



Volunteer Handbook

Amani Children's Home is dedicated to rescuing homeless and orphaned children in the Kilimanjaro region of Tanzania. Amani (which means "peace" in Swahili) was established on 20 August 2001 by two local Tanzanians to meet the needs of the rapidly growing population of street children through housing, education, medical care and community development. Amani is a nationally registered non-governmental, nonprofit organization (#0766) located at the base of Mt. Kilimanjaro in Moshi, Tanzania.



When Amani first opened its doors to homeless children and orphans it was little more than a 2 bedroom home with a couple of pots for cooking, and a single chair. The caregivers at Amani were as poor as the children and slept and ate with them at the center. The children often sang at churches to get rice for the next week. With a lot of hard work and outside support, Amani has greatly expanded since then. In April 2007, the Amani kids moved into a new home – a building designed specifically for their needs. Amani now shelters between 75 and 110 children, providing them with a safe home while also attempting to reunite them with their families. Amani also provides assistance for reunified children and their families, such as assistance with school expenses, microfinance loans to build self-reliance, and counseling services.

Thank You!

First of all, thank you for volunteering your heart, time, and services to help better the lives of the Amani children. With the right approach, your experience with the Amani kids will be a very meaningful and positive one filled with good memories, and could even leave you a changed person.

Core Values of Caregivers at Amani Children's Home

Respect (Heshima)

Respect for all people, regardless of their nationality, age, sex, religion, race or creed, in line with international recognized human rights.

Equality (Usawa)

Giving equal care and attention to all children.

Confidentiality (Usiri)

Confidentiality of children's and families' individual histories and concerns.

Love (Upendo)

To value each person without prejudice.

Commitment (Wito)

To give your time and energy wholeheartedly.

Professionalism (Ufanisi)

Pride in developing our skills and knowledge.

Shared Learning (Kuelimishana)

Having a learner's attitude and approach and to be continually growing.

Collaboration (Ushirikiano)

Working together with and valuing the contributions of others.

Openness (Uwazi)

Faithfulness and integrity in serving the children, organization, and society.

Creativity (Ubunifu)

Creative approaches in our interactions with children and families.

Street Children in the Kilimanjaro Area

Why do Children Flee to the Streets?

The root causes behind children fleeing to the streets are complex and multi-faceted and each child has their own individual story and background. However, almost all children go to the streets seeking escape from hunger, abuse, or neglect. Other root causes include: loss of primary caregivers to HIV/AIDS, rising divorce rates, the lack of rights for women and children, the cost of primary education, and the lack of a functioning government-run social welfare system. For some specific examples of reasons why children run to the streets, we recommend reading the children's individual stories on Amani's website (www.amanikids.org).

The rights of women and children are rarely recognized in Tanzanian society. A lack of education and a fear of reprisal actions prohibit women and children from voicing these rights. Tanzania has signed and ratified the United Nations Convention on the Rights of the Child (UNCRC), but has failed to enact a comprehensive domestic child protection law to uphold the principles in this international treaty.

Local inheritance traditions reinforce a social hierarchy within which women and children inhabit a subservient position. Children are considered property to be utilized as parents and elders deem appropriate. An increasing divorce rate in Tanzania has contributed to a large number of first-born boys being driven out of their home by step-mothers who feel they pose a threat to her and her offspring's inheritance.

What happens to street-children?

Without help from organizations like Amani, street-children are impoverished in every way. Once living on the streets, children experience hunger, sickness, and both physical and sexual abuse.

Street kids tend to run in groups- the younger, newer kids together and the older, "hard-core" kids together. During the day they do small jobs like carrying luggage at the bus stand or collecting scraps of metal to sell to make some money for food. Begging and petty theft are also common ways to survive. At night they often sleep on flattened cardboard boxes without blankets in market stalls or at the bus stand, in dumpsters,

ditches, or dark corners in town.

Instead of being protected by the police, they are beaten and terrorized by them. Every night they fear rape. Many children walk with weapons such as razor blades or screwdrivers to try to protect themselves, not only from abusive adults, but also from each other. To dull hunger they sniff mixtures of shoe glue and petrol, which is cheaper than buying food. Marijuana use is also prevalent.

On top of the suffering they experience every day, these children also lack the opportunity for education and health care, and essentially any hope for their future. Thus, the consequences for society in the immediate term are increased crime, child prostitution and begging. In the long term, street-children end up unskilled and jobless, often resorting to crime. The end result is poverty for the individual and ultimately for society. To gain a clearer understanding of the life on the street for children, you will have the chance to accompany our Street Educator for a night to the streets of Moshi during your Volunteer Orientation.



