Period supplies (females only)
- anti-itch medication
- lip balm
- Q-Tips / cotton balls
- Safety pins
- Make ups and other beauty products, including curling iron/straighteners, etc.

Additional Important Items:

- Refillable Water Bottle
- Sunglasses
- Hat – baseball / sunhat
- Sunscreen + aloe Vera – 2 to 3 bottles

- Towels (at least 2)
 - beach towel (Zanzibar only)
 - shower towel (this one can be a travel towel)
 - extra for miscellaneous use (if you have room)
- Mosquito repellent – spray and wipes (+ anti – itch cream)
 - We recommend a specific, very effective Mosquito repellent available in Tanzania for only \$3/bottle. We have them in stock at our facilities. You can just Venmo Paulina upon arrival.
- Fanny pack / small cross body bag
- Work gloves
- Laundry detergent – we'll be washing clothes by hand from a spigot (consider laundry sheets)
 - We can also provide laundry soap and/or laundry services for an additional fee. Consider sending \$10-\$20 extra with your student specifically for this, or you can Venmo once needed.

Optional (if you have room):

- Sweatshirt – additional one
- Pool / Beach items:
 - Snorkel gear
 - waterproof camera and/or water proof phone protector bag
 - swim goggle
 - Inflatable floaties
- Additional Snacks / Candy
- Bluetooth speaker
- Small packages of Kleenex -3
- Small packages of antibacterial wipes - 3
- Electrolyte packets

KAHAMA specific:

- Extra work gloves, face covering or mask for dust

If going on SAFARI 🦁:

- o Jacket and long pants for nights – it **will** get cold – (fuzzy socks, sweat pants, hoodie and a beanie – one night we camp at the top of a crater – it is very cold)
- o Headlamp / Flashlight
- o (Optional) Binoculars