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 13: 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, so be sure to carry them in an easily accessible spot; **must be valid through 12/19**.

2. **HTH Health Card**: Print and bring a hard copy.

3. **Second photo ID**: You should bring at least one additional photo ID. This must include your PSU ID card; you can also bring your driver’s license or international student ID.

4. **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 and the pages with photos and data)
   b. HTH Health insurance card
   c. 2nd photo ID (PSU ID and others, if you bring them)
   d. ATM card, credit card(s)
   e. Airline 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
Money Tips

1. **ATM card.** Cash usually is the only means of paying for things in Tanzania, and ATM cards are the best way to obtain Tanzanian money (shillings). Credit cards are not commonly accepted in Tanzania. You will have access to ATMs since we will all be relying on them. **You must remember to call the company that issued the card before leaving the US to tell them you will be using the card in Tanzania.**

2. **Bring some cash with you:** US$150-200 will probably be sufficient, in $50 bills, just in case there are ATM problems and you need to change cash at a bank to tide you over. **Must be dated 2010 and later**—there is fear that older bills may be counterfeit. This should be 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 (which likely will charge an international fee). **Inform your credit card companies before leaving the US, as above.**

Health-related Considerations

Each of you should have sought 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 will benefit from being cautious.

3. **Raw fruit and vegetables,** including salad, should be avoided if they cannot be peeled or washed with a purified solution (e.g., iodine or some other chemical to kill bacteria). **Generally speaking, if a fruit or vegetable has not been cooked, washed in a purified solution, or peeled, you should not consume 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 colds, allergies, 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 are part of the program. Bring your favorite medication if you are prone to motion sickness, 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. 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 reasonably close to an HTH hospital; from Mang’ula B, 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 70 lbs., and a carry-on daypack, less than 15 lbs. Although 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.

1. Past students have liked a medium duffel bag or hiking backpack. DO NOT bring a hard-sided suitcase. Make sure you can lock it with a Transportation Security Administration-approved lock or zip-tie. If you plan on much souvenir shopping (see below), either be prepared to leave unwanted clothing in Tanzania or pack another small bag in your main one. We will have laundry service so you do not need a lot of clothing.

2. Daypack. Your carry-on bag, also used during travel, must accommodate a loaner laptop computer. Once in-country, this will contain your daily necessities to and from the villages and when hiking.

3. Consider bringing 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 or you (or the faculty members) know the hotel well!

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 (including dress) of East Africa, especially in coastal areas, are conservative. Revealing or very tight clothing should be avoided.

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 humid. Bring clothes that do not require ironing and do not need special treatment when laundered. Choose clothing that you would normally use for outdoor activity in such a climate.

Consider taking clothing that you plan to leave in Tanzania

2 pairs of long or convertible lightweight pants
1-2 pairs of knee-length shorts—no short shorts
1 long sleeve quick-dry 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 pairs of socks – consider 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 work out/run)
1 pair gym shorts (may double as swim suit for men)
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, Chaco, or similar sandals
1 pair sunglasses

**Women:**

3 sports bras
A dress or **LONG** skirt for Dar es Salaam and the coast (nothing fancy; we suggest tunic style)
Yoga pants/leggings you might wear for sleeping (**NOT** appropriate for village or city wear)
Plenty of hair ties and bobby pins
Modest swimsuit/bikini
If you must, hair dryer and/or straightener—women have shared these but electricity is not always available

**TOILETRY SUGGESTIONS** * = **Required**, other items optional

Pump-type insect repellent with minimum 30% DEET, or non-DEET repellent (read reviews—**must** be effective)
Sun screen and sun-block lip balm, 30-50 SPF *
1 towel *
Feminine hygiene supplies, enough for trip *
Contact lens solution*
Anti-bacterial camp soap and small hand sanitizer (e.g., Purell)
Toothbrush, toothpaste, floss, moisturizer/lotion, razor, shaving cream, nail polish, makeup, etc.
Enough shampoo and conditioner for trip; separate shampoo and conditioner doubles cold showering time
Nail clippers and file, comb, hairbrush
Pepto Bismol, Imodium, Dramamine, aspirin, Tylenol, ibuprophen
Bag for shower supplies
Travel wet-ones: Big ones, not hand-size; choose those with highest alcohol content

