



ORIENTATION PREPARATION

PACKING LIST FOR YOUR TERM OF SERVICE DODOMA, 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 Dodoma 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!) In Dodoma, the rainy season stretches from November to April, and is much warmer than the rest of the year, although there is little humidity. From April through October the season is dry, and the weather becomes cold and windy in the mornings/evenings.

THE BASICS

Dodoma dress is very conservative. We will bring you into town soon after arrival to buy khangas and kitenge. Khangas are traditional wraps that are used here for almost everything: wearing as clothing, as towels, covers on furniture, etc. Kitenge are traditional cloths that are used to make outfits. It is cheaper to have an outfit tailored to your specific measurements here than to buy regular clothes, so keep this in mind as you pack. It will cost you approximately Tshs 23,000 (~ \$14) to make a complete outfit (what a bargain!). Most days of the week, we wear kitenge to school. Some comfy clothes are good for wearing around the house or during retreats. For mosquito protection, it's best to stay covered—thick, tall socks, pajama pants, long-sleeved shirts and leggings for evenings, which can also be worn under skirts.

Bring sturdy clothes! 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 a durable 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 / sweatpants
- A few loose-fitting t-shirts, athletic shorts and sweats (for casual wear around the house and for athletics, *women cannot wear the shorts outside the house—must wear sweats*)

- Light-weight synthetic long-sleeve shirts (for sun protection, and men can use for work)
- Swimsuit (Bikinis never worn in public. You'll wear a t-shirt and shorts/leggings over your swimsuit.)
- * Hat (if sensitive to the sun)
- * Light rain jacket (for 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)
- Cotton socks
- Sturdy sneakers
- Shoes / sandals for walking / hiking / rugged terrain / mud (Chacos, Tevas, hiking boots...)

MEN

Men can make Kitenge shirts very easily, which are good for teaching, Mass and around town. Here are a few more necessities of the male wardrobe:

- Khaki / summer-weight pants (2-3)
- Nice jeans
- Short-sleeve dress / polo-type shirts (2-3)
- A few nice outfits for formal occasions: dress shirts and ties (2)
- 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, and definitely not to work. 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. An African wrap-around (khanga) and a dera are easy to acquire in-country. Chacos/Tevas or similar sandals are often seen as “men’s shoes,” so we don’t wear them to work, but they are great for walking around town or for travel.

- Skirts and tops, or dresses (2-3 outfits, knee-length or longer, won't blow up in the wind)
- Black or white slippers (1-2) (recommended for under skirts and dresses)
- Nice jeans (1-2)
- Nicer outfits (1-2) (including nice shoes / low heels)
- Shorts (for the house only)
- Bras, Cotton underwear
- A few camisoles
- Sandals
- * Slacks / Trousers (1 pair, only if you feel strongly about wearing these)

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. It is an insult to the people you work with if you dress down for work. Clothes should be ironed. Most days of the week, we wear kitenge to school. The dust, winds, rain and mud in Dodoma are important to consider for shoes. Rain/hiking boots are not necessary. Layers are handy: shawls, cardigans, and dressy sweaters that can be shed during the day.

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

Women: A work-appropriate dress that covers knees and shoulders, or a skirt with a blouse. Shirts should not be sheer, should be long enough that they won't ride up when you raise your arms, and avoid plunging necklines unless you wear a tank top underneath. Sandals or flats are good. (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.)

SCHOOL / WORK SUPPLIES

St. Peter Claver High School provides most supplies: chalk, exercise books (notebooks), pens, thumb tacks, paperclips, etc., but below are a few things that might be helpful to bring. We've found that having certain DVDs are helpful for teaching and coaching at our various schools, so if you have a favorite or know that you'll use one, bring it! Certain movies, shows, or cartoons make for great teaching tools, and both our worksites encourage the use of media.

- A few black or blue pens and a TON of red pens
- Folder (1-2) or folio
- * Index cards, Stickers, Planner / Calendar
- * Markers and crayons (rare and expensive here)
- * Movies / shows / cartoons as teaching tools

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

Mail can be unreliable, so if you take some medication regularly, bring as much as you can with you. The risk of malaria is high here: strongly consider using malaria meds. If you are considering Doxycycline as a malaria preventative, we recommend waiting until you are in-country—it's much cheaper here than in the states. Consider bringing a 1-3-month supply of anti-malaria to get you started (malarone is a good version) and then reevaluate when you get here. We don't recommend investing in a two year supply—not worth it, bad for your liver, and treatment is readily available if you do happen to get sick.

- Malaria preventative medication
- Prescription medications
- Vitamins (very expensive in Tanzania and our simple diet lacks some essential nutrients)
- Pepto, diarrhea and constipation meds (for upset stomachs)
- * 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 have season allergies or are sensitive to dust)
- * Anti-bacterial soap

ELECTRONICS

- 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 flashlight (Plastic better than metal, as metal rusts. A headlamp 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
- Work bag / backpack (to hold books and laptop)
- 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
- * Mini sewing kit
- * Don't worry about bringing books – there is a huge collection in the house, at St. Peter Claver, and with the Dar JVs!

MAIL

Mail can be inconsistent. Our parents occasionally send packages with goodies, 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. They should 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)