

Tanzania Packing List
Sample Packing List for a 3 – 4 week trip

What To Bring: Check the airline regulations for overseas baggage weight limits. Check 2 bags (one containing your personal items and one containing gifts/medical supplies) and bring a carry on backpack with your most important belongings (travel documents, medications, a change of clothes in case your bags are delayed). Pack light—below is a sample packing list for a 3-4 week trip. Bring your stethoscope, consider bringing a blood pressure cuff and penlight/oto-ophthalmoscope. Examples of medical supplies to bring can be found on the GHM web site (www.ghm.org) indeed, if you are in the Minneapolis/St Paul area, GHM will pack a suitcase of medical supplies for you to bring such as disposable gloves, syringes, disinfectants, etc. Pocket handbooks such as Pharmacopias, Sandford's Infectious Disease Guide, The Oxford Handbook of Tropical Medicine, etc are wonderful things to leave at Ilula.

Travel Documents

Passport, yellow card
(photo copy of passport x 2—leave 1 copy at home)
airline ticket
money holder for under clothing
travel insurance/medical insurance info
money (approx \$500/person)

Luggage/Airplane Stuff

2 suitcases (including one duffle bag) pack one with personal stuff, one with gifts
backpack/carry-on bag
ear plugs
inflatable travel pillow
change of clothes/toiletries

First Aid /Medical Supplies

malarone or doxycycline
cipro
immodium
supply of peptobismol tablets
pseudoephedrine or cold tablets
ibuprofen
insect repellent (small bottle DEET)
small tube antibiotic ointment
small tube hydrocortisone cream
small tube antifungal cream
purel
moleskin, bandaides
disinfectant wipes
Tums

Personal Items

Toilet paper in ziplock bag
Toothbrush/small toothpaste/floss
Travel size soap/shampoo
Deodorant
Razor/shave cream
Comb
Small bath towel
Swiss army knife or multi-tool
Small flashlight
Watch
Sunglasses/sun screen/chap stick

Clothing

(laundry can be done at Ruaha; hand-wash clothes at Ilula or in Iringa)

3-4 underwear

3-4 pr socks

2 pair long pants (wear 1 pr on plane) or skirts

2-3 short sleeve button-down shirts or blouses

1 long sleeve shirt (wear on plane)

1 long sleeve t shirt

light fleece jacket (optional?)

1 short sleeve soccer jersey-type t shirt (sleepwear/loungewear)

1 pr soccer shorts (sleep wear/loungewear)

walking shoes (wear on plane)

tennis shoes

flip flops for shower

nylon rain/wind jacket

cap/hat

small amt laundry detergent

cotton bandana

sleep sack: cotton or silk sheet sewn into a personal "bag"

Snacks

1 box granola bars

crystal light powder drink mix

Reflection Items

Bible

Devotions book

Journal book with pens

Picture of home/loved ones

Email addresses

Recording Equipment

Cameras (group should have at least 1 digital and 1 "instamatic" camera)

12-15 X 24 rolls of film, film for instamatic camera

video camera with extra discs

extra batteries for cameras

recharger

220V adapter (2 for the whole group?)

ziplock bags for cameras

Miscellaneous and Group Items

Binoculars

Rope/ clothes pins/duct tape

1-2 plastic garbage bags