

PACKING LIST – CUSTOM TANZANIA WILDLIFE SAFARI

FOOTWEAR

- 1 pair of shoes that are comfortable for walking and riding in jeeps
- 2-3 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

CLOTHING (Please see 'notes on packing list' for important details)

- 1 - 2 pair of comfortable supplex/nylon long pants - zip-offs work well
- 1 - 2 pairs of shorts (one should be quick-drying nylon)
- 2 - 3 T-shirts or short-sleeved shirts (cotton, wool, or synthetic is O.K.)
- 1 - 2 lightweight, long-sleeved shirts for sun protection - button up front is the best
- 1 medium-weight top layer – synthetic or wool pull over - fleece or wool vest works well for this layer
- 1 wide-brimmed hat for sun, rain, and high fashion
- Underwear/nightwear
- Pajamas or whatever you like to sleep in
- 1 rain jacket– waterproof/breathable fabric like Gore-Tex
- 1 wide brimmed or baseball style hat for protection from the sun/rain
- Your favorite snacks

EQUIPMENT/ESSENTIALS

- Passport , visa and Xeroxed copy
- 1 daypack (see notes on packing list for recommended capacity)
- Sunglasses (100% UV protection) w/retention strap 1 – 2 bandanas
- Capacity to carry 1 liter of water Wristwatch/travel alarm clock
- Ear plugs (for a good night's sleep!)
- Binoculars Small headlamp or flashlight
- 1 buff insect repellent with DEET
- Small pack towel
- Your favorite snacks

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications. Consult with your doctor or a travel clinic about antibiotics for diarrhea, malaria

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL (personal preference, not required)

- Camera (extra batter/film/memory card)
- Book, notebook, journal, pencil/pen Compression socks for longer jeep rides
- Casual clothing for lounging/dinner
- 'Cooling' bandana, towel, buff (fabric that stays cool when wet)
- Swim suit (several of our lodging have pools! If you are choosing the Zanzibar extension, you definitely want one)

NOTES ON PACKING - CUSTOM TANZANIA WILDLIFE SAFARI

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs. As space for luggage on our trips is limited, please stick to the packing list as closely as possible.

Clothing: Due to the nature of this trip lightweight and light colored clothing for riding in the jeep (no black or navy blue) is highly recommended. Darker colors do attract insects and are very hot when there is little or no shade. Also, long pants and long sleeves are recommended for sun protection.

Luggage: For this trip, please pack in whatever luggage you find easiest to use – wheeled luggage is most often everyone's favorite. Generally, soft sided wheeled luggage works best and following the packing list closely and using the smallest size luggage is requested.

Daypacks: Your daypack should be large enough to hold the following items: 1 liter of water, rain gear, sun screen, warm layer (fleece pullover or vest), personal first aid kit, and personal items such as camera, etc. Because you are not hiking, it doesn't need to have a waist belt etc - you need something convenient for the items you want to keep with you during the day.

Footwear: Since you are not hiking, you want your shoes to be comfortable but also provide some protection as you may do some walking around. Trail shoes or lightweight boots would be fine, or even sturdy athletic shoes.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small role of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Rain Gear: You will need a jacket/parka made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. For this trip we recommend water bottles over hydration systems. There will be water available in the jeeps.