



## Tanzania “What to Pack” List

Here is the list of Essential Items you should plan on taking with you on your Thomson Tanzania Adventure. Should you need to purchase any of them for your upcoming trip, simply print this page and use it as a reference as you browse, click, and shop your way through the “Tanzania” Shop by Destination category in the Thomson Family Gear Shop. You’ll find everything you need in our “easy-to-use, one-stop shop.”

### Luggage

- \* Soft-Sided Duffle Bag - We require duffle bags with the maximum dimensions 30”L x 15”W x 15”H. Wheels and hard frames are not permitted.
- \* Soft-Sided Day Pack - Your day pack/carry-on should contain one complete change of clothes, medications, essential toiletries, binoculars, camera, and other irreplaceable items. This bag will serve as your carry-on for international flights and can then be used as your day pack while in Tanzania.
- \* Spare Foldable Duffle Bag - A spare foldable duffle bag can be used for souvenirs on your return flight. Pack this spare bag in your main duffle.

### Clothing

- \* Short-sleeved shirts (5)
- \* Long-sleeve shirts (2) (for evening warmth and sun/mosquito protection)
- \* Shorts (2)
- \* Convertible, lightweight zip-off pants (2)
- \* Khaki pants or casual skirt (1)
- \* Underwear (7) (for women, bring 7 bras/sports bras as well)
- \* Fleece or insulated jacket (for cool nights at Ngorongoro Crater or the Serengeti)
- \* Waterproof windbreaker (or an inexpensive poncho)
- \* Wide-brim, tie-on sun hat
- \* Bathing suit (for those lodges with swimming pools)
- \* Lightweight, comfortable sleepwear (personal preference)

### Footwear

- \* Running or walking shoes or light hiking boots
- \* Second pair of shoes or sandals
- \* Flip-flops/Teva-type sandals (recommended for use in showers)
- \* Socks (7 pairs)

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## FAMILY GEAR SHOP

### Essentials:

- \* Travel documents (valid passport, with visa, immunization card, airline tickets, money)
- \* Flashlight and/or headlamp (with extra batteries)
- \* Sunglasses (100%UV screening w/retainer straps)
- \* Sunscreen and sun-blocking lip salve
- \* Mosquito repellent containing DEET (citronella based repellent for tsetse flies optional)
- Bandanas (3) (these have many uses, including protection from dust)
- Moist towelettes (1-3 per day per traveler)
- Hand sanitizer (1 small bottle)
- Toilet kit (toothbrush and paste, biodegradable shampoo and conditioner, moisturizing lotion, small packet of tissues, shaving gear, tampons and panty liners; avoid plastic tampon applicators)
- \* Washcloth (thin, quick-drying is preferable)
- \* Binoculars (8x40/42 models are excellent choices; center focus binoculars are easier to use than individual focus models)
- \* Money belt, neck pouch, or fanny pack
- \* Assortment of stuff sacks, zip-lock bags
- \* Spare glasses (contact lens wearers should bring solution and wear glasses when it gets dusty)
- \* Personal First Aid Kit:
  - \* Alcohol wipes
  - \* Antibiotic ointment (Neosporin) and Hydrocortisone
  - \* Band-Aids
  - \* Tweezers
  - \* Ibuprofen, aspirin, or acetaminophen
  - \* Cold remedies
  - \* Motion sickness medication (if you are susceptible to motion sickness)
  - \* A mild laxative
  - \* Pepto Bismol, anti-diarrheal pills, and Ciprofloxacin (prescription)
  - \* Anti-malarial medication (as advised by a doctor)

### Optional Items:

- \* Eye drops
- \* Wristwatch or travel alarm clock
- \* Reading material
- \* European electrical outlet adapters

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