



General Packing Suggestions:

- Passport (Always a good idea to bring a photocopy of your passport as well)
- Flight comfort items (Headphones, earplugs, books, sleeping mask, travel pillow etc.)
- 2-3 short sleeved shirts (avoid bright colors for improved game viewing.)
- 2-3 long sleeved shirts, including 1 with UV protection if you have one
- 2 pairs long or convertible pants (Earth tones are preferred to avoid Tsetse flies which are attracted to black and blue clothing)
- 1-2 pairs capris or shorts
- 4 pairs of socks (2 light, 2 heavy)
- Underwear
- Sports bra (some roads are bumpy)
- Buff, scarf, bandana
- Money belt or fanny pack
- Waterproof Jacket.
- Light jacket and fleece or hoodie. Layers will be needed, as it will be quite cool in the mornings and evenings but warm during the day.
- Comfortable shoes such as hiking shoes or sneakers.
- Flip flops or sandals for around the lodges or pool
- Swimsuit.
- Warm sleeping clothes
- Hat with brim and warm hat for cold mornings.
- Insect repellent and sunscreen
- Lip balm
- Hand sanitizer
- Waterproof bag for camera equipment and anything else you want to keep dry and dust free.
- Small flashlight
- Camera, battery and extra battery, charger, plenty of memory cards
- Glasses, sunglasses, contact lenses, contact fluid.
- Binoculars (there will be a pair in the car)
- Electrical adapter [Example](#). Many camps and lodges have universal plugs but not all. Your Safari vehicle will also have some charging capability.
- Journal and pen
- Toiletries—deodorant, toothbrush, tooth paste, comb, brush, conditioner, Washcloth, wet-wipes.
- You may want to pick up some Granola bars, nuts, snacks before you leave Arusha
- Cash for visas, tips, including driver and guide, some lodges do not take credit cards
- Credit cards (call ahead and notify your bank that you will be traveling)
- Cell phone and charger
- Itinerary notebook with tickets, itinerary, confirmation numbers, emergency phone numbers, copy of passports, etc.



Vaccinations:

Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

Other recommended vaccinations from the Center for Disease Control and Prevention:

- Hepatitis A
- Hepatitis B
- Typhoid
- Rabies
- Typhoid

Important note on Yellow Fever and Malaria!

It is currently not required to show a yellow fever health card for travel into Tanzania from the US. However this is prone to change at any time and we highly recommend getting a Yellow Fever Health card. You can obtain a Yellow Fever Health Card by visiting your primary care physician prior to your trip.

Please consult your primary physician for recommendations in regards to Malaria.

Money and passport:

When you arrive in Tanzania you will need to pay in cash for your tourist visa, \$100 per person. You won't find credit card machines in the African bush and you'll likely visit at least one village where you can pick up some unique souvenirs. Some of the airstrips also have coolers with drinks for purchase and you'll want to tip your awesome guides and porters. But note that in Tanzania only crisp US bills newer than 2006 are accepted. This is because banknotes produced prior to 2006 were very easily forged. A mix of credit cards and USD is optimal.

It is required by the Tanzanian authorities that your passport is valid for at least 6 months in order to enter Tanzania.

First Aid Supplies:

Remember that you are in the African bush and the nearest town or village might be hours away by plane. Be sure to pack a first aid kit with medications like aspirin, cold medicine in case you do catch a bug, an antihistamine like Benadryl anti itch cream for reactions to insect bites, diarrhea medication like Imodium, sunscreen, and cough drops or throat lozenges. Each vehicle will also have first aid kit onboard. Once again discuss Malaria with your physician as this is a personal decision.

A note on "Bush Flights":

If your trip includes flying with smaller planes within Tanzania it is important to pack light. The luggage space is limited. There is a maximum limit of 15kg (33lbs) and roller bags are not recommended.

During any emergencies while in Tanzania please call +255 685 250 142

And now get ready....Adventure Calls!