



# WILD WOMEN

EXPEDITIONS

## Tanzania Safari

### Packing Checklist

 **Gear Note:** We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!

 **Fabric Note:** We recommend that you choose multi-purpose, quick-dry clothing such as Patagonia Capilene (recycled polyester fabric) base layers and merino wool socks. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

 **Travel tip:** Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. hiking boots, fleece) and pack your rain jacket, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

 **Hot tip:** Before your trip, become well-acquainted with your gear—especially your hiking/walking shoes and backpack.

 **Hot tip:** ***Always check the weather*** in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*), if you know you will never use it - think about how you travel and what works best for you.

## Required Items

- Main luggage: suggested small-medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack
- Daypack: A 20L-25L pack should be sufficient for your water bottle, packed lunch, rain jacket, fleece sweater, camera/phone and personal items. Choose a pack with a chest strap and easy-access zippered pockets and properly sized rain cover that tightly cinches.
- Sweater or fleece pullover (you will appreciate this at sundown!)
- Lightweight, hiking shoes or boots (if you prefer though they are not necessary as the terrain is not extreme) or trail runners
- Second pair of footwear: trail runners/lightweight running shoes to wear at camps in the evening or sandals/flip flops if that's your game
- Water bottles or CamelBak hydration system (you will need to carry 1 to 2L per day. You can also fill one with electrolyte powder for hydration if you wish.

## Recommended Items

- T-shirts (some cotton, some quick dry)
- Lightweight long-sleeve shirts (for sun protection)
- Shorts
- Long lightweight pants (for mosquito protection at night)
- Underwear and bras as desired
- Socks: Choose brands like Smartwool or Darned Tough (Merino wool)
- Sleepwear (as desired)
- Insect repellent (containing DEET)
- Sunblock SPF 15+ and lip balm with SPF
- Binoculars (strongly recommended if you own them!)
- Camera, waterproof/dustproof bag (5L dry bag suggested), memory cards and batteries/charger. Pack an extra camera battery in case of power outages and/or a delay in charging your batteries. You can charge batteries in the Land Cruisers while on the game drives but the connection is not always secure due

to the bumpy nature of the roads. (Of course a camera is not required but strongly recommended, or your phone will do in a pinch!)

- Chargers, charger cables, converters, and adapters for all of your electronic devices
- Sunglasses, preferably polarized with case and retainer strap
- Sun hat with brim or baseball cap for extra sun protection
- Eye drops (if desired, for the dusty game drives)
- Bandanas/ Buffs (to block the dust on game drives)
- Personal medication (bring in duplicate and pack separately)
- Personal toiletries
- Small flashlight or small headlamp (headlamp recommended) with spare batteries
- Quick-dry towel
- Ear plugs (recommended for shared rooms)
- Personal first aid kit

## Optional Items

- Extra travel and 'town' clothes
- Small travel pillow
- Ziploc baggies to waterproof items in day pack or a small dry bag
- Pencil and Notebook/Journal (if that's your sort of thing)
- Reading material
- Face masks, hand sanitizer
- Energy snacks and drinks: snacks will be provided but if you have unique dietary needs or favourites, best to pack a few

## Essential Documents

- Passport (with photocopies or stored on phone)
- Travel insurance (with photocopies or stored on phone)
- Airline tickets (with photocopies or stored on phone)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access on or printed, your preference)
- Any entry visas or vaccination certificates as required

## Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!