How Does Amani Help?

Street Education: Amani's Street Educator goes to the streets of Moshi and nearby Arusha five nights a week and meets with the children who spend their nights sleeping in drainage ditches and back alleys. He learns about the children and once he is able to understand the reasons why the child is living on the streets, our Street Educator tells the children that there is a safe place where they will be fed, given clothing, an education and love. The children make a decision to change their lives and come to live at Amani.

Each week, Rovina, Amani's nurse, goes with our Street Educator and provides medical care for the children living on the streets. She also gives health

lessons on a variety of topics. For many of the children, this is the first time they've seen a trained medical caregiver.

Social Work/ Family Reunification: Amani is not an orphanage. Although Amani is a happy and healthy place, we believe that the best place for a child is in a safe and loving family and not in an institution. Amani's Family Reunification Specialists reunite children with extended family members whenever possible. This is a very big task in Tanzania, where a minority of the population has access to electricity, a telephone or the Internet.

Amani's social workers travel to rural villages searching for the children's family members. Because the extended family bond is very strong in Tanzania, many relatives are willing to care for a homeless child. If reunification is possible, we equip the family with the resources they need to provide a healthy home for their children. These may include counseling, medicine, paying for school expenses, or providing support to start a small business. If reunification is not possible, we give children loving long-term care at our home as part of the Amani family.

Education: Amani believes that education is one of the most important factors in the development of responsible, self-sustaining adults. Children at Amani are educated through a variety of programs at Amani.

Amani supports children in local primary and secondary schools. Tanzania is one of the few countries without free primary school education, so Amani provides students with uniforms, textbooks and school fees.

Many children rescued from a life on the streets have missed considerable amounts of time in their education. It isn't an option to place them in classes with children their own age who've gone to school continuously. Amani's Non-Formal Education Program provides the children with a safe place for them to study and learn. Amani teachers use the same curriculum as Tanzanian primary schools, and students are able to sit the same secondary school entrance exams as more fortunate children.

Finally, Amani supports some children in vocational school programs throughout the Kilimanjaro community. Children learn skills that will unlock opportunities for their futures.

Children may study carpentry, electrical repair, car maintenance or driving.

Health: Amani provides a safe and loving home, nutritious meals and medical care to homeless children in the Kilimanjaro region of Tanzania. Amani's trained caregivers make sure that each child rescued from the streets is given individual care and attention as well as learning important life skills, enabling them to become hopeful about their futures.

Amani's full time nurse, Rovina, cares for all the children's medical needs, from bandaging scrapes and bruises to treating more serious illnesses like malaria, TB and HIV/AIDS. She gives weekly health lessons to the children on topics such as personal hygiene, STDs and nutrition.

The children receive three balanced meals a day. With the help of our nurse, Amani's cooks have designed a special menu for the children to ensure each meal is full of the essential proteins, vitamins and minerals that they need to remain healthy and active.



Upendo ("Love") Program: To ensure that all the children receive intentional, personal time with Amani caregivers, Amani developed the Upendo (or "Love") Program. Each caregiver acts as a special counselor and guide for four or five children. Once a month Upendo groups meet with their leader to discuss different topics such as honesty, treating each other well, cleanliness, or how to stay away from drugs. Caregivers also serve as special counselors to each of the kids in their Love group, regularly meeting with every child individually. This gives each child the opportunity to talk about how they're doing and

to receive special, individualized attention. The Love program is Amani's way of ensuring that no child "falls through the cracks," but instead will receive special, individualized attention.

The children at Amani are encouraged to adopt positive behaviors in place of the behaviors they learned on the streets in order to survive. Amani's caregivers teach the children the importance of cleanliness, cooperation and hard work.

Who We Are

Who are the Amani Children?

Almost all of the Amani kids are street-kids and many are orphans or have only one living parent. The few children who haven't lived on the streets before were living in extreme poverty, abuse, or both and were referred to Amani either by the Social Welfare Department or a concerned neighbor. All of the Amani kids have suffered extremely difficult circumstances and events. After life on the street, many of the children have become accustomed to negative behavior that is difficult for them to give up, including stealing, being dirty, and substance abuse. Although the children have suffered so much, one of the first reactions we hear from visitors is: "But they seem so happy!" They love to goof off and be shown affection.

Who are the Amani Staff?