**SCHOOL SUPPLY SUGGESTIONS** * = **Required**, other items optional

**Basic Drawing Equipment:** All Landscape Architecture and Architecture students will need pencils and pens for sketching, plus markers of your preference.
**USB jump drive** – 32-64 Gb
**8½ x 11” bound sketchbook and 8½ x 11” notebook.**
**Journal**: All students will be keeping a journal; we recommend a bound notebook or similar.
ACCESSORY SUGGESTIONS  * = 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 luggage in (your bags may travel on racks on top of the vehicle)
Water bottle, with carabineer clip, or Camel Back
Energy bars, peanut butter, Nutella, chocolate, candy (stuff that will not melt or get too sticky)
Gatorade/Crystal Light packets (to mix with water)
Camera, binoculars
Headphones or ear buds
Lanyard or similar (to keep your locker key on)
Swiss Army knife/Leatherman (MUST NOT be packed in your carry-on bag)
Tissue packs
Duct tape – only one person in the group
Leisure reading, playing cards and other types of games
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 mainly uses the British three-pronged plugs. **You may also need a converter if any of your gear is 110V, 60Hz only**—read the label, and do not wait until it ignites. Most digital cameras, cell phones, etc. do not need a converter, but make sure by reading the label on the power pack.
Itinerary, May-June 2019
(in-Tanzania dates may vary slightly; departure and return are firm)

Monday 13 May: Depart Dulles, Monday morning. Arrive Dar es Salaam Tuesday afternoon, 14 May
14-16 May: Accommodation at Passionist Fathers House (hostel—search Internet for description of all destinations)
15-16 May: Orientation, University of Dar es Salaam—history, biodiversity, human-wildlife conflict, etc.
Afternoons—logistics generally enable students to acclimatize to jet-lag, new surroundings
17 May: Travel to Hilux Hotel, Morogoro, in morning; relax and get a sense of the town
18 May: Lecture, Sokoine University of Agriculture; trip to SEGA Girls School, near Morogoro
19 May: Visit water development project near Morogoro, morning
20 May: Depart early for Udzungwa Mountains National Park, passing through Mikumi National Park; afternoon—settle-in at Udzungwa Ecological Monitoring Centre hostel
21-24 May: Orientation to Udzungwa Mountains (short hikes); Mang’ula B (walking tours); Udzungwa region beginning fieldwork; Afternoons/Evenings—seminar reading and discussions
25 May-26 May: Hike to Sanje Falls (optional for students)
27 May–4 June: Village observation/data collection in mornings; afternoon studio work; evening seminars
5-7 June: Safari in Mikumi National Park
8-9 June: Free
10-14 June: Udzungwa Ecological Monitoring Centre; prepare final presentations, etc.
15 June: Deliver final presentations; final celebration/barbecue, Udzungwa Ecological Monitoring Centre
16 June: Depart for Dar es Salaam and Passionist Fathers House
17-19 June: Depart for Kilwa and Kilwa Dreams Beach Resort (three nights)
20 June: Return to Dar es Salaam and Passionist Fathers House; souvenir shopping
Friday, 21 June: Drive to airport and depart Friday afternoon. Arrive Dulles Saturday morning, 22 June

THINGS TO BUY—SOUVENIRS
Tinga tinga paintings and Makonde carvings.
RECOMMENDED TRAVEL READINGS/MAPS

2. *Lonely Planet, Tanzania* Now in 7th edition, June 2018: 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
6. *Swahili (Lonely Planet Phrasebook)*, by Martin Benjamin
7. Map: A good travel map may help you to appreciate your summer travels better and plan additional travel; a good source is the following URL: [https://www.maps.com/tanzania-rwanda-and-burundi-travel-map.html](https://www.maps.com/tanzania-rwanda-and-burundi-travel-map.html)

Do Not

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 wonderful, 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 make new friends
6. Do try to learn some Kiswahili: Languages are essential to understanding any new culture, and speaking a bit of the local language 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 near Udzungwa Mountains National Park, and possibly on the remarkable plants and animals in the park