

# PACKING LIST – TANZANIA JOURNEY: NGORONGORO HIGHLANDS TREK AND SAFARI

## FOOTWEAR

- 1 pair of lightweight hiking boots or shoes (please be sure your hiking boots have good tread)
- 1 pair of comfortable shoes for use around camp and during the jeep safari
- 3-4 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

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

- 2 - 3 pair of comfortable hiking pants for hiking - 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 shirt for hiking - 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 and rain pants– waterproof fabric like Gore-Tex
- 1 wide brimmed or baseball style hat for protection from the sun/rain
- Your favorite snacks and please include some form of electrolyte replacement such as Gatorade powder, Energy blocks, etc.

## ESSENTIALS/EQUIPMENT

- Passport** , visa and Xeroxed copy
- 1 daypack (see notes on packing list for recommended capacity)
- 1 small duffle bag (no wheels) for extra clothes during our trek (carried by donkeys)
- Sunglasses (100% UV protection) w/retention strap
- Capacity to carry 2 liters of water
- Ear plugs (for a good night's sleep!)
- Binoculars
- 1 buff
- Trekking poles (required)
- Your favorite snacks and please include some form of electrolyte replacement such as Gatorade powder, Energy blocks, etc.
- 1 – 2 bandanas
- Wristwatch/travel alarm clock
- Small headlamp or flashlight
- insect repellent with DEET
- 'Wet Wipes' for use on trekking portion
- Small pack towel

## 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)

- DSLR Camera (extra batter/film/memory card)
- Casual clothing for lounging/dinner
- Swim suit (several of our accommodations have pools!)
- Book, notebook, journal, pencil/pen

## NOTES ON PACKING

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 (trekking through the jungle, heat, insects) lightweight and light colored clothing for hiking (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 the crater hike in particular due to encountering stinging nettles and thorns along the way.

**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. Please also bring with you a duffle bag (no wheels) large enough for your clothing and gear for 2-3 nights. This is for the 2 night trekking portion of your trip. All of your other clothing/equipment will remain with the vehicles to await your return from the trek.

**Daypacks:** Your daypack should be large enough to hold the following items: 2-3 liters of water, rain gear, sun screen, warm layer (fleece pullover or vest), personal first aid kit, and personal items such as camera, etc. We recommend a daypack with a capacity of 24 - 30 Liters (1450 - 1850 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items.

**Footwear:** Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle— you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**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 roll 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 and pants 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. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 2 - 3 liters of water.

**Trekking Poles:** Trekking poles are required for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions:

<http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions> .