The Amani team is made up of talented and dedicated men and women who use their many gifts to love the children and create a hopeful future for them. Our staff are "the heart" of Amani and what makes Amani such a great place. Amani is divided into three departments: Essential Support, Social Work, and Education. In addition to their many various roles at Amani, you will notice a major responsibility for all the staff is to be loving caregivers for the children, which includes spending time together, playing, and counseling the kids.

Board of Trustees

Amani is dedicated to sound management and financial integrity. Amani is governed by an external Board of Trustees – all well-respected leaders in the Moshi community, none of whom receive any financial compensation for their role in Amani's supervision. The Trustees actively oversee the progress of the home, help plan for the future, and ensure financial integrity. The Trustees consist of:

Aginatha Rutazaa, a children's rights specialist

Clive Ashton, an accountant from the UK

Steven Gumbo, a representative from the Tanzanian Social Welfare Department

Soren Kaale, a management consultant

Father Alex Mulongo, a priest and teacher from Kenya

William Raj, an education specialist from India

Dr. Henrike Sommerfeld, a doctor from Germany

Adv. Elikunda Kipoko, a lawyer specializing in human rights

Management



from left to right:
Valerie Todd, Director

Japhary Salum, Essential Support Coordinator and Interim Social Work Coordinator

Joyce Makyao, Education Coordinator.

Essential Support

Nurse, cooks, day and night caregivers, storekeepers, groundskeeper.

Education

Formal education supervisor, and nonformal education teachers

Social Work

Street educators, and family reunification social workers

Other Employees



from left to right:
Joe Ventura, Communications Coordinator

Salma Kathibu, Database Manager

Fidea Chambo, IT/Office Manager

Amani's Expectations of You

You have been accepted as an Amani volunteer to fill a specific volunteer position. Each volunteer position is very important to Amani's work with street children and orphans, and the time and effort you put into your position will leave a lasting impact on the current Amani children, as well as future children.

The Communications Coordinator will meet with you at the beginning of your volunteer time to thoroughly discuss the specifics of your position. Each volunteer will meet regularly with the CC to discuss the progress made within his/her position. We expect volunteers at Amani to work for a minimum of six hours a day, five days a week.



Dependability

As a volunteer, and as a person the children depend on and get attached to, we ask that you honor your commitments to the children by being dependable in your work here at Amani. If you are sick, planning to travel, or cannot come to Amani when we are expecting you, please contact us and let us know.

Tanzania is a beautiful country, both culturally and environmentally. Volunteers are encouraged to take advantage of Amani's proximity to Mount Kilimanjaro and the Serengeti National Park, as well as the many other treasured places throughout Tanzania. Staff and other volunteers at Amani will be great resources to help you plan trips. We ask that you keep your vacation and travel plans under 3 weeks for every 6-month period of volunteering.

Openness

In your volunteer time here at Amani, you may have questions, ideas, or concerns about your experience. Volunteers will have regular meetings with the Communications Coordinator to discuss the progress of their projects and any issues that

have come up. Please feel free to ask questions or let the Communications Coordinator or Department Coordinator know if you have concerns or ideas to better the programs or care of the children at Amani. Open communication is very important.

Learning Swahili

Amani requires that you be actively involved in learning Swahili. As the children speak only Swahili, the more conversational you can become, the more rewarding your interactions with the children will be. Books such as Simplified Swahili and Teach Yourself Swahili are good for beginners. We also recommend you purchase a copy of the Hippocrene Practical Dictionary, Swahili-English, English-Swahili by Nicholas Awde. This is the best that we've found and a good dictionary will help immensely in your study and communication with the children. Once you arrive in Moshi, Amani can help arrange lessons for you. There are a number of teachers who give Swahili lessons for between 2,000 and 4,000 Tsh per hour. Although teachers are helpful, you will find that putting a lot of time into studying on your own is essential.

Fundraising

We ask that volunteers fundraise for the Amani children. The orphans and street-children that come to Amani have many needs. If you have the capacity to raise funds before you arrive, then we could work with you to decide on the kids' most urgent needs and fill them. This would be helpful for them, of course, and also be a positive experience for you – as you would be able to see your contributions make a difference in the children's lives. If you're unable to fundraise before coming, we would ask that you raise some donations after you return home. This can be through direct fundraising, through selling something that the children make, or through a creative project such as a dinner party where you show your pictures, cook Tanzanian food, and require guests to pay a cover charge. The children need to be loved and taught, but they also need to eat, be given medicine when they're sick, and have their school fees paid. We are happy to help you with fundraising ideas so don't hesitate to ask.

