### Field Studies Tanzania Packing List

#### Things to know

- We travel light at Overland; please only bring items on this list.
- Please wear the navy Overland T-shirt that you will receive from Overland to your trip start.
- Your group will have access to laundry periodically.
- Please do not bring any electronics (including your cell phone). If your child wishes to bring a cell phone for travel purposes, please purchase a pre-paid disposable phone. Due to the nature of travel in Tanzania, there is elevated risk of damage, loss, and theft. Overland takes no responsibility for phones, and we will not make any reimbursements for lost, damaged or stolen phones. See FAQs for more information on our cell phone and electronics policy.
- Do not bring any type of knife or multi-tool (such as a Swiss Army knife or Leatherman tool).
- There are no reimbursements for lost, damaged or stolen items.

#### Luggage

- **Medium-Sized Duffel Bag or Backpack** — 3,000-5,000 cubic inches (50-80 liters) backpack or duffel bag. Wheeled suitcases are not acceptable.

#### Clothing

- **Navy Overland T-Shirt** (1)
- **Synthetic T-Shirt** (5)
- **Synthetic Shorts** (2)
- **Pants** (2) — One pair for traveling and walks through cities and towns. A second pair, synthetic, suitable for hiking.
- **Fleece Pants** (1) — Please do not bring cotton sweatpants (they are heavy and bulky and will not keep you warm if wet).
- **Synthetic Long Underwear Top & Bottom** (2)
- **Underwear** (7)
- **Athletic Socks** (2)
- **Wool and/or Synthetic Socks** (3)
- **Gloves or Mittens** (2) — One pair of insulated, warm and waterproof gloves or mittens, and one pair of liner gloves for cool nights around camp.
- **Winter Hat** (1)
- **Hat with Visor** (1)
- **Bandana** (optional)
- **Pajamas** (optional) — Students sometimes prefer to sleep in shorts and a T-shirt instead of pajamas.

#### Outer Layers

- **Fleece Jacket or Pullover** (1)
- **Midweight Synthetic or Down Jacket** (1)
- **Raincoat** (1) — Waterproof material (e.g., Gore-Tex, or similar) is required. Your jacket should be large enough to allow layers underneath. Ponchos are not acceptable.
- **Waterproof Rain Pants** (1)

#### Footwear

- **Waterproof Hiking Boots** — Choose comfortable boots designed for hiking with a pack (i.e., mid to high cut for ankle support). Boots should be waterproof. Break them in before the start of your trip.
- **Sneakers** — Comfortable shoes with good traction.
- **Sandals** — Flip flops or Crocs work well.
### General Gear
- **Day Pack**—1,300-2,000 cubic inch (20 - 30 liters) two-shoulder backpack with a hip belt and chest strap large enough to hold your lunch, two water bottles, snacks, extra layers and rain jacket. Use your day pack as a carry-on for your flight and for daily activities or hikes. No satchels or shoulder bags.
- **Sleeping Bag**—A lightweight, compact sleeping bag rated to 40 degrees Fahrenheit or less. We recommend either synthetic or treated down material. Your sleeping bag should compress into a stuff sack no larger than 20" in length.
- **Sleeping Pad**—¼-length or full-length closed cell foam (thin and firm) or self-inflating.
- **Bowl, Mug & Utensils**—6” to 8” plastic dish or bowl with top, insulated plastic mug, spoon, fork and knife. These don’t need to be special camping utensils (a Tupperware dish and regular utensils are fine).
- **Headlamp**—Please bring an extra battery/batteries.
- **Water Bottle**—One 1-liter bottle. A Camelbak or similar water carrier is acceptable.
- **Hydration System**—One 1-liter hydration bladder (e.g., CamelBak or Platypus) is required.

### Miscellaneous
- **Synthetic Camping Towel**—A medium-size synthetic camping towel (synthetic camping towels dry much faster than regular towels).
- **Travel Size Toiletries**
- **Sunglasses**
- **Sunscreen (SPF 15+) & Chapstick (with SPF protection)**
- **Gallon Sized Ziploc Bags (10)**—To organize and waterproof your gear and small items.
- **Large Trash Bags (4)**—To waterproof your gear.
- **Package of Moleskin or Molefoam**—To protect your feet from blisters.
- **Community Donation Items**—A few items of second-hand clothing for children or adults, art and crafts materials such markers, paint brushes and construction paper or your favorite children’s books.
- **Notebook & Pen**
- **Camera, Charger & Extra Batteries (optional)**—A digital or disposable camera.
- **Personal Journal or Book (optional)**

### Important Documents
- **Health Insurance Card**—Please bring an original or copy of your health insurance card.
- **Passport**—Please bring a passport that is valid until at least six months after your trip end date.
- **Passport Photocopies**—Make at least four photocopies of your passport and visa (if applicable). Leave one copy with your family and put photocopies in both your checked luggage and carry-on luggage for the flight, separate from your original documents.
- **Single Entry Visa for Tanzania**—More information on how to obtain a single entry visa is provided to enrolled students.

### Spending Money
- **Spending Money & Miscellaneous Expenses**—Each student should bring a debit card, an ATM card or a prepaid Visa card to cover spending money and miscellaneous expenses. Spending Money: While all meals and activities are included in the trip fee, we recommend $25/week for spending money (for example: for souvenirs or an occasional drink or snack beyond what is provided to the group as a whole). Miscellaneous Expenses: Most Overland students will incur some expenses while traveling (for example: an equipment repair or baggage fees at trip end). Please add $100 to the debit/ATM/Visa card (in addition to spending money), to cover these expenses.