Reminders and Packing List

This document contains reminders (hence the elephant!) on required and recommended documents and supplies, as well as tips on health, money, packing, and in general preparing for your trip.

Monday May 19: Depart Washington Dulles, Emirates, 10:55am. Meet at check-in desk 8:00am

Note: Baggage in excess of our description will be left behind at the check-in

Documents

Required:

1. **Passport:** While you are in transit to Tanzania you will need to present your passport and your ticket repeatedly in transit, so be sure to carry them in an easily accessible spot.

2. **HTH Health Card**

3. **Yellow International Vaccination card:** Showing valid Yellow Fever vaccination

4. **Second photo ID:** You should bring a second photo ID. This can be your PSU ID card, driver’s license, or international student ID.

5. **Photocopies of Key Documents, Cards:** Make 2 photocopies of all important documents and cards; leave one at home with a person who could be contacted for the information, and take one with you to Tanzania, in a different bag than the originals. Here are the items you must photocopy, front and back:

   a. Passport (including the page with the visa stamped in them and the pages with photos and data)
   b. HTH Health insurance information
   c. 2nd photo ID (PSU ID or driver’s license, if you bring it)
   d. ATM card, Credit card(s)
   e. Plane itinerary
   f. List of serial numbers for cameras, etc.
   g. International student ID, if you have one
   h. Prescriptions or any important medical information
   i. Any other legal or information documents you need to carry to Tanzania

6. **Passport photos:** Bring two to four additional passport photos, hang onto them as spares
Money Tips

1. **ATM card.** Cash is the only means of paying for things and ATM cards are the best way to obtain Tanzanian currency (Tanzanian shillings). Credit cards are not commonly accepted anywhere in Tanzania. You’ll have access to ATMs since we’ll all be relying on them. **You must remember to call the issuing company before leaving the US to tell them you’ll be using the card for six or seven weeks in Tanzania.**

2. **Bring some cash with you:** US$150-200 will probably do, in $20 or smaller notes, just in case there are ATM problems and you need to change cash at a bank to tide you over. **Must be dated 2006 and later**—there is fear that older ones may be counterfeit. This is the maximum you will need.

3. **Credit card:** Carry a Visa or Mastercard as a possible “back-up” means of getting cash at a bank (They may charge an international fee.) **Inform your credit card companies before leaving the US as above.**

Health-related Considerations

Each of you has had the opportunity to seek advice from the Student Health Center, HTH Health Insurance and the US Centers for Disease Control (CDC) website. In addition, we remind you of the following:

1. **Anti-Malaria medicine is REQUIRED in this program.** You must have a sufficient supply with you to travel and you must be careful to take it as prescribed. To reduce risk further we recommend the use of insect repellants, long sleeved shirts and long pants in the evenings.

2. **WATER IS NOT SAFE TO DRINK from the faucet, pumps in villages, or streams.** There will be bottled purified water for you everywhere that we travel. At all times avoid drinking any water whose origin is unknown. Check that bottled water is unopened—and not a refilled bottle. Remember that frozen desserts, ice cubes, etc., may not be made from purified water. You’ll benefit from being cautious.

3. **Raw fruit and vegetables,** including salad, should be avoided if they cannot be peeled or washed with purified water (e.g. iodine or some other chemical to kill bacteria). **Generally speaking, if it hasn’t been boiled, washed in purified water, cooked, or peeled, you should not be consuming it.**

4. **Street food** (vendors with small carts on the street) can be wonderful, but it comes with some risk. We speak from experience; proceed with caution. If tempted, only eat things you have watched being cooked.

5. **Prescriptions:** If you require special prescriptions, take enough for your entire stay in Tanzania. Bring a written prescription from your doctor to present at customs if you are asked to identify the material (including syringes). You may not be allowed to bring medicine into the country without proper identification of that medicine.

6. **Cold and flu, and miscellaneous medicines:** If you are prone to catching colds, allergies, getting indigestion, or other minor maladies, bring the brand of medicine you prefer in the US. The same goes with other over-the-counter medicines, contact lens solution, and so on.

7. **Over-the-counter anti-diarrheal medication.** CDC recommends loperamide (Imodium), or bismuth subsalicylate (Pepto-Bismol), for international travel. These tend to counter the body’s own efforts to flush undesirable elements from the digestive system, but can be useful if problems persist.

8. **Motion sickness medication.** Long hours on bumpy roads, ferry rides across open ocean and a light plane ride are all part of the program. Bring your favorite or seek advice from a doctor or pharmacist.

9. **Eye Glasses:** If you wear prescriptions glasses, or contact lenses, bring an extra pair or a backup (for instance, if you wear contacts, be sure to bring glasses as well, especially for dusty travel)

10. **First aid needs:** If you are prone to headaches, cuts and bruises: bring along your favorite aspirin, Benadryl, band-aids, antiseptic gel, anti-itch gel, cold medicine, Tums etc.

