



**Tanzania  
Community or Medical Service  
Packing List**

**5 Days of Community Service:**

- Short sleeve and long sleeve shirts (No spaghetti straps, tank tops or low cut tops)
- Shorts at appropriate length (mid thigh)
- Lightweight pants or jeans
- Tennis shoes or other closed toe shoes

**Evening:**

- Long sleeve shirts
- Sweater or fleece
- Light to medium weight jacket, preferably water resistant/waterproof
- Lightweight pants or jeans
- Long skirts
- Tennis shoes or other closed toe shoes

**Church Visit:**

- Pants or long skirts only. No shorts
- Shoulders must be covered
- Ties and collared shirts are not required
- Tennis shoes or other closed toe shoes

**1-Day Safari**

- Short sleeve shirt, preferably light in color (Tsetse flies are attracted to dark colors and they can bite. Try to avoid blue and black clothes)
- Shorts or lightweight pants
- Tennis shoes or other closed toe shoes

**Additional Items to Bring:**

- Daypack 25 liters (to hold personal belonging during community service)
- 2-3 Hand sanitizers – Mandatory for community service days
- Pack of disinfectant wipes
- Sunscreen
- Hat with a visor for sun protection
- Socks, underwear, night clothes
- Phone charger
- Personal medications in original container
- Extra copy of your passport and insurance card
- Adapter for Tanzania outlets, Type G 3 prong
- Spending money for incidentals, snacks and souvenirs – \$200 USD suggested minimum

**Additional Items to Bring: Medical Team Only** (*Questions, please contact Dr. Chawla*)

- Scrubs
- Lab coat
- Stethoscope
- Headlamp
- Notecards and pens

**Optional Items to Bring:**

- Lip balm with sunscreen
- 1 pair of long hiking pants
- Small flashlight
- Pair of sunglasses
- Plastic bags for dirty clothes
- One container of insect repellent
- Journal and pen/pencil
- Paperback book
- Reusable water bottle
- Camera and batteries/charger
- Music with headphones
- Waist belt or other method for carrying daily cash
- Personal pillow