

TANZANIA SERVICE CLOTHING & EQUIPMENT LIST

IMPORTANT NOTE: *In order to respect the cultural norms of Tanzania, it is important that we dress conservatively. In rural areas shorts should fall to the knee, shoulders should be covered, and undergarments should never be seen. Skirts and dresses should be calf-length or longer. Tank tops are acceptable during more urban sections, but should not be worn when working in rural communities. The clothing & footwear you wear during some of the service projects can get extremely dirty. You may want to bring some clothes and shoes you wouldn't mind donating at the end of the program.*

CLOTHING

- 3 PAIRS LIGHTWEIGHT NYLON/QUICK-DRY PANTS, or JEANS (or long skirts for girls)*
- 5 PAIRS OF SHORTS (at least 3 must be KNEE LENGTH, 1 must be NYLON/SYNTHETIC QUICK-DRY, no short-shorts or cut-offs)*
- 8 T-SHIRTS and/or COLLARED SHIRTS
- 1 LONG-SLEEVED T-SHIRT
- 10 PAIRS UNDERWEAR
- 1 LIGHTWEIGHT RAIN JACKET*
- FLEECE JACKET OR HOODY*
- FLEECE PANTS OR SWEATPANTS*
- LIGHT WOOL OR FLEECE HAT*
- 1 PAIR OF PAJAMAS (or preferred sleep wear)

FOOTWEAR

- 1 PAIR ATHLETIC SHOES OR TRAIL RUNNING SHOES*
- 1 PAIR FLIP FLOPS
- 7 PAIRS OF SOCKS (synthetic and cotton)

BEDDING

- SLEEPING BAG (30 degrees or lower)*

LUGGAGE

- LARGE DUFFEL BAG, BACKPACK OR TRAVEL BACKPACK (4,000-5,000 CUBIC INCHES)*
- DAYPACK (typically your school backpack)

ACCESSORIES

- 1 LARGE QUICK-DRY TRAVEL TOWEL*
- HEADLAMP OR FLASHLIGHT AND 2 SETS OF EXTRA BATTERIES*
- 2 WATER BOTTLES (each one liter, Nalgene-style)*
- TOILETRIES (shampoo, conditioner, soap, toothpaste, etc. in small bottles)
- PERSONAL MEDICAL KIT (see **Clothing & Equipment Glossary** for recommendations)*
- INSECT REPELLENT WITH AT LEAST 20-35% DEET*
- SUNSCREEN
- SUNGLASSES
- VISOR/BASEBALL CAP
- WATCH w/ ALARM*
- MONEY BELT OR SMALL PURSE (to keep valuables close)

FORMS AND DOCUMENTS

- PASSPORT & PHOTOCOPY OF PASSPORT
- AIRPORT MEETING INFORMATION FORM

OPTIONAL

- CAMERA, MEMORY CARD & CHARGER (OR EXTRA BATTERIES)*
- LIGHTWEIGHT DOWN OR SYNTHETIC JACKET (it can get cold while on safari)
- PLUG ADAPTER AND POWER CONVERTER IF NEEDED (British-style plug)
- DONATIONS FOR SCHOOLS (pencils, pens, paper, children's books)
- WORK GLOVES (for service projects)
- 3 LARGE ZIPLOCKS & 3 MEDIUM TRASH BAGS (for storing damp clothes)
- 2 STUFF SACKS*
- TRAVEL PILLOW*
- JOURNAL/NOTEBOOK & 3 PENS
- INTERNATIONAL CELL PHONE

***Please reference the Clothing & Equipment Glossary for more information on these items.**

TANZANIA SERVICE CLOTHING & EQUIPMENT GLOSSARY

Clothing packed for your ARCC program will keep you comfortable throughout the varied weather conditions we encounter. We emphasize using a layering system while living in the outdoors. Layering well and attending to small changes in temperature and exertion will result in a comfortable adventure. You can add or subtract clothing to control a comfortable body temperature for yourself. The synthetic materials suggested are chosen for their insulation (even while wet), their warmth and their light traveling weight. Keep in mind, once cotton is wet it will not keep you warm or act as an insulator against the cold.

NOTE: This glossary is a supplement to your Clothing & Equipment List. Please see your Clothing & Equipment List for a full list of necessary items.

CLOTHING

LIGHTWEIGHT NYLON QUICK DRY PANTS: To be worn for protection from bugs, sun and wind. Easy to wash, does not take too much room, and great for travel.

NYLON QUICK-DRY SHORTS: These shorts are 100% synthetic and dry much more quickly than cotton. An example of these are athletic or board shorts, but not short running shorts.

LIGHTWEIGHT RAIN JACKET: Either strong coated nylon or Gore-Tex jacket works best. We recommend raincoats with a built-in hood. Thin, nylon ponchos are not acceptable as they tear easily.

FLEECE JACKET OR HOODY: This is recommended for extra warmth at night and chillier parts of the program.

