

PACKING LIST TANZANIA:

YOUR CHECKLIST TO TICK OFF

 **DOCUMENTS**

- COVID certificate
- Valid passport (check validity and renew if necessary)
- Copy of passport (save digitally or keep separately from original)
- Visa (not required with German or European passport)
- Insurance certificate for health insurance abroad (online)
- Vaccination certificate (check if you need to update your vaccinations)
- Flight ticket (printout or e-ticket)
- Travel credit card
- Cash
- List of emergency contacts and allergies, if any
- _____
- _____

 **TOILET BAG**

- Toothbrush
- Toothpaste
- Dental floss
- Deodorant
- Hairbrush
- Sun cream
- Face lotion
- Shaver
- Shower gel/soap
- Shampoo/conditioner (is alternatively available at the hotel)
- Nail care
- Toilet paper
- Wet wipes (compostable)
- Lip balm with UV protection
- Tweezers
- Toiletries
- Optional:** Make-up
- _____

 **ELECTRONICS**

- Headlamp USB rechargeable or with spare batteries
- Torch USB rechargeable or with spare batteries
- Strong power bank or solar charger (no electricity on the mountain)
- Headlamp with red light so as not to disturb animals (USB rechargeable is best)
- Binoculars
- Mobile phone with charger
- Headphones
- Travel plug adapter type D + G
- Optional:** Camera with charger
- Optional:** Laptop/tablet/e-reader/Kindle with charger
- Optional:** Multiple socket

 **TRAVEL PHARMACY**

- Hand disinfectant or wipes
- Anti-mosquito repellent (e.g. Nobite, Autan, with ingredient DEET or similar)
- Painkillers (e.g. Ibuprofen, Aspirin)
- Tablets against altitude sickness (e.g. Diamox)
- Diarrhoea medication (e.g. Imodium Akut, charcoal tablets)
- Wound cream (e.g. Bepanthen)
- Plasters and blister plasters
- Water filter or iodine disinfection tablets
- If necessary, electrolytes (powder or tablets)
- _____

 **EQUIPMENT**

- Sleeping bag (warm, recommended down to -25 °C)
- extendable trekking poles
- Backpack / duffel bag 50-90 litres (max. 15 kg | for the carrier)
- Backpack 30-35 litres (for you and what you need during the day)
- 3 litre water pack (type: Camelbak)
- Optional:** Backpack cover (water and dust protection)
- Optional:** Dry bags or pouches to keep equipment dry

PERSONAL COMFORT

- Sunglasses
- Earplugs/Ohropax
- Books/magazines
- Headgear/Cap
- Sleeping mask
- Travel pillow (for flights and longer journeys)
- Card games, board games, frisbee, ball, kite....
- Microfibre towel (light and quick drying)
- Personal snacks (nuts, energy bars, dried fruits, isotonic drinks)
- Optional:** chocolate or pens for village children
- Optional:** Umbrella (can be purchased locally for USD 2-3)
- _____



ENVIRONMENTALLY CONSCIOUS TRAVEL

- Reusable silicone tubes filled with your shampoo, conditioner, shower gel.
- bin liner for your waste, as we do not leave packaging or similar there
- Reusable bottle (preferably stainless steel for hot and cold)
- Optional:** reusable cup (preferably stainless steel for hot and cold)
- Optional:** stainless steel outdoor cutlery (knife, spoon, fork, chopsticks, straw)
- _____

SHOES & SOCKS

- 3-4x pair inner socks
- 4-5x pair hiking socks/outer socks
- 1x thermal socks for the summit
- Warm, waterproof and broken-in hiking boots
- Sports shoes/sneakers (in camp)
- Sansals/Flip Flops
- Optional:** gaiters (over the shoes)
- _____

CLOTHES (Kilimanjaro and Safari)

- Underwear
- 1x thermal underwear / ski underpants
- 2x breathable T-shirt (no cotton)
- 2x breathable long sleeve (no cotton)
- 1x thermal long sleeve (e.g. made of merino wool)
- 2x trekking trousers
- 1x overcoat rain trousers
- 1x fleece jacket/soft shell jacket
- 1x rain jacket (water- and windproof, Goretex)
- 1x down jacket
- 1x warm hat
- 1x gloves thin
- 1x thick gloves (summit day)
- thin socks
- T-shirts
- long-sleeved airy shirts
- longsleeves (against the sun)
- long, light trousers
- shorts
- Swimwear
- Beach dress/beach outfit
- Scarf/multi-functional scarf
- Optional:** rain poncho
- _____