



# TANZANIA, AFRICA: MEDICAL & COMMUNITY SERVICE

## Packing List

Plan for the 13-day itinerary with the understanding that some items can be worn more than once. Attire is casual. The grounds of the school are all dirt, so be prepared to get dusty. Leave your flip-flops and open-toed sandals at home.

### Daytime & Community Service:

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- Short sleeve and long sleeve shirts (No spaghetti straps, tank tops or low cut tops)
- Shorts at appropriate length (mid thigh)
- Lightweight pants or jeans
- Tennis shoes or other closed-toe shoes

### Evening:

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- Long sleeve shirts
- Sweater or fleece
- Light to mediumweight jacket, preferably water resistant/waterproof
- Lightweight pants or jeans
- Long skirts
- Tennis shoes or other closed-toe shoes

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### Church Visit (if applicable):

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- Pants or long skirts only. No shorts
- Shoulders must be covered
- Ties and collared shirts are not required
- Tennis shoes or other closed-toe shoes

### Safari:

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- Short sleeve shirt, preferably light in color (Tsetse flies are attracted to dark colors and they can bite. Try to avoid blue and black clothes)
- Shorts or lightweight pants
- Tennis shoes or other closed-toe shoes
- Light jacket

*Hotel accommodations are casual*

### Additional Items to Bring:

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- Daypack 25 liters (to hold personal belonging during community service)
- 2-3 containers of hand sanitizer – Mandatory for community service days
- Pack of disinfectant wipes
- Sunscreen
- Hat with a visor for sun protection
- Socks, underwear, sleep clothes
- Phone charger
- Personal medications in original container
- Extra copy of your passport and insurance card
- Adapter for Tanzania outlets, Type G or Type D
- Spending money for incidentals, snacks and souvenirs – \$200 USD suggested minimum

### Additional Items to Bring (Medical team only):

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**Questions, please contact Dr. Rahul Chawla**

- Scrubs
- Lab coat
- Stethoscope
- Headlamp
- Notecards and pens



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### Optional Items to Bring:

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- Lip balm with sunscreen
- 1 pair of long hiking pants
- Small flashlight
- Pair of sunglasses
- Plastic bags for dirty clothes
- One container of insect repellent
- Journal and pen/pencil
- Paperback book
- Reusable water bottle
- Camera and batteries/charger
- Music with headphones
- Waist belt or other method for carrying daily cash
- Personal travel pillow

### Suggestions to Consider for Packing:

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You may check two (2) 50 lb. bags on your flight. Bag #1 will be a roller bag that contains your personal belongings, clothes and toiletries for the trip. Bag #2 will be a soft duffel that contains your community service donations. Once empty, this duffel can be folded and stored in the roller suitcase or donated to the school.

Your daypack/backpack, approximately 25 liters, should be used as your carry on bag for the plane. This pack will hold your passport, all money, electronics, jacket, change of clothes and all personal medications.

The overnight flight back to the States can get very chilly. Consider bringing a travel pillow and warm jacket.

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## We look forward to traveling with you!

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