



## WHAT TO BRING

This list covers equipment and clothing recommended for your volunteer work with OA. It is not an exhaustive list, nor should you feel like you need to bring everything we've listed. This is simply a helpful list, a place to start you thinking. The items you bring will also vary depending upon what project you're working on . . . If you're doing teacher training you'll need to bring different materials than if you are, let's say, helping to construct a classroom. Also, if you choose to go to one of our more remote locations, elevations can be high and temperatures can dip into the mid-40s at night. Regardless, please use your judgment, be thorough, and *don't* wait until the last minute.

**Our recommendation is that you begin packing *weeks or months in advance*.**

*Please note that if you choose NOT to bring any of the following items, you likely CANNOT buy them there!*

### Sleeping Gear

You are provided with a mattress and pillow, but sometimes no linens. You will need to bring a sheet and pillowcase. The nights can get cool, so also consider a silk sleep sack or a lightweight summer sleeping bag, good to 45 degrees. This is especially important if you are traveling to some of the remote MOP locations such as Mbeya in northwest Tanzania, which are higher in elevation; temperatures can dip into the mid-40s at night. Closer to the coast, such as in the Dar Es Salaam area, nights can range from cool (60°F) to hot (80°F), so come prepared for both.

- sheet & pillowcase
- silk or light flannel sleep sack
- sleeping bag, lightweight, good to 45°F
- mosquito netting + bar (must have a way to hang it from rafters)

### Clothing & Footwear

*\*First please review our **dress code** below.*

Besides the usual undergarments and socks, you will need several tanks and tee shirts made especially for hot and humid weather, such as "DRI-FIT" by Nike, made of 100% polyester. It wicks moisture away from the body. Also, you will need a couple of long-sleeved shirts for times when you need to cover up or to protect yourself from insects. Women, bring at least one skirt (no short skirts). A warm fleece jacket or fleece vest is also good. You'll also want several pairs of "convertible pants" that double as both shorts and long pants. Cargo-style ones with pockets are good. Plan on doing your laundry by hand every few days in a bucket. This way you can travel lighter.

- undergarments
- socks
- 5-6 tanks / tee shirts (not cotton)

- 2 long-sleeved shirts
- 1-2 skirts
- fleece jacket or vest
- 3-4 pairs “convertible” cargo-style pants
- rain gear
- sunhat/cap/bandanas
- sandals
- flip-flops for the bathhouse
- comfortable walking shoes
- concentrated laundry powder

**\*DRESS CODE:** *Because Tanzania has a large Christian and Muslim population, women especially must dress modestly when out in public. Long pants, capris, mid-length skirts, and shirts with short or long sleeves are appropriate attire. No bare midriffs, no revealing shirts, and no short skirts or shorts, please. However, take your tank tops and shorts with you (modest ones), as often your host will advise you that this dress is appropriate for your day’s work. Certainly you can wear more comfortable attire when you are at your host home. But always, please, dress modestly and use your good judgment.*

### **Other Kit**

- toiletries (toothbrush, shampoo, etc.)
- toilet paper (yes, you can buy more there)
- towel / washcloth (we recommend “MultiTowel Lite” available from [www.rei.com](http://www.rei.com), as they are compact, effective, and dry quickly)
- headlamp with spare bulb and batteries
- money belt / pouch (to conceal under your clothing so as to deter pickpockets)
- sewing kit
- guidebook
- Kiswahili phrasebook
- extra pair of glasses
- daily disposable contact lenses
- water filter + extra filter (we recommend “Katadin Microfilter Water Bottle” available from [www.rei.com](http://www.rei.com)—just “dip and drink”)
- iodine tablets (see “water safety”)
- journal

- sunglasses
- ear plugs
- sleeping mask
- pocket knife (pack in your check-in luggage)
- electrical adapters ([http://buyersguide.bargainoffers.com/plug\\_adapter\\_guide.shtml](http://buyersguide.bargainoffers.com/plug_adapter_guide.shtml))
- \*cell phone
- cigarette-lighter charger
- camera & related equipment
- dust-proof camera bag
- mini-transformer (220V)

\*Your cell phone may not work in Tanzania. We recommend that you check with your cell phone provider.

### **Paperwork / Documents**

- airline ticket
- \*current passport
- valid Tanzanian visa (<http://www.tanzaniaembassy-us.org/tzevisa.html>)
- \*photocopy of passport main page
- proof of immunizations (yellow fever card goes inside passport -- cannot re-enter USA without it)
- 2 passport photos (in case you need to buy a visa at the airport)
- contact information (OA staff in USA *and* TZ)
- personal contact information (your family, emergency contact, etc.)
- travel insurance certificate (We recommend <http://www.InsureMyTrip.com>. Please leave a copy of your certificate with your emergency contact at home)
- \*ATM / credit cards + pin numbers (see FAQs for details)
- \*cash (see FAQs for details)

\* It's never a good idea to keep everything in one location in the event it gets stolen or lost.

### **Medicines / First Aid Kit**

- prescription meds (complete with label)
- anti-malarial tablets (required!)

- over-the-counter pills, such as vitamins (we remove our labels and put pills & labels in Zip-lock bags to save space).
- band-aids / plasters
- blister kit / moleskin / small scissors
- ace / support bandage
- Ciprofloxacin or other antibiotic
- anti-diarrheal pills
- bismuth pills (such as Pepto-Bismal)
- antihistamine
- pain reliever such as Advil, Tylenol, or aspirin
- hydrocortisone cream
- antibiotic ointment
- lip balm (chapstick)
- sunscreen
- bug bite balm
- wet wipes
- no-water hand-sanitizer
- mosquito repellent for skin (containing DEET)
- mosquito repellent for clothing. (We recommend Sawyer Permethrin pump spray. One bottle treats approximately seven garments, and is good for several washes. We recommend treating ALL your clothing and allowing them to dry thoroughly while still at home. This will minimize the quantity of Permethrin you'll need to bring. Also, on the day of your arrival in Africa, we recommend spraying your mattress, pillow, and mosquito netting.)

### Packing Tips

- The packaging for tablets, plasters, including boxes, bottles, and wrappers, takes up space. Remove the labels, and pack the tablets + labels in air-tight zip-lock plastic bags.
- Pour shampoo, conditioners, soaps, etc., into small plastic travel bottles & label with permanent marker. Don't take any more volume than what you think you will use.
- Fill clean contact lens containers (screw top) with face creams, etc. & label.
- Packing folded clothes wastes space; instead, pack "rolled" clothes. Simply smooth out your garment and then roll it tightly.
- Let no air space go unfilled! Pack the toes of shoes with socks, undergarments, or even pencil

erasers for the orphans.

- Avoid displays of wealth. Leave your expensive jewelry at home. Also consider buying a simple, unadorned band to wear in place of your wedding ring.
- Consult your airline for further packing instructions so you can be compliant with airport security.
- Packing in this way makes luggage extremely dense and heavy. Check with your airline to see how many bags are allowed, weight restrictions, and distribute the weight between your bags accordingly. NOTE: If you plan to travel between countries within Africa, weight allowance is substantially less!
- If you have extra room, please, please, bring books, shoes, and school supplies for the orphans! :-)