11. **HTH hospital.** When in Tanzania, we will check in with the closest HTH hospital. From Mang’ula that will be Aga Khan Primary Medical Centre, Town Centre, Iringa, Tanzania +255.26.270.2277
Packing suggestions for Tanzania

Adapted from: http://www.tanzania-adventure.com/packing-suggestions.htm

Bring no more than you need. YOU MUST TRAVEL LIGHT—one checked bag, less than 44lbs, and a carry-on daypack, less than 15lbs. While international carriers will allow you two checked bags, we will not have space for them once in Tanzania. All of our in-country travel will be in vehicles with limited space for luggage. PLUS, the published limit for Coastal Airlines who fly us from Zanzibar to Dar is 15kg, 33lbs. Their small plane is not obliged to take more.

1. Past students liked a medium waterproof duffel bag or hiking backpack. NOT a hard-sided suitcase. Make sure you can lock it with a TSA-approved lock or zip-tie. If you plan on much souvenir shopping (see below), either prepare to leave unwanted clothing in Tanzania or pack another lightweight bag tucked in your main one. We will have laundry service so you don’t need a lot of stuff.

2. Waterproof daypack. For your carry-on bag and during travel, it must accommodate our loaner laptops. Once in-country this will carry your daily necessities to and from the villages and when hiking.

3. Bring a neck pouch or money belt for your official documents and money. The best is a pouch that fits in front inside your shirt or pants. Wallets in hip pockets, handbags, and shoulder bags are targets for pickpockets. Never, ever leave documents, money, or valuables (camera, laptop, jewelry) in a hotel room unless in a safe!

4. Be sure to follow all requirements regarding legal/illegal objects for your carry-on luggage. Check the US Transportation Security Administration website for the latest information (www.tsa.gov).

MEN’S and WOMEN’S CLOTHING (suggestions)  *= Required, other items optional

The customs and culture of East Africa, especially in coastal areas and Zanzibar are conservative. Revealing or very tight clothing should be avoided. Shorts are not appropriate for women in Zanzibar Town.

Bring light but durable clothes that can be washed by hand, that can withstand travel and wear and tear, and that you can wear over and over. Weather will be between 70 and 85°F, sometimes rainy, and usually humid. Bring clothes that do not require ironing and do not need special treatment when laundered.

Consider taking clothing that you plan to leave in Tanzania

2 pairs of long or convertible lightweight khaki pants *
1-2 pairs of knee-length shorts—no short shorts
1 long sleeve quick-dry hiking shirt—for evening bug protection and for making presentations *
1 light fleece or hoodie *
1 rain poncho or waterproof jacket *
1 hat (VERY IMPORTANT FOR SUN PROTECTION) *
1 pair of boots for hiking and village work, ankle-covering, waterproof *
3 calf-length pair of socks – at least one pair wool to keep feet dry, or warm when wet*
3-5 pairs underwear you can wash yourself if necessary—fast drying like UnderArmor/Ex Officio *
2-3 short sleeve quick-dry shirts
2-3 short-sleeve, shoulder-covering, tee shirts—no tank tops (1-2 more if you intend to workout/run).
1 long-sleeve workout-type shirt
1 pair gym shorts (may double as swim suit for men)
3 normal socks
1-2 belts
1 pair sneakers for the hostel and at camps, etc.
1 pair of flip-flops/sandals to use as shower shoes
1 pair of Teva-like sandals if you want
1 pair sunglasses

**Women:**
3 sports bras
A dress or **LONG** skirt for Zanzibar (nothing fancy, we suggest tunic style)
Yoga pants/leggings you might wear for sleeping are **NOT** appropriate for village or city wear
Purse- across the body (something that would fit your camera, a waterbottle, and a small notebook)
Small purse- across the body (something that would fit your passport, ATM cards, money, and cell phone)
Plenty of hair ties and bobby pins
Modest swimsuit/bikini
If you must, hair dryer and straightener–women have shared these but electricity Is not plentiful

**TOILETRIES  *Required*, other items optional**
Pump-type insect repellent with minimum 30% DEET *
Sun screen and sun-block lip balm, 30-50 SPF *
2 towels (one large, one small) and 2 washcloths*
Tampons/pads, enough for trip*
Contact lens solution*
Anti-bacterial camp soap and small hand sanitizer (e.g., Purell) *
Tooth brush, tooth paste, floss, facewash, moisturizer, lotion, razor, shaving cream, nail polish, makeup, etc...
Enough shampoo+conditioner. Separate shampoo and conditioner doubles cold showering time 😊
Nail clippers+file, comb, hairbrush.
PeptoBismol, Imodium, Dramamine, Aspirin, Tylenol, Ibuprophen
Bag for shower supplies
Travel Wet-Ones, big ones, not hand-size. Choose those with highest alcohol content.
SCHOOL SUPPLIES ALL Required

Basic Drawing Equipment: All students will need pencils and pens for sketching, plus markers of your preference.

USB jump drive – 8-16Gb

8½ x 11 bound sketchbook and 8½ x 11 notebook.

Journal: All students will be keeping a journal; we recommend a bound notebook or something of the sort.

