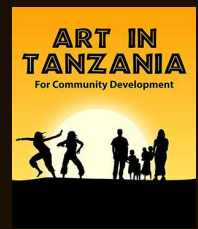


WHAT TO BRING

Your complete pre-departure checklist for Tanzania



BEFORE YOU DEPART

- Consult your doctor about malaria prevention and start medication as directed.
- Ensure all routine vaccinations are up to date. No additional shots (e.g. yellow fever) are required.
- Purchase comprehensive travel insurance before you fly.
- Check your passport is valid for at least six months after your arrival date.
- Apply for your visa online once you receive your NGO invitation letter and NGO registration certificate.

This checklist is a guide to help you plan what to bring. You may not need every item listed, and the list is not exhaustive. Pack according to the season you are travelling in — conditions vary considerably between summer and winter.

PERSONAL ADMIN

- Passport, insurance certificates, flight itinerary and all personal documents
- Photocopies of all the above
- Cash, ATM card and/or credit card
- Secure, waterproof bag or sealable plastic bags for documents and money

GENERAL

- Camera
- Personal hygiene kit, toiletries and towel
- Small mirror
- Sunglasses with high UV protection
- Sun cream (high SPF)
- Small torch or head torch
- Diary and pens
- Day pack / rucksack for daily use
- Mobile phone (set for international roaming)
- Plug adaptor (Tanzania uses UK-style 3-pin sockets)
- Alarm clock or watch

GENERAL (CONTINUED)

- Sleeping bag — only if climbing Kilimanjaro (can also be rented)
- Sewing kit and pocketknife
- Laptop or tablet for photos and internet access
- Travel wash for clothes (biodegradable recommended)
- Money belt
- Swahili phrasebook or travel guide (e.g. Lonely Planet)
- Books, cards or board games for quiet evenings
- Binoculars if planning a safari
- Music player / portable speaker

CLOTHING & MEDICAL KIT

Pack for the heat — and the occasional chilly evening

CLOTHING

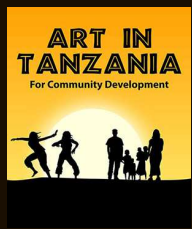
- Loose-fitting cotton clothes covering arms and legs for cool mornings and evenings
- Sturdy boots or trainers
- Respectable project wear: t-shirts and longer shorts or trousers
- Casual clothes for everyday use
- Going-out clothes for weekends
- Flip flops / sandals
- Swimwear and beach towel
- Sun hat or bandana
- Underwear (minimum 7 days' worth)
- Pyjamas / nightwear
- Lightweight fleece or jumper
- Waterproof jacket and rain boots (essential in rainy season)
- Warm clothes for cold mornings (especially Arusha, Moshi, Iringa)
- Light-coloured, thin natural-fabric shirts and trousers (cool, easy to wash)

In Zanzibar and more traditional areas, dress conservatively — cover arms to the elbow and wear longer trousers or skirts. If working in a school placement, smart clothing shows respect for local culture. Long trousers also keep mosquitoes away in the evenings.

MEDICAL KIT

- Hand sanitiser and wet wipes
- Personal first aid kit with antiseptic cream
- Personal medication (inhalers, antihistamines, rehydration sachets, etc.)
- Anti-malarial tablets (as prescribed by your GP before departure)
- Painkillers
- Anti-diarrhoea medication
- Cold and flu medicine
- Contact lenses and solution (if required)
- Plasters / blister pads
- Lip balm with SPF
- Tweezers (in checked luggage only)
- Scissors (in checked luggage only)
- Sanitary products — not all brands are readily available locally
- Mosquito repellent containing DEET or equivalent
- Antihistamine / anti-itch cream for insect bites
- Earplugs

Consult your GP before departure and start your anti-malarial medication as directed. Most medicines including Malariaone are available locally at lower cost — ask your coordinator for advice before buying at home.



PROJECT SUPPLIES & USEFUL INFORMATION

Optional items to bring for your placement — and key facts about Tanzania

PROJECT SUPPLIES (OPTIONAL — FOR SCHOOL & TEACHING PLACEMENTS)

- English language storybooks
- World maps, alphabet or number wall displays
- Flash cards or teaching aids
- Worksheets for maths and English (suitable for photocopying)
- Colouring books
- Markers, crayons and coloured pencils
- Stickers
- Balloons
- Scissors, glue and tape
- Any other small craft or teaching materials

USEFUL INFORMATION

WEATHER

Temperatures rarely fall below 20°C. Hottest: Nov–Feb (25°C–31°C). Coolest: May–Aug (15°C–20°C). Rainy seasons: Oct–Dec and Mar–May. Dar es Salaam is coastal and can be very humid.

