

## Packing List for Tanzania

**Clothes** (for 1 week only, as laundry service will be available)

- 7 short-sleeved shirts (no sleeveless shirts)
- 3 long-sleeved shirts
- 3 pair lightweight work pants (jeans ok, no yoga pants, too tight)
- Pajamas
- Underwear, socks, bras (enough for entire trip)
- 1 dress/skirt & blouse (girls)
- 1 collared shirt (boys)
- 1 lightweight rain jacket/ponchos
- 1-2 pair old athletic/work shoes
- 1 pair shower shoes (flip flops)
- 1 pair of sandals

### Accessories

- Backpack
- Money belt/travel wallet
- Hats/visors
- Sunglasses/reading glasses & cases
- Work gloves (1-2 pairs)
- Leatherman (optional)
- Duct tape (optional)
- Ear plugs
- Eye mask
- Travel pillow
- Padded seat cushion (highly recommended)
- iPod & charger
- Headphones
- Camera & charger
- Plug adapters
- Batteries (AA, AAA)
- Flashlight/head light
- Binoculars
- Alarm clock
- Journal & pen
- Pleasure reading

### Personal Hygiene

- Toothbrush
- Toothpaste
- Dental floss
- Mouthwash
- Soap/bodywash
- 1 quick-drying bath towel (highly recommended)
- 2 wash cloths
- 1 hand towel
- Deodorant
- Shampoo/conditioner
- Hair brush/comb
- Hair dryer (travel type)
- Hair ties/clips
- Mirror
- Facial cleanser/moisturizer
- Body moisturizer
- Sunscreen
- Bug repellent with 30%-50% Deet
- Bug spray (to spray room and/or clothing)
- Lip balm
- Razor
- Liquid laundry soap (travel size)
- Feminine hygiene
- Nail clippers/emery board/nail file
- Antibacterial hand wipes (e.g. Wet Ones)
- Baby wipes container
- Antibacterial hand wash (e.g. Purell)
- Tissues
- Toilet paper (travel size)
- Cotton swabs
- Tweezers

### Medications/Remedies/Vitamins

- Vitamins (pillbox recommended)
- Malaria pills
- Antibiotic (e.g. Cipro, Zithromax, doxycyclene)
- Pain reliever
- Motion sickness remedy
- Pepto Bismal/anti-diarrheal remedy (e.g. Immodium)
- Fiber-All
- Airborne
- Band aids

## Packing List for Tanzania

### Misc. Supplies

1 laundry bag  
30-gallon trash bags for covering suitcases  
Ziploc plastic bags in various sizes  
(sandwich, quart, gallon)  
3-4 Plastic grocery bags  
Sharpie permanent marker

### Travel Info

Plane tickets/itinerary  
Passport (leave a copy at home)  
Work permit (I will give to you)  
Confirmation card from Gallagher Ins.  
Medical insurance card (copy ok)  
Proof of Yellow Fever vaccination  
\$100 bills (dated 2003 or newer)

### Other Suggested Items

Favorite snacks (enough for each day)  
Crystal Light/Propel Mix-ins (for water bottles)  
Travel games, playing cards  
Frisbees, soccer balls (deflated w/pump)

### Travel Dos and Don'ts

- **Don't** wear or bring expensive jewelry; wrist watches, and simple stud earrings for girls ok
- **Do** not swallow water while showering
- **Do** keep a bottle of water in your room for brushing teeth and drinking
- **No** Whining
- **No** alcohol, smoking, or drugs
- **Do** attend all morning and evening team meetings
- **Do** act appropriately on plane, being considerate of other passengers
- **No** running around or goofing off at airport, hotel, or in the village
- **Do** respect adults in authority