



ORIENTATION PREPARATION

PACKING LIST FOR YOUR TERM OF SERVICE DAR ES SALAAM, TANZANIA 2019

Are you excited to head to your city of service? Are you looking forward to forming relationships while living in community? Fantastic. By entering the Jesuit Volunteer Corps, you are committing to a simple lifestyle and to being present for others. Material things can sometimes cloud that commitment. We invite you to use our resource “Packing Intentionally for JVC” to help with your decision-making while packing for your term of service. Below you can find a list of recommended items to pack, created by years of Dar JVs, to make things easier, too:

Note: * means this item is optional and could be helpful, but not necessary.

CLIMATE

Tanzania is a tropical nation: warm, sunny, and in most places, humid. There are, however, places where it is necessary to have warmer clothes for early mornings and nights. Dar es Salaam is generally warmer and more humid throughout the year, whereas Dodoma is much drier and consistently cooler throughout the year. The sun is VERY strong everywhere (jua kali!)

THE BASICS

Dar Es Salaam dress is very conservative. Some comfy clothes are good for wearing around the house or during retreats (shorts, tank tops, t-shirts, etc.). Bring very little white outerwear, and clothes that are easily hand-washed. You may desire to have most of your clothes made by a local tailor inexpensively. This is totally optional – the cost of fabric and sewing would come from your stipend money. Getting outfits made takes a little over a week, so don't count on wearing only traditional clothes right when you arrive. Mosquitos are huge and persistent, so the best mosquito repellent is covering your body – thick, tall socks, pajama pants, long-sleeved shirts for evenings. Leggings are great for wearing under skirts, and around the house. You can purchase many of these items in Tanzania. Consult your community for more details.

Generally, bring sturdy clothes and not your favorite outfit that you'll cry over if it gets ruined. Hand washing clothes is not made for delicate things. Earth colors are easier to keep clean but lighter colors are cooler (avoid white!). Dri-fit t-shirt material is easiest to hand-wash and maintain. Button-down shirts that are hand-washable are also durable and a versatile option.

Consider bringing extra underwear and socks to open upon the beginning of your second year: they shred, de-thread and lose their elasticity easily because of strong detergents and the hot weather. Durable underwear is helpful, but you can eventually buy more in-country.

- A few sweaters / sweatshirts (at least one more work-appropriate)
- Loose-fitting t-shirts, shorts (for casual wear and athletics)
- Swimsuit (Necessary for trips to beach. Bikinis never worn in public. At the beach, you'll wear a t-shirt and shorts/leggings over your swimsuit.)
- Cotton socks

- * Hat (if sensitive to the sun)
- * Light rain jacket (occasional rain)
- * Umbrella (can be purchased in-country, there are a few at the house already)
- * Comfortable, casual footwear (for around the house – Crocs, Toms, etc.)
- * Shower flip-flops (easily purchased in-country)
- * Worn-in running shoes (if you plan to run / jog)
- Sturdy sneakers
- Shoes / sandals for walking / hiking / rugged terrain / mud (Chacos, Tevas, hiking boots...)

MEN:

For men, long pants are the norm when you are out (nice jeans are fine too). For work, men should wear khaki-type, summer-weight pants. Short-sleeve dress/polo-type shirts are also used for work. Light-weight synthetic long-sleeve shirts are good for sun protection and can be worn for work as well if they look nice. Men should also pack a few nice outfits (dress shirts and ties) for formal occasions (weddings, funerals, etc.). Men will be able to make Kitenge shirts very easily; these are good for teaching, Mass and wearing around town. Shorts and t-shirts are okay for casual wear around the house.

- Khaki / summer-weight pants (2-3)
- Short-sleeve dress / polo-type shirts (2-3)
- Light-weight synthetic long-sleeve shirts
- Dress shirts (2)
- Ties (1-2)
- Nice jeans
- Dress shoes for work
- Underwear (10 pairs) – Synthetic material is more expensive, but they'll last longer and breathe better than cotton.