One Final Thought

Tanzania is often hot and dusty. It can be easy to get discouraged when you first move to a new country and start living in an unfamiliar environment. The important thing to remember is that the longer you live somewhere the more you'll learn about yourself and your adopted home. Patience and open-

mindfulness go a long way in any new experience. Living and working in an impoverished country can be challenging, but it can also be a very positive learning experience. The Volunteer Coordinator will provide you with strategies to help you cope with culture shock when you arrive.

Volunteer Conduct

Relationships with the Children

In your volunteer time at Amani, you will develop special relationships with the children that you'll always remember. To help both the children and you have a positive experience, we ask you to respect a few guidelines in your interactions with the kids.

First of all, although we know you will hold some kids more special than others, please try to treat all the children equally. Make sure you disperse your time by spending it with many children, not just the same one or two, and always be sure to include others in what you're doing. Also, do not give gifts to just one or two of the children. If you would like to give a small gift to all of the children (such as a piece of candy), you are welcome, but singling out children for gifts of any kind (candies, books, money, games) is not helpful. If you want to give all of the children a gift, please talk to the staff about it first so that they can help you plan the best way to do so.

The children generally love having their picture taken, but before taking a picture, please ask their permission ("naomba kupiga picha") and make sure the kids are clean and dressed.

Please maintain appropriate boundaries, especially with children of the opposite sex, by refraining from any behavior that might be confusing to the children about your relationship with them (such as being very affectionate, or dancing in a suggestive manner).

Be wise about your personal items such as wallet, phone, and purse. The children are coming from situations where they may have had to steal to survive, and putting temptation in their way is not helpful. It's wise to lock your things up if you're not in the room, and keep them out of reach if you are in a room with the children. You will find also that it's not necessary to carry much money with you on a day-to-day basis.

Disciplining the children is prohibited on the volunteer's part. If a child has done something



wrong, please inform one of the day guardians so they can handle the situation. In general, make sure you show kindness, gentleness, and patience to the kids. After the circumstances they've been through, they need encouraging and kind adults in their lives. And again, if you have any questions or concerns about the children, just let us know.

Relationships with the Staff

As with the children, make sure to maintain appropriate boundaries in your interactions with the staff. Romantic relationships between staff and volunteers are strictly prohibited. Also, do not flirt with the staff members or touch them in inappropriate ways. In Tanzania, hand-holding and hand-shaking is very common; other kinds of touch between friends are much less common.

Setting an Example for the Children

Remember that the children look up to you and will model your behavior. Smoking on site is not allowed, nor are alcoholic beverages. Please dress modestly while at Amani (see below). Also do not exhibit public displays of affection with boyfriends or girlfriends in front of the children, such as holding hands, hugging, or kissing. In general, remember that your words and your actions make a mark on these kids. You have the chance to be a positive example and a loving friend in their lives – don't miss it!

Health and Safety

Tanzania is a safe and peaceful country. As long as you are smart about your choices, you will be very safe here and should not encounter any health problems more than a stomach bug or the common cold.

Before traveling to Tanzania, you will need to visit a local travel health clinic and receive the necessary immunizations. Make sure you bring records of your immunization history to the doctor's so they can give you an accurate assessment of what shots you need.

Tanzanian Immigration now requires that everyone entering the country be vaccinated against Yellow Fever.

We recommend that all volunteers sign up for international travel health insurance. This type of health insurance would cover you in case of an accident, emergency situation, or a major illness. Two recommended companies to look into are Specialty Risk Insurance or International Health Insurance.

For minor illnesses and injuries, seeing a doctor at a local clinic and obtaining the appropriate medicine / treatment is very inexpensive. For example, one volunteer caught a stomach bug, and the cost of seeing the doctor together with the medicine was under \$20 total.

The HIV infection rate in the Kilimanjaro region is 8-12%. It is best to refrain from sexual relationships while in Tanzania. Condoms are available at a number of pharmacies in Moshi. Please be cautious about the situations you place yourself in, particularly with the opposite sex.

Please review the CDC website for up-to-date malaria information and recommended antimalarial medications. We urge you to speak with your health care provider when deciding which anti-malarial drug to take, as there can be serious side effects with certain medications. Detailed information about malaria drugs can be found on the CDC website at wwwn.cdc.gov/travel/contentMalariaDrugsPublic.aspx.

