



## Private Trip to Tanzania, July 2022

### *Suggested Packing List*

### Weather Conditions

The weather in Tanzania varies dramatically between regions and seasons. Generally, coastal areas of Tanzania tend to be hotter and more humid than inland areas. The northern part of Tanzania, most noticeably Ngorongoro Crater and the Highlands area is cooler as altitude increases. In this part of the country, it is cool enough to warrant a sweater or jacket in the evenings.

July is winter in Tanzania and the weather is generally cool and dry compared to other seasons. Afternoon temperatures are usually between 20°C/68°F and 30°C/86°F and vary greatly according to altitude and location. There is little rain fall during this time of year.

### Luggage & Packing

**Luggage Restrictions:** We recommend packing lightly for this trip in soft luggage such as duffel bags. Hard-sided suitcases will not be allowed on your domestic flight. Please keep in mind that the total weight allowance for checked *and* carry-on bags on your domestic flight is limited to 15 kg (33 lbs.) per person. The airline will weigh your bags when you check in.

**Note:** Plastic bags are banned in Tanzania. It is illegal to produce, sell and use plastic bags. Please back eco-friendly bags for your trip. Ziplock bags specifically used to carry toiletries will be permitted.

**Important Reminder:** Travelers are encouraged to notify their bank of their travel plans so that the bank does not see charges as illicit activity and put a block on the card.

### Essentials

- Passport (original and photocopy)
- International flight itinerary
- Completed Tanzanian [Public Health Surveillance Form](#) (printed and screenshot)
- Travel Insurance Policy & emergency phone numbers
- Covid Vaccination Card (original, photocopy, and digital copy)
- QR code verifying your Covid Vaccine Card with [Trusted Travel Initiative](#)
- Credit cards and cash (see spending guide in Country Guide)
- Flashlight or headlamp with extra batteries
- Watch / alarm clock
- Reusable water bottle
- Prescription glasses & sunglasses



## Clothing

In Tanzania, women dress fairly conservatively. Exposing your thighs and legs in Tanzania is the equivalent of exposing cleavage in the U.S. We suggest packing lightweight clothing that cover your knees and shoulders.

- Skirts, dresses or baggy pants that fall below the knees for your visit to SEGA School and home visit
- Breathable, light-colored clothing for safaris: khaki, grey, brown, and green
- Light, short and long-sleeved shirts
- Warm layers for the cool mornings and evenings, including a light jacket, fleece or sweatshirt
- Comfortable, worn-in walking shoes
- Shawl or scarf
- Exercise clothing that you can wear hiking
- Swimsuit
- Small umbrella and waterproof jacket or poncho
- Sun hat or cap
- Socks and undergarments
- Sandals & flip flops
- Sleep wear

## Medical Kit & Toiletries

- Face masks
- Hand sanitizer
- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste and travel sized mouth wash
- Bug spray – Picaridin, DEET
- Prescription medication in original, labeled bottles
- Allergy medication and epi-pen if needed
- Re-hydration salts or electrolyte powder, Emergen-C
- Anti-diarrhea medication and Pepto-Bismol
- Painkillers
- Motion sickness medication (i.e. wrist bands, Dramamine, prescription Scopolamine)
- First aid kit - antiseptic cream, Band-Aids, sterile wipes
- Pre-moistened antibacterial hand wipes
- Travel-sized soap, and body or hand lotion
- Travel sized shampoo and conditioner
- Hair brush, comb, hair ties or clips
- Travel packs of tissues
- Toilet paper
- Eye drops
- Contact lenses and contact lens solution
- The phone number of your favorite doctor, in case you get sick and want to speak with a trusted expert



## Materials

- Book or e-reader
- Journal and pens
- Day pack or cross-body bag and tote bag / packable reusable shopping bags
- Camera, extra batteries, and charger
- Binoculars
- Travel pillow
- Energy bars and snacks
- Plug adaptor and converter
- Chargers for all electronics
- Battery power bank / charger
- Small, reusable pouches or bags - good for keeping valuables dry and dust-free