

Seventh Heaven Safaris

Recommended Packing List



General Guidelines

- Since safaris are usually causal affairs, this means that the best clothes to pack are **lightweight and loose-fitting**, just to keep you cool and dry up quickly in case of rain showers.
- **Keep it simple & pack lightly.** Try as much as possible to be a minimalist. A lot of lodges and camps offer laundry services, so there is no need to bring too many clothes.
- **Layers are important!** The temperature can vary quite a bit from morning to afternoon to evening, and dressing in layers will help keep you as comfortable as possible on your Tanzanian adventure.

Clothes

Top Tips

- Ensure your clothing colors are Earth-tones (i.e. beige, brown, yellow, etc.) and avoid wearing clothing of various shades of blue. Blue can attract the tze-tze fly during game drives.
- It's worth considering shirts with ventilation. Newer quick-drying fabrics are becoming more readily available.
- Trousers that are easily converted into shorts will lessen the number of clothing articles you need to carry.
- Ladies should ensure that they wear descent sports bras, since that will make them more comfortable as the venture through the wilderness on Africa's bumpy roads.

Recommended Items (with minimum quantities)

- Long sleeved tops and/or shirts (2)
Tip: Look for shirts treated with No Fly Zone® Tick and Mosquito Repellent technology (odourless - 97% polyester/3% spandex - UPF 50+)
- T-shirts (3-4)
- Trousers (2)
- Shorts (1)
- Socks (3)
- Underwear (4-5)
- Hat – This is highly recommended! It should be a brimmed hat to protect the face/neck from the sun

- Lightweight rain jacket
- Swimming suit
- Shawl to wear when it is cooler or to dress up an outfit
- Pajamas – in some areas, the weather can be cold at night
- Light sweater (1) – this will help mostly during morning hours and evening hours
- Light cotton scarf or bandana
- Outing clothes (1) – these clothes help when back in the city
- Sun glasses

Footwear

- Hiking boots if your itinerary contains walking excursions (i.e. Ngorongoro Crater Rim Trek). Otherwise, choose a lighter pair of sneakers or trail runners
- Flip-flops or sandals – comfortable for relaxing at your accommodation, going swimming, or taking a shower.

Toiletries

- Pack the usual things like soap, toothpaste, shampoo and conditioner etc.
- Sunscreen
- After-sun lotion
- Bug spray/insect repellent with the highest quality DEET. The most frequent repellent that works on both mosquitoes and tsetse flies is RID®. This can also be bought online and can be applied with clothes on.
- Lip balm with SPF
- Wet wipes – if you have to go to the toilet or clean anything during your safari
- Kleenex (small packs)

Medication

- Antidiarrheal medications
- Prescription medications
- Nose spray
- Eye-drops (it can be very dusty on the African plains)
- Bandaid
- Anti-bacterial medicines
- Cold medicine

- Tweezers
- Hand sanitizer
- Painkillers (aspirin)
- Anti-malarial tablets

Gadgets / Electronics

- Camera and accompanying equipment + extra memory card
- Charger or/and Batteries
- Phone
- iPad or tablet

Note: pack valuable electronics in a waterproof bag to protect it against dust and rains.

- Universal plug converters
- Binoculars
- Headlamp/Flashlight (small)
- Hairdryers are not allowed

Documents

- Passport (valid a min of 6 months prior to entry)
- Travel Insurance documents
- Itinerary
- Flight information
- Yellow fever health card: they can ask for it upon arrival at the airport
- Visa: you can buy it upon arrival at the airport in all countries. Check your home country's guidance for more information.
- Cash USD: note that in Tanzania only US bills newer than 2006 are accepted
- Credit card

Other

- Money belt: it helps with safety for money and passport as it is carried on the body.
- Purse: Tourists are also advised to always put their valuables like binoculars, money, cameras, phones in their backpack and/or purse to avoid being displaced
- Travel journal