Your doctor will help you choose an appropriate anti-malarial medication. You can purchase Mefloquin (Lariam) in town in Moshi over the counter for about \$8 for four pills (one month's worth). If this is cheaper than what you would pay at home, you may want to purchase only the

few pills you'll need to take before arrival, then purchase the rest of the pills once you arrive. Your doctor will also provide you with information on common ailments in Tanzania.

Helpful Link: wwwn.cdc.gov/travel/destination-Tanzania.aspx

Life in Moshi

Moshi, Tanzania is the capital of Kilimanjaro province in northeastern Tanzania. Moshi is the center of Tanzania's major coffee-growing region and is an industrial, tourist, and transportation center. The original town, now called Old Moshi, is north of the city on the southern slopes of Mount Kilimanjaro. Old Moshi is the home of the Chagga people and was a major administrative center under German and later British colonial rule. Moshi is also an important educational center in Tanzania. Moshi has one of the highest per-capita concentrations of secondary schools in the nation. It is a small and friendly city.



During the day Moshi town is safe and people are friendly. When you're in crowded places be conscious of your personal items (purse, wallet, bag, camera, etc.). It's not advisable to walk alone at night (or even with just one or two other people, especially if you're female). Getting a few phone numbers for reliable and trustworthy taxi drivers is recommended, and we can help you with this.

Tourist Information

Tourist information on Moshi can be found in guidebooks of Tanzania. Moshi Book Shop, which is located just off of Kibo road approximately halfway between the National Bank of Commerce and the YMCA, has a few guidebooks. There is also a Moshi Guide Book that comes out annually which can be purchased at the Coffee Shop. This

is an excellent way to familiarize yourself with your new home. The Coffee Shop is located on Kilima (Hill St.) between Market and Mawenzi Road. From the clock tower roundabout in the center of town, head south on Mawenzi and turn right on Kilima.

Money, ATM's, and Travelers Checks

You can use an ATM (a.k.a. bank machine) card to withdraw money from overseas accounts at various locations in Moshi. These ATMs only accept Visa ATM cards, not MasterCard, Maestro-Card or other international ATM cards. Traveler's checks get a poor exchange rate when compared to cash, so withdrawing money from an ATM is probably the best way to get Tanzanian shillings on a regular basis. ATMs have daily limits (usually 400,000 Tsh), so plan ahead when taking money out. Many transactions, such as paying for visas, safari trips or plane tickets, can only be made in US dollars. It's possible to obtain US dollars from local banks, but at poor exchange rates. You may want to bring several hundred dollars with you.

Communications

Communication with family and friends by post, telephone and email is possible from Moshi.

Post: Stamps for regular letters are currently 800Tsh = US \$.75 and for postcards 600Tsh = US \$.50. Letters, packages and postcards can take from 1 or 2 weeks to months to arrive in the United States, Europe and Australia.

Care packages from family and friends can be received at "your name", c/o Amani Children's Home, P.O. Box 6515, Moshi, Tanzania. It is important to note that when receiving packages a customs fee will be charged. The customs fee is completely unpredictable and seems to be decided at the whim of the customs official.

Email: Email is the fastest and cheapest way to stay in contact with family and friends. There are a wide variety of Internet cafes. On average 1 hour of Internet use costs about 1000Tsh=US \$.90. Connection speeds vary, but are generally much slower than those found in the US, Japan and Europe.

Telephone: There are several places to make phone calls in Moshi town. The cost for a one-minute call to the United States is around 3500Tsh = US \$3.25.

Many volunteers choose to buy a mobile phone

once they arrive in Tanzania. You can purchase a phone for about \$70-\$100, and a Tanzanian SIM card costs about \$1. Minutes can be purchased as needed at most local shops. The cost to call the U.S. by cell phone is \$2-3 per minute. Family and friends should be able to find phone cards to call you for between \$.20-.30 per minute.

It's also possible for you to bring a mobile phone from your home country and set it up with a local service provider. However, not all phones can be "unlocked" for use in Tanzania.

There is also an online telephony technology available. Skype (www.skype.com) is the most popular application available for free download. Users can call landline telephones through their computers for a very small per minute fee. Users can also call other Skype users for free.

Tanzanian "seasons" (Average lows/ highs °F)

December to February
Hot, dry season (63°/90°)

March
Intermittent rains; spring like conditions
(65°/89°)

April to May
Heavy rainy season; road conditions poor
(66°/82°)

June to October
Cooler dry season (60°/81°)

November
Short rainy season (63°/88°)

Accommodation: Options for your Stay

There are several options for accommodation in Moshi and what you choose depends on how long you will be staying and what your budget is.

