



Gear List for Tanzania Volunteer Trip

The key to staying comfortable while on an active trip is layering. To get maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list is provided to help you choose your equipment for the trip. Try to bring only what is necessary, since **we will need to move baggage several times.**

RECOMMENDED GEAR		
<p>TRAVEL DOCUMENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Airline tickets, itinerary, and confirmation <input type="checkbox"/> Valid Passport & Tanzania Visa Grant Notice <input type="checkbox"/> Proof of emergency medical and evacuation insurance <input type="checkbox"/> Final Bulletin <p>LUGGAGE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Soft-sided suitcase or duffel <input type="checkbox"/> Small daypack (approx. 2,000-2,500 cu. in.) to carry your lunch, and personal items <input type="checkbox"/> Passport pouch and money belt (optional) <input type="checkbox"/> Luggage tags and locks <p>OUTERWEAR</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hooded rain jacket, lightweight, waterproof, and breathable <input type="checkbox"/> Rain pants, lightweight (recommended) <input type="checkbox"/> Rain covers for pack and luggage (recommended) <p>FOOTWEAR</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hiking boots – broken in, waterproof <input type="checkbox"/> Tall Rain boots (optional) <input type="checkbox"/> Comfortable shoes for travel & free time <input type="checkbox"/> Shower shoes or slippers (optional) 	<p>CLOTHING</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lightweight, casual, washable items, for travel and town wear <input type="checkbox"/> Lightweight, and synthetic long-sleeve shirt(s) for cool evening and sun protection <input type="checkbox"/> Hiking pants you can work in, lightweight, synthetic, and loose-fitting. <input type="checkbox"/> T-shirts, quick dry <input type="checkbox"/> Liner socks (synthetic) <input type="checkbox"/> Socks (synthetic or wool) <input type="checkbox"/> Underwear <input type="checkbox"/> Sleepwear <input type="checkbox"/> Sun hat <input type="checkbox"/> Midweight fleece or wool jacket or sweater <input type="checkbox"/> Fleece or wool pants (recommended) <input type="checkbox"/> Fleece or wool hat (recommended) <p>CLOTHING ACCESSORIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 pair leather gloves for work <input type="checkbox"/> Safety glasses (or similar eye protection) for work <input type="checkbox"/> Knee pads (optional) <input type="checkbox"/> Bandana (dust relief) <p>TRAVEL ACCESSORIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> K95 or KN95 face masks, personal wipes, hand sanitizer, Covid-19 Tests 	<p>TRAVEL ACCESSORIES (cont'd)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Two (2) one-quart water bottles or hydration system with filter(recommended) <input type="checkbox"/> Flashlight or headlamp <input type="checkbox"/> Sunglasses and retainer strap <input type="checkbox"/> Sunblock and lip balm <input type="checkbox"/> Insect repellent <input type="checkbox"/> Toiletry kit with biodegradable soap <input type="checkbox"/> Personal prescription medication <input type="checkbox"/> Personal first aid kit <input type="checkbox"/> Biodegradable laundry soap and clothesline (optional) <p>OPTIONAL FIELD GEAR</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camera, and accessories <input type="checkbox"/> Small binoculars <input type="checkbox"/> Hiking stick or trekking poles, which must be rubber-tipped <input type="checkbox"/> Watch with alarm or travel clock <input type="checkbox"/> Ear Plugs & Eye Mask for sleeping <input type="checkbox"/> Spare contact lenses or glasses <input type="checkbox"/> Reading and writing materials

We advise that no single piece of luggage may exceed twenty-five pounds.

Gear List for Tanzania Volunteer Trip (Cont'd.)

Things to Consider

WEATHER

Tanzania is an African country that overlooks the Indian Ocean and lies just south of the Equator. Much of the country is covered by a plateau that has a subtropical or tropical climate, not too hot, not too cool because of the altitude. In the Arusha and Kilimanjaro regions, the wet season is warm, and the dry season is comfortable, windy, and partly cloudy.

Tanzania has 2 distinct seasons Dry and Rainy, broken into long and short segments throughout the year. Our adventure in Tanzania will be during the “short rainy season” also known as “green season”. It typically rains at the end of the day and early in the morning. It will be muddy!

Average rain fall at this time of year is 4 inches and the rains are generally softer and shorter than the “long rainy season” March through May.

Over the course of the year, the temperature typically varies from 56°F to 83°F and is rarely below 51°F or above 88°F. This time of the year the average temperatures run between 75 – 82 degrees Fahrenheit during the day and 50 - 60 degrees Fahrenheit at night. The humidity in Northern Tanzania at this time of the year is moderate at 76%. Please come prepared for all possibilities and equipped with good quality raingear.

- Always pack essential items such as your passport and visa, money, eyewear, medications and one set of spare clothes in your carry-on baggage, in case your luggage is delayed.
- Mosquitos and other insects can be prolific. Do not skimp on repellent and avoid wearing dark colors, especially navy and black.

We are looking forward to enjoying this trip with you. If you have any questions about the gear list, please contact your us at: tanzania@conservationvip.org.

120 Village Square #9, Orinda CA 94563 U.S.A.
Tel: (925) 817-9962
A Non-Profit 501c3 Tax Exempt Organization

<https://conservationvip.org>
info@conservationvip.org
CST 2089890-40