WOMEN:

The neighborhood is very conservative in Dar and wearing trousers is frowned upon, so pants are very infrequently worn. You won't wear dress slacks very often—definitely not to work—but one pair is enough if you feel strongly about wearing trousers. Nice jeans are good for weekend travel outside of Dar. Most women wear long skirts or dresses every day, longer than the knees (especially when sitting) and not too tight. Loose skirts that hit just below the knee are helpful when it is really hot out. Generally, women in Tanzania dress very fashionably for Mass, weddings, funerals, and especially for the holidays. One or two nicer outfits (including nice shoes/low heels) are recommended. Additionally, clothing made from the local fabric can be tough to wear when it is particularly hot, so black or white slips are recommended to wear under kitenge skirts and dresses. Shorts are okay around the house only! In public knees should be covered – but an African wrap-around (khanga) and a dera are easy to acquire in-country.

- Skirts & tops, or dresses (2-3 outfits, knee-length or longer)
- Nice jeans (1-2)
- Nicer outfits (1-2) (including nice shoes / low heels)
- Bras, camisoles, cotton underwear
- * Dress slacks (1)
- * Black or white slips (1-2)

WORK

For teaching you are expected to dress professionally; i.e. the term “volunteer” refers to your pay scale and not to your level of professional responsibilities. You may have to practice your ironing skills. It is an insult to the people you work with if you dress down for work. Dress shoes or sandals for work are good (depending on your work placement), but muddy days in Dar are important to consider.

Loyola:

Men: Button-down collared shirt (both short- and long-sleeves, but more short-sleeves), polo shirts worn occasionally, with khaki-type pants and dress shoes (no sandals).

Women: A work-appropriate dress that covers knees and shoulders, or a skirt with a blouse. NO COTTON T-SHIRTS. Shirts should not be sheer. Sandals are not allowed, so bring a few pairs of very sturdy flats. (Most women wear low heels to work, which are often peep-toe or sandal-style considering the climate—as long as the shoe is dressy and/or professional, it is acceptable.)

Loyola JVs are typically involved in sports activities. Athletic shoes are necessary. For women, loose-fitting t-shirts that cover the butt and conservative athletic pants (NOT leggings) are recommended. For men, normal t-shirts and athletic pants and shorts are recommended. If you are an avid soccer player, cleats might be fun!

Gonzaga:

Men: Specifics unknown and unnecessary for the time being.

Women: A work-appropriate dress, or a skirt with any kind of modest top (blouse, t-shirt, etc.). All dresses, skirts, and tops must have a slip or undershirt. The headmistress is very conservative, so longer skirts are better. Avoid tight-fitting or sheer material. NO Sandals. Low sandal-type wedges, comfortable, open toed low heels or ballet flats or closed toed shoes are okay. Recommended to walk to school in comfortable shoes, then change to work shoes.

SCHOOL / WORK SUPPLIES

Most things you can get at school or in town. Basic school supplies, such as pens (red and otherwise), staplers, etc., are provided by or available at the worksites, so don't waste too much packing space on these items. At the house, we have markers and stickers, but if you plan on using these items a lot in the classroom you might consider bringing more.

- A few folders, Personal journal / Calendar / Planner
- Colored construction paper, Index cards, Whiteout, Tape
- 2-3 notebooks of various sizes
- * Sharpies, Markers, Crayons, Pens (especially red for marking), Stickers, Stapler, Scissors

TOILETRIES

Bring enough toiletries to last you the first few weeks, but then you should be able to purchase most other things in-country, if you aren't too particular on brands. Getting shampoo and conditioner bars from LUSH is a LIFE SAVER when it comes to saving packing space and lasting longer than a bottle!

- Travel-size toiletries (w/ reusable bottles for retreats and weekend travel!)
- Hair items (Bandanas, bobby pins, pony tail holders, barrettes, headbands, hairclips, brushes,

combs, etc.)