For shorter term (or if nothing else is available at the moment) you could stay in a budget hotel. We recommend the Kilimanjaro Backpacker's Hotel, which is \$6 a night for a single (including breakfast) and has clean, safe rooms and decent food. Another option is the YMCA, which has singles for around \$10 a night, a pool and decent food.

A home-stay is an inexpensive option which gives you a great opportunity to experience Tanzanian

culture first-hand. Depending on availability, we can help arrange for you to stay with a local family that has an extra room. Usually breakfast and dinner are included (lunch is at Amani) in the price of the home-stay, which is around \$75 a month.

There is a very good hostel in town, run by an Irish woman named Sarah Carroll. Rates are about \$10 per day, and include room and meals. It's a great friendly environment, and a good way to meet other volunteers/travelers. You can email Sarah at sarahjcar@gmail.com to reserve a booking.

If you are adventurous and prefer an extremely simple lifestyle, you could also consider renting a Tanzanian-style room (about \$10 a month). Your bathroom and shower area would be outside and communal with your neighbors, and there wouldn't be any formal kitchen. This is also usually not the most secure option, safety-wise.

For those who are staying longer, or have a larger budget, there are apartments and small houses for rent in the area. These range from \$100-\$250 a month.

Cost of Living

The cost of living in Tanzania depends greatly upon your lifestyle and what type of accommodation you choose. On top of your accommodation, you should consider the cost of food and public transport as well as money for traveling, souvenirs,

or going out every once in a while. If you get sick, going to the doctor and getting medicine is pretty cheap here, but you should be prepared in case this happens.

Your budget will depend on whether you like eating just beans and rice or fish, chicken and beef, or if you also want cheese, peanut butter, yogurt, crackers, juice, etc. (western items). There are several restaurants in Moshi and going out for dinner will cost between \$4-\$10.

Your expenses will also depend on whether you want to take the dalla dalla (public mini buses) or if you prefer taking taxis. Excluding accommodation and travel around the country, we recommend having \$300-400 a month for living expenses. It is always better to have more money available than you think you'll need. Either you'll be happy you had it or you'll have some extra money when you go home.

Where Can I Learn More About Tanzania?

www.cia.gov/library/publications/the-world-factbook/geos/tz.html

www.tanzania.go.tz

www.tanzaniatouristboard.com/

www.lonelyplanet.com/worldguide/tanzania



Suggested Packing List

Clothes

- Shorts, mid-thigh or longer
- Capri-style pants
- Lightweight cargo pants
- Lightweight dress pants
- Jeans
- Short-sleeve shirts
- Blouses and collared shirts
- Long-sleeve shirts or sweaters for the evenings and during the rainy season
- Fleece or light jacket
- Rain coat or ponchos
- Sturdy comfortable shoes or sandals
- Hiking boots (preferably waterproof) or athletic shoes
- Flip-flops (thongs)

• Please dress modestly while in Moshi and at Amani. In general people here are very conservative in their dress. (Tight clothing, hip-hugger jeans, low cut shirts, spaghetti strap tank tops or halter tops are not appropriate and will often draw unwanted attention.)

• Clothing is washed by hand. Both the harsh detergents used for cleaning and the environment in Tanzania can be hard on clothes.

• You will likely be doing a lot of walking in Tanzania and having comfortable, durable shoes is very important.

Recommended Items

- Day pack, book bag or duffel bag
- Sleeping bag
- Pocket knife
- Water bottle
- Sewing Kit
- Laundry Bag

- Hat with brim
- Bandanas or head wraps
- Sunglasses
- Sunscreen (SPF 35+)
- Mosquito Repellent
- Shampoo & Conditioner (Can be expensive in TZ)
- Headlamp or small flashlight
- Tupperware, Ziplock bags
- Camera
- Electricity Adapter (www.users.pandora.be/worldstandards/electricity.htm#plugs_g)
- Alarm Clock
- Notebook or journal
- Maps and guidebooks
- Playing Cards, books, magazines, Frisbees
- Photos of family and friends
- Comfort foods
- Recipes

Documents to Bring

- Airline tickets
 - Passport
 - Extra Passport photos
 - Proof of Immunization
 - Tanzanian Visas
 - Proof of Medical Insurance
 - Traveler's checks
 - Credit cards
 - List of contacts
 - ID cards
 - Embassy Addresses
- Make copies of important documents and leave them with a trusted friend or family member back home.