

PACKING LIST - TANZANIA

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Tanzania. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Luggage Restrictions

Due to aircraft and vehicle restrictions, your checked luggage must be a soft-sided duffel bag, no larger than 30"L x 15"W x 15"W, without a rigid structure - you should be able to squash your bag into a ball. If you'd like to bring a wheeled duffel, we recommend the Eagle Creek 110L Migrate Duffel, which has wheels but is completely soft-sided. You can also pack in a hard-sided suitcase for your international flights and store your suitcase in Arusha during your safari. (Note that this will not be possible if you plan to continue your journey in Tanzania and will have additional domestic flights after the safari). Your baggage allowance for any internal flights within Tanzania is 15kg (33lbs) for your duffel bag.

You can have laundry done inexpensively along the way, or wash it by hand. We recommend planning on doing laundry when you are staying somewhere for two nights or more.

PACKING CHECKLIST

Clothing & Gear

- Duffel bag (see above)
- 1 daypack
- 5 short sleeve shirts (quick dry recommended)
- 2 long sleeve shirts (quick dry recommended)
- 1 fleece or insulated jacket
- Waterproof jacket/windbreaker
- 2 pairs of quick-dry pants
- 1 pair pants or casual skirt
- 2 pairs of shorts/capris
- Wide-brim hat for sun protection
- Underwear & bras
- Socks
- Sleepwear
- Running/walking shoes or light hiking boots
- Second pair of shoes or sandals (slip-off for the vehicles)
- Flip-flops/teva style sandals (recommended for use on wooden shower platforms)
- Water bottle - required so you can refill during the day

- Bathing Suit

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down or print out your travel insurance number
- Locks for your luggage
- Travel alarm clock with spare batteries or phone
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Mosquito repellent

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- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Biodegradable soap, shampoo, and conditioner - note that all accommodations on this trip provide soap and shampoo; only bring it if you prefer having your own
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff (great for dust)
- Reading material/journal and pens
- Masks/face coverings

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Person epi pen - if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets - helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home COVID tests

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.