- * Shampoo, conditioner, razors, powder dry shampoo, anti-fungal powder and mouthwash with fluoride (available in-country, but can be more expensive and different variety)
- * Toothpaste and toothbrushes (available in-country)
- * FLOSS is NOT available in-country (but there is an overstock of floss in the house)
- * Deodorant (available in-country, but different brands)
- Tampons / pads (Tampons are NOT readily available in-country. But you can stock up at Orientation! Or consider alternatives: reusable pads, Thinx underwear, or menstrual cup – the Diva Cup is recommended by most volunteers.)
- * Supply of contact lens solution (Not available in-country. May cost over \$30 to send from the US, and may not arrive in a timely fashion. Consider wearing glasses!)
- * Makeup (You will sweat most of it off, but maybe bring some for dressier occasions.)
- * Moisturizer with SPF

MEDICINE

If you plan to take malaria preventatives and are considering Doxycycline, we recommend waiting until you are in-country. In the States, this drug is quite expensive. However, most Tanzanian drug stores sell Doxy at very inexpensive prices. Consider bringing a 1-3-month supply of anti-malaria to get you started (malerone is a good version) and then reevaluate when you get here. WE would not recommend investing in a two year supply—not worth it and bad for you liver. Treatment is readily available if you happen to get sick.

- Prescription medications
- Vitamins (very expensive in Tanzania and our simple diet lacks some essential nutrients)
- * Band aids, skin care items (full first aid kits available in the house)
- * Basic over-the-counter medications (many are in-country if you need them as well)
- * Allergy medicine (if you are sensitive to dust)
- * Anti-bacterial soap

ELECTRONICS

The community has a shared laptop in the house. Laptops are useful for work and personal use, but you can make it without one, you just have to rely on borrowing others' computers at work, which can be a hassle. The community has a Tanzanian simple phone and sim used for local calls and texts.

- * Laptop
- * Headphones
- A few 1 or 2 GB Flash drives (very handy and necessary at work places, especially if you don't want to bring a laptop to school)
- Small, portable flashlight (Plastic better than metal, as metal rusts. A headlamp flashlight is extremely helpful.)
- Adapter (necessary for everything)
- * Converter (only necessary for things like hair tools or hair clippers)
- * Calculator
- * Alarm clock (battery type is best) / watch alarm / phone alarm
- * Electric shavers (recommended – maybe battery powered or rechargeable)
- * Camera (be careful with expensive equipment) with enough memory (sim cards)
- * Extra batteries or re-chargeable batteries (if needed)

MISCELLANEOUS

We have plenty of duct tape, post-it notes, and an emergency sewing kit.

- Insect repellent (OFF! Deep Woods and Avon Skin-So-Soft)
- Sunglasses, sunscreen (especially if you have fair skin)
- Weekend travel bag / backpack
- Durable water bottle (1-2)
- XL Twin Sheets (1-2 sets) (Extra sets in the house, but good to have your own.)
- Small washcloth
- Quick-drying towel [or a Khanga (large piece of local cloth) can be a great alternative that can be bought on arrival!]
- * Pillow
- * Scented candles, incense, perfumes, and body sprays (hard to find locally), especially candles with citronella and mosquito coils/mosquito incense
- * Favorite spices for a taste of home
- * Guitar and music or other instrument (if you play, or hope to learn)
- * Swahili-English dictionary
- * Tack or command strips, or small roll of tape are nice to have
- * Safety pins, paper clips

MAIL

We've been lucky this year as the mail has been relatively consistent, but it fluctuates. Our parents occasionally send packages with goodies (Crystal Light, parmesan cheese), but the customs officers charge a different price every time – the charges can range between Tshs 5,000 to 50,000.

Therefore, advise your family and friends not to send things that can be bought in-country, nor packages over 4 lbs. Also, tell them to list the contents of the package as being “second hand” and less than \$5. This way, the customs officer won't charge as much. Sending mail in mailing envelopes rather than boxes can be way cheaper for pick-up, and sometimes you dodge the pickup fee entirely.

DON'T FORGET!

- PASSPORT, plus copies of the information page
- Addresses of friends, air mail envelopes (an air-tight container to carry these may help keep them from sticking)