

Packing List

Packing for international and long-distance travel can be a daunting task. But you can simplify the process, and save yourself, a lot of time and money, by following some basic guidelines.

- You definitely want to check with the Transportation Security Administration (TSA) for an up-to-date list of items allowed – and not allowed – in checked and carry-on luggage. The easiest way to do this is to check their website, www.tsa.gov.
- If you are traveling with anything that runs on electricity with a different voltage, you will need to pack an adapter and possibly a converter or transformer. If your appliance is dual voltage (110/125v) and (220/250v), you will only need to bring an adapter plug. If your appliance is not dual voltage, you will need a converter or transformer to step down the current, otherwise your appliance will burn and blow out. Check with your travel advisor for the specific voltage requirements in the countries you are visiting. Then, purchase the needed travel accessories to make your International trip hassle-free.
- Traveling with one rolling bag and one carry-on bag that can be strapped to the larger bag is an ideal combination. You should consider setting out a change of clothes, toiletries, medications – essentials for a day or two – for your carry-on to ensure that you have personal control over these items during the trip.
- Roll your clothes tightly to prevent them from wrinkling, rather than folding into squares. If your luggage comes with a built-in suiter or garment sleeve, use these to pack dresses and suits to minimize wrinkling during transit. Upon arriving at the hotel, remove the items from the suiter or sleeve and immediately hang them in the closet.
- Pack clothes that mix and match, so you have a variety of outfits. This will also help you conserve space, always the key to packing smart for long-distance travel.
- If you are planning a trip where you're moving from one hotel to another every few days, or taking a backpacking trip, consider packing only the true necessities. Even things like toiletries can be purchased on-the-go, saving space and keeping luggage weight down.

As you pack, you always need to ask yourself the most basic question of all – "Do I really need this?" Most people tend to over pack!! (Retrieved August 15, 2009 from www.flysaa.com)

Clothes:

2 or 3 pr long pants

Long shorts or capris

3 short-sleeved shirts (no bare shoulders)

2 long-sleeved shirts (for sun, bugs, and at night)

2 or 3 skirts (for women—people dress more conservatively here)

Swimsuit

Underwear, bras: quick-drying so you can wash out in your room

4 – 5 pr socks (quick-drying is good)

Warm jacket for cool nights

Raincoat or poncho

Bandana

Hat (for sun, bugs)

Comfortable, covered walking shoes

Comfortable sandals

Flip-flops

Earrings, watch, etc.

Extra pair of glasses/glasses prescription

Toiletries:

Shampoo, conditioner, soap, etc
Deodorant
Feminine supplies
Hand cream/lotion (the dust dries out your hands and feet)
Razor, shaving cream
Toothbrush, toothpaste, floss
Makeup
Nail clippers, tweezers, safety pins
Glasses repair kit
Contacts & supplies
Brush, comb, small mirror
Hair ties & clips
Wet wipes, Q-tips, tissues, etc.

Medicines, First Aid:

Sunscreen
Insect repellent
Hand sanitizer gel
Rehydration powder
Malaria medication
Pepto-bismol
Acidophilus capsules (non-refrigerated kind)
Immodium AD or prescription anti-diarrhea medicine
Vitamins
Antibiotics
Sudafed, benedryl
Tylenol, ibuprophen
Gauze, tape, band-aids, moleskin
Alcohol wipes, antibiotic ointment, hydrocortisone ointment, Lanacaine
Thermometer
Prescription medications, herbal medications, etc.

Travel Supplies:

Inflatable neck pillows
Travel alarm/calculator
Camera, film, batteries, memory sticks, etc
Video camera, charger, disks
Plug adapters/voltage adapters
Earplugs
Sunglasses
Laundry kit
Guidebooks, language guides, books to read
Journal, glue stick
Address list, including e-mails
Copies of your passport, emergency contacts, etc.
Flashlight, booklight
Pens, notebook

Water filter, water bottles
Small locks for bags
Plastic bags, large & small zip-lock bags (to compress clothes, etc. to save space)
Day pack
Fanny pack
Sewing kit
Snacks
Pocket knife
Money pouch (for around your neck)
Money belt (for under your clothes)
Passport, visa, money, tickets, ATM card, credit card
ATM card is VERY IMPORTANT!!! That's how you'll get money over there.
(Memorize your PIN).

Note: You don't need to bring EVERYTHING on this list. Feel free to leave anything at home that you don't think you'll need. Pack light, because you can get almost anything you need in Arusha. Also, we don't each need to bring all these medicines/first aid stuff for ourselves. We can divide up who brings which stuff, and share it.