ACCESSORIES * Required, other items optional

Flashlight, head lamp*
Lightweight fleece sleeping bag*

Zip-Lock type bags in different sizes to keep dust and moisture out of stuff and keep your wet swimsuit in *

Large trash bags, 1-2, to wrap stuff in (your bags may travel on racks on top of the vehicle) *

Water bottle, with carabiner clip or camel pack*

Energy bars, Peanut Butter, Nutella, Chocolate, Candy (stuff that won’t melt/get too sticky)

Gatorade/Crystal Light packets (to mix with water)

Camera, binoculars

Headphones

Lanyard or similar (to keep your locker key on)

Watch and/or Travel alarm clock

Swiss army knife/Leatherman (MUST NOT be packed in your carry-on bag)

Tissue packs

Duct tape – only one person in the group

Rope to make an indoor clothesline

Leisure reading, Playing cards, MP3 player

Downloaded movies/TV shows to watch as well as a good amount of music—all legal, of course!

ELECTRICAL CONVERSION:

Tanzania operates on 220-250V, 50 Hz. You will need an adapter for your plugs—Tanzania uses the British three-pronged plugs or two prong plugs. You may also need a converter if any of your gear is 110V, 60Hz only—read the label, don’t wait until it ignites. Most digital cameras, cell-phones do not need a converter but make sure by reading the label on the power pack.
Itinerary, May-June 2014

(in-Tanzania dates may vary slightly; departure and return are firm)

Monday 19 May: Depart Washington Dulles 10:55am. Arrive Dar es Salaam Tuesday, 20 May, 3:15pm

20-22 May: Accommodation at CEFA hostel (search Internet for description of all destinations)

21-22 May: University of Dar es Salaam—history, biodiversity, human-wildlife conflict
Afternoons—logistics, generally acclimatize to jet-lag and new surroundings

Friday 23 May: Travel to Hilux Hotel, Morogoro, morning; relax and get a sense of the town

Saturday 24 May: Sokoine University of Agriculture—Orientation to land-use, agriculture, forestry, and conservation issues.

Sunday 25 May: Field trip to water management projects in Uluguru mountains

Monday 26 May: Depart early for Udzungwa, passing through Mikumi National Park; afternoon—settle-in at Udzungwa Ecological Monitoring Centre hostel.

27-30 May: Orientation to Udzungwa Mountains (short hikes); Mang’ula (walking tours): Udzungwa region (bus and walking.) Afternoons/Evenings: Seminar reading and discussions

Sat-Sun 31 May-1 June: Overnight in park, at falls (optional for students)

2–7 June: Village data collection in mornings; afternoon studio work; evening seminars

Sun-Tue 8-10 June: On Safari in Mikumi National Park

11-12 June: Village data collection in mornings; afternoon studio work; evening seminars

Sat-Sun 14-15 June: Free

16-21 June: Udzungwa Ecological Monitoring Centre, and prepare final presentations, etc.

Sunday 22 June: Depart for Dar es Salaam and CEFA hostel.

Monday 23 June: Meetings, souvenir shopping

Tuesday, 24 June: Very early departure on ferry for Stone Town, Zanzibar

24-26 June: Karibu Zanzibar Hotel, http://www.zanzibarstonetownlodge.com/

Friday, 27 June: Head to Zanzibar airport late morning for short flight to Dar es Salaam airport. Departure for most of the group Friday afternoon, 4:45pm. Arrive Washington Dulles Saturday morning, 28 June, 8:50am.

THINGS TO BUY—SOUVENIRS

Tinga tinga paintings and Makonde carvings.

RECOMMENDED TRAVEL READINGS/MAPS


2. *Lonely Planet, Tanzania* Now in 5th edition, July 2012: This is a particularly good travel guide, but others would do as well. *(e.g. The Rough Guide to Tanzania)*


4. *Tanzania, Portrait of a Nation*, by Paul Joynson-Hicks: Coffee table-style book (i.e., large format), but well illustrated and a good overall introduction to the country.

5. *The Tree Where Man was Born*, by Peter Matthiessen: Life on the African plain.


Don’t

1. **Do not over-pack.**

2. Do not ignore the instructors regarding your health, safety, or behavior.

3. Do not attempt to bring any illegal substances of any sort!

4. Do not engage in any activity that you believe may be illegal or culturally unacceptable.

5. Do not forget that you are representatives of the United States and your university. We will enforce the conduct statement all students sign before embarking on study abroad.

Do

1. Do have a life-changing experience.

2. Do come with an open mind about the new cultures you will be experiencing.

3. Do travel light and be flexible.

4. Do try new foods, drinks, activities, and music.

5. Do try to make friends.

6. Do try to learn some Swahili: Languages are essential to understanding any new culture, and speaking the local language a bit will greatly improve the experience of being in Tanzania (and people generally will react very positively to it).

7. Do remember that the work you will be doing will have a real impact on the lives of people living in the vicinity of Udzungwa Mountains National Park, and on the remarkable plants and animals in the park.