CLOTHING & CULTURE

Dress conservatively in Zanzibar and traditional areas — cover arms and legs. Avoid public displays of affection. Long trousers help keep mosquitoes away in the evenings. Bring warm layers for Arusha, Moshi, Iringa, Dodoma or safari trips.

MALARIA

See your GP before departure and start preventives as directed. Most anti-malarials including Malarone are available locally at lower cost than at home — confirm with your coordinator first.

MOBILE PHONE

Local SIM cards cost approximately USD 1 and work everywhere. Set your phone for international roaming before departure.

MONEY & BANKS

EUR, GBP and USD have the best exchange rates. Avoid traveller's cheques — poor rates and limited acceptance. ATMs are widely available and accept most cards; Mastercard acceptance is limited in some areas. You can also use Nala, WorldRemit or Remitly to transfer money to a local Tanzanian phone number in real time.

POWER

Voltage is 230V — the same as Europe. Tanzania uses UK-style 3-pin sockets. Plug adaptors are available locally at reasonable prices.

QUESTIONS BEFORE YOU TRAVEL?

Contact us at info@volunteerafrica.fi · www.volunteerafrica.fi · Art in Tanzania, Dar es Salaam

TRAVELING LIGHT

Essential packing for short programmes or carry-on-only travel

TIP *If you are joining a short programme (under 3 weeks) or travelling with carry-on luggage only, this condensed list covers everything you truly need. Quick-dry fabrics, versatile layers, and a well-organised small pack make a huge difference in comfort.*

CLOTHING

Mix & match — aim for 5–6 outfits total

ESSENTIALS (pack these)

- 3–4 quick-dry t-shirts (light colours)
- 2 pairs of lightweight long trousers
- 1 pair of shorts (casual / beach)
- 5–7 sets of underwear (quick-dry)
- 1 lightweight fleece or thin hoodie
- 1 compact rain jacket (doubles as wind layer)
- 1 pair of sturdy walking shoes or trainers
- 1 pair of flip flops / sandals
- 1 smart outfit for going out (trousers + shirt)
- Swimwear
- Sun hat or bandana

LEAVE AT HOME

- Heavy jeans or bulky trousers
- Multiple pairs of shoes
- Thick towel (use a microfibre travel towel)
- Full-size toiletry bottles (use travel sizes)
- Books (use e-reader or phone)
- Sleeping bag (only for Kilimanjaro climbers)
- Excessive 'just in case' clothing

DOCUMENTS & MONEY

CARRY ON YOUR PERSON

- Passport (valid 6+ months)
- Printed visa confirmation
- Travel insurance certificate
- Flight itinerary (printed)
- Cash (USD preferred) + ATM card
- Money belt or hidden pouch
- NGO invitation / registration letter

KEEP DIGITAL COPIES

- Passport scan (email to yourself)
- Insurance documents (cloud storage)
- Emergency contact list (phone + paper)
- Programme coordinator's phone number
- AIT contact: info@volunteerafrica.fi

TOILETRIES & MEDICAL (TRAVEL SIZES)

TOILETRIES

- Toothbrush & toothpaste
- Deodorant (travel size)
- Shampoo / soap (solid bar saves space)
- Microfibre travel towel
- Sunscreen SPF 50+
- Mosquito repellent (DEET)
- Lip balm with SPF
- Razor / personal hygiene items
- Sanitary products

MEDICAL ESSENTIALS

- Anti-malarials (as prescribed)
- Painkillers
- Anti-diarrhoea tablets
- Rehydration sachets
- Plasters / antiseptic cream
- Hand sanitiser
- Personal medication
- Antihistamine cream

TECH & EXTRAS

- Mobile phone + charger
- UK plug adaptor
- Power bank
- Earphones / earbuds
- Small torch / head torch
- Camera (optional — phone suffices)
- Diary and pen

TIP *Bag size: A 40–50 litre backpack or a cabin-sized rolling case (55 x 40 x 20 cm) fits everything above comfortably. Most African airlines allow one 7–10 kg carry-on bag. Check your airline's policy — domestic Tanzania flights sometimes have lower limits.*