

## What to Bring Supplies Checklist

**PLEASE READ ALL FOOTNOTES!**

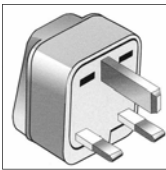
### Essentials (packed in your carry-on bag or passport pouch):

- passport with visa<sup>1</sup>
- plane boarding passes (received at check-in)
- International Certificate of Vaccination
- any personal medications in their original containers<sup>2</sup>
- anti-malarial meds
- money and/or traveler's cheques<sup>3</sup>
- essential toiletries
- one complete change of clothes
- quart-size ziplock bags (see TSA rules for carry-on items)

### Other Recommended Items (\* optional):

- |  |  |
|--|--|
| <input type="checkbox"/> passport carrier/money holder*  | <input type="checkbox"/> anti-diarrheal*   |
| <input type="checkbox"/> antibiotic ointment*  | <input type="checkbox"/> bath towel*   |
| <input type="checkbox"/> anti-bacterial waterless hand wash  | <input type="checkbox"/> Pepto-Bismol tablets*   |
| <input type="checkbox"/> small backpack for day trips*   | <input type="checkbox"/> aspirin/Tylenol, etc.*  |
| <input type="checkbox"/> shoe brush for removing mud*  | <input type="checkbox"/> laxative*   |
| <input type="checkbox"/> female sanitary supplies  | <input type="checkbox"/> flip flops/shower shoes   |
| <input type="checkbox"/> roll of toilet paper/wet-wipes*   | <input type="checkbox"/> insect repellent (w/Deet)   |
| <input type="checkbox"/> soap (soap is provided but poor quality)*                                       | <input type="checkbox"/> glasses/contacts w. extra pair  |
| <input type="checkbox"/> washcloth*  | <input type="checkbox"/> contact lens supplies   |
| <input type="checkbox"/> Kleenex*  | <input type="checkbox"/> snacks*   |
| <input type="checkbox"/> camera (telephoto lens recom'd for safari)*                                     | <input type="checkbox"/> binoculars*   |
| <input type="checkbox"/> film (available in TZ but expensive)*   | <input type="checkbox"/> flashlight and extra batteries  |
| <input type="checkbox"/> sunglasses/extra pair of prescript. glasses*                                    | <input type="checkbox"/> pen/pencil/journal*   |
| <input type="checkbox"/> hat (very important-not an option!)   | <input type="checkbox"/> plastic coat hangers  |
| <input type="checkbox"/> sun block (15 or higher)  | <input type="checkbox"/> toothbrush and toothpaste   |
| <input type="checkbox"/> deodorant/razor/comb/etc.   | <input type="checkbox"/> shampoo   |
| <input type="checkbox"/> Woolite for washing clothes in sink*  | <input type="checkbox"/> ear plugs/eye shades*   |
| <input type="checkbox"/> artificial creamer/sugar*   | <input type="checkbox"/> alarm clock with extra battery  |
| <input type="checkbox"/> neck pillow for plane*  | <input type="checkbox"/> white plastic bags for dirty laundry*                                 |
| <input type="checkbox"/> a small roll of duct tape*  | <input type="checkbox"/> bandanna or dust mask   |
| <input type="checkbox"/> permanent marker to put your name and room number on laundry bags and clothing* | <input type="checkbox"/> book reading light with extra battery*                                |
| <input type="checkbox"/> collapsible bag for bringing home gifts*  | <input type="checkbox"/> voltage converter for appliances* Note: TZ voltage is 240; you need a |

**TYPE C**



voltage converter *and* the proper plug adaptor in order to plug the converter into the wall. The "Type C" plug adaptor needed is shown here. This is *only* the adaptor; it does not change the voltage! The adaptor or a combination voltage converter and plug adaptor set can be ordered from [www.magellans.com](http://www.magellans.com). Be aware that not all voltage converters are recommended for electronics (e.g., digital camera battery charger).

We do carry a medical kit with us.

## Clothing:

Note: **It is important for us to dress very modestly.** Much, if not most current fashion for young people, especially women, in the U.S. is quite inappropriate wear for Tanzania. Short-sleeved shirts are fine, but long pants for men and calf length skirts for women are appreciated. Shorts for children are fine. The weather is normally very nice with highs in the mid to upper 70's and lows in the 60's (cool evenings); occasional light rain. Be prepared for dusty conditions when traveling (bring a bandanna or dust mask). See the detailed Itinerary for recommended clothing each day.