FLEECE PANTS OR SWEATPANTS: This is recommended for extra warmth at night and chillier parts of the program.

LIGHTWEIGHT LONG UNDERWEAR: This is the original synthetic fiber for underwear and will give you an extra layer to keep warm and dry.

LIGHT WOOL OR FLEECE HAT: These are made of fabric (non-cotton) perfect for activities at varied temperatures.

FOOTWEAR

ATHLETIC SHOES OR TRAIL RUNNING SHOES: These will be your everyday shoes, and need to be broken in, as the program consists of many activities including laborous service projects, playing soccer, walks amongst villages and teaching English in schools. Trail shoes are typically lighter weight than hiking boots and are not as bulky. You should find a shoe that gives you a lot of support and one that has a good rugged sole. The more traction the easier it will be to walk on varied terrain. Keep in mind that your shoes may be subject to mud and rain during service sections. If you would prefer to bring an older pair of shoes, that is fine.

BEDDING

SLEEPING BAG: Your sleeping bag should be comfortable for temperatures as low as 30 degrees, lightweight, compressible and filled with synthetic fabric or down. We would prefer synthetic fabric over down. Down provides no warmth if wet and will take much longer to dry.

LUGGAGE

DUFFEL BAG: This duffel will your main piece of luggage. It should be roughly 4500 cubic inches and will need to carry clothing, waterbottles, personal items and everything else you will need on your program.

OR

BACKPACK: Your backpack should be large with ample room to carry all your personal items, clothing and gear. Your backpack should be at least **4500 cubic inches in size** and have a well-fitting padded waist strap and padded shoulder straps. It is recommended to be store-fit/sized to fit appropriately.

OR

TRAVEL BACKPACK: A travel backpack is typically a bit smaller than a backpacking pack and usually includes several features, which make it ideal for international travel. The most notable difference between a backpacking pack and a travel backpack is the fact that the shoulder and waist straps stow-away for checking on an airplane. Most travel packs feature a removable daypack, eliminating the need to purchase a separate daypack. Other features often include a one-zipper entry system,

making it easier to access all of your belongings, organization pockets, a rain cover, as well as side and top handles to carry as hand luggage. **You should try to find a travel pack that is at least 4500 cubic inches.** It is recommended to be store-fit/sized to fit appropriately.

DAYPACK: Your daypack can be your school book bag or something similar. We use these for day hikes or on travel days when a large backpack is unnecessary or inaccessible. If you purchase a Travel Backpack with a removable daypack, you do not need to purchase or bring a separate daypack.

ACCESSORIES

QUICK-DRY TRAVEL TOWEL: A small quick-drying towel to be used for showers taken in between activities. There are several brands, such as Travel Towel®, and they are inexpensive and a nice alternative to cotton.

HEADLAMP: Headlamps are flashlights with a headband so that the user can have both hands free to cook or do camp chores. Please bring an extra set of batteries.

NALGENE WATER BOTTLES: Hydration is the key to a healthy adventure. Nalgene bottles are one-liter bottles made of durable plastic that are easy to clean and refill.

PERSONAL MEDICAL KIT: All ARCC leaders carry a full first aid kit, however please consider bringing a personal medical kit with a few items you might need as you adjust to the new environment. For this program, ARCC recommends the following items:

- Pepto Bismol
- Probiotic (eg. acidophilus)
- Imodium
- Electrolyte packets (eg. Emergen-C)
- Small bottle of hand sanitizer
- Antibiotic (eg. Ciprofloxacin)

With the exception of the antibiotic, all of these items are available over-the-counter. However, please discuss the use of any and all medications with your physician.

INSECT REPELLENT: ARCC strongly recommends using insect repellent with a 20-35% concentration of DEET, as studies have found this to be most effective in combating insects.

WATCH w/ ALARM: A watch is essential for any type of travel. Yours should have an alarm for days when we have an early morning. We recommend waterproof or water-resistant watches.

OPTIONAL

CAMERA, MEMORY CARD & CHARGER: We encourage you to bring a camera as there will be many great opportunities for pictures. The small digital cameras (or 35mm cameras) are a nice combination of size and weight. If you are bringing a digital camera, be sure to bring at least one memory card and your charger or extra batteries. Please bring at your own risk; ARCC does not reimburse the cost of lost, damaged, or stolen property.

DONATIONS FOR SCHOOLS: During our community service sections we'll be visiting communities with schools that are sorely in need of school supplies. Appropriate donations are things like pens, pencils, paper, art supplies, etc. This is completely optional.

STUFF SACKS: Stuff sacks are small nylon bags used to organize clothes and gear in your backpack. We suggest two stuff sacks approximately 8" x 20" in dimension. 'Compression Sacks' (stuff sacks that compress to a smaller size) can also come in handy.

TRAVEL PILLOW: This is a SMALL compressible travel pillow which can be found in camping stores or REI, **NOT** a bed pillow!