### **Women:**

\_\_\_\_\_ 1 calf-length dress (optional)  
\_\_\_\_\_ 2-3 calf-length skirts or 2 skirts  
\_\_\_\_\_ and 1 jumper  
\_\_\_\_\_ 4-5 t-shirts/blouses<sup>4</sup>  
\_\_\_\_\_ 1 pair slacks/shorts for safari

### **Men:**

\_\_\_\_\_ 3-4 casual/knit shirts  
\_\_\_\_\_ 1-2 nice button front casual shirts<sup>4</sup>  
\_\_\_\_\_ 1 pair dress slacks (easy care)  
\_\_\_\_\_ 2 prs. casual pants (not jeans)  
\_\_\_\_\_ 1 pair slacks/shorts for safari

### **Men and Women:**

\_\_\_\_\_ light (rain) jacket  
\_\_\_\_\_ underwear  
\_\_\_\_\_ sturdy walking shoes  
\_\_\_\_\_ flip flops or shower shoes  
\_\_\_\_\_ one "dress-up" outfit (including sports jacket for men; tie optional)

\_\_\_\_\_ socks  
\_\_\_\_\_ nightshirt/pj's  
\_\_\_\_\_ comfortable sandals or tennis shoes  
\_\_\_\_\_ a light sweater

### **What to bring tips:**

Polyester, Polymide, and Nylon are preferred fabrics for travel. They wash easily and dry fast. Many of our women travelers choose to wear T-shirts with short or  $\frac{3}{4}$  sleeves (not tank tops) with just about everything and this is a very good option with skirts, slacks and jumpers. A dressier jacket over these items can change the look and add variety to your travel wardrobe. Dresses are also a travel option but it is best to choose one basic dress and change its look by adding jackets, vests or scarves. A more flexible variation for a time when you need something a bit dressier (church) is a plain skirt with two or more tops of different colors and designs. The travel trousers constructed of nylon with zip off legs are good for travel in the safari vehicles. It does get very warm sometimes and the cooler, short length leg is very welcome. It is well documented that the experienced traveler who wishes for a light suitcase plans to wear each outfit a minimum of three times on a ten day trip.

Disposable washcloths with mild soap in them are available at Target, Wal-Mart and CVS. They are marketed by Dove, Oil of Olay and usually a store brand.

Magellans ([www.magellans.com](http://www.magellans.com)) and other travel retailers offer a microfiber bath towel that is an excellent investment and can be used in the event that we do not get towels in our room. This does not happen often but if it is rainy outside the laundry done by the hotels cannot dry. A microfiber towel is highly recommended.

A small flashlight is a very good idea. While we will have electricity at all our lodgings, sometimes the power goes out. If you like to read before bed, bring a book reading light or headlamp. Rooms may not have adequate light for reading. Extra batteries for your flashlight and any other battery-operated appliances is a must. *Pay particular attention to updated TSA rules about carrying spare lithium batteries (see below).*

From the TSA web site:

“Effective January 1, 2008, spare lithium batteries - extra batteries not installed on devices - will no longer be allowed in checked baggage. Spare lithium batteries may be packed in carry-on baggage and lithium batteries installed in a device may be packed in either checked or carry-on, as long as the battery is installed in the device.”

**Be sure to check for the latest restrictions  
at the TSA web site close to departure:  
[www.tsa.gov](http://www.tsa.gov)**

## FOOTNOTES

1. **Please make two copies of the inside front pages of your passport, including your passport number.** Leave one at home with a trusted person and, if you have not already done so, mail the other to the trip leader no later than April 1.

2. Be sure your medications are in their original container. Bring a few extra days worth of your medications just in case our departure should be delayed. If you have *any* health condition which may prove problematic on the trip-however remote the possibility-you must advise the trip leader on your Traveler's Information form.

3. Please carefully review the Taking Money and Exchanging Funds page of this manual.

4. All rooms are equipped with mosquito netting although insects at this time of year and at this altitude are usually few. Still, precaution against mosquito bites is strongly urged, so long-sleeved shirts/blouses in the evening are recommended as well as the use of the mosquito netting while sleeping. Remember to take your anti-malarial drugs as prescribed. (Note: administration of anti-malarial drugs may begin *before* departure and continue *after return*).