Tanzania Facts
Government: Republic
President: Jakaya Kikwete
Prime Minister: Mizengo Pinda
Largest City: Dar es Salaam
Capital: Dodoma
Population: 46,218,486 (World Bank, 2011)

“Tanganyika” was a German colony from the late 19th century until 1919, and then became a British mandate after World War I. Tanganyika became independent under the leadership of Prime Minister Julius Nyerere in 1961. In 1964, Tanganyika and the neighboring archipelago, Zanzibar, were united and officially renamed “Tanzania.” Tanzania has been named one of the oldest known continuously inhabited areas on Earth and is the world’s 31st largest country. Tanzania has more than 120 ethnic groups whom pride themselves on living together with their diversity. The culture includes traditional African music, string based tarrab, hip hop bongo flava, and many well known writers and world known Artist, Tingatinga and Makonde. Tanzanians share a passion for “football” (soccer in USA) and has nicknamed their national football team, Taifa Stars.

Tanzania is divided between 26 regions which include Mwanza, home of the Bugando Medical Center, Dar es Salaam, home of the Muhimbili National Hospital and Haydom, home to the Haydom Lutheran Hospital. Tanzanians are welcoming and well disposed towards visitors. But you should be sensitive to local culture. Loud or aggressive behavior, drunkenness, foul language and disrespect, will cause offense. There is a high proportion of Muslims in Tanzania, especially along the coast and on Zanzibar and Pemba. Dress modestly. Women should avoid shorts and sleeveless tops away from tourist resorts, and other places where the local population may be offended.

The climate is tropical and coastal areas are hot and humid (Dar es Salaam, Zanzibar). The rainy season lasts from March to June. The central plateau is dry and arid (Haydom, Mwanza). The northwestern highlands are cool and temperate and the rainy season here lasts from November to December and February to May. Modest clothing is advised for cultural reasons as well as to best accommodate the climate. For women, pants or skirts below the knee and loose fitting clothing is recommended.

Best time to visit: Tanzania can be visited year-round, although the best time for traveling is outside of the rainy season between June and October, when temperatures stay well below their summer peaks. Beach side locations like Zanzibar can be fine to visit during the hotter months of December to January, though hotels can book up early for the Christmas/New Year holidays.
Tanzania Medical/Health Overview

Tanzania has 1 physician per 25,000 patients, and 1 nurse to 30,000 patients, the lowest ratio of physicians to patients in the world. This is compared to one physician per 390 patients in the United States. Sub-Saharan Africa carries 25 percent of the world’s burden of disease, yet is home to only 2 percent of the world’s healthcare force. Of the nearly 44 million people living in Tanzania, approximately 34 million will never see a doctor in their lifetime. This lack of human health resources contributes to Tanzania’s major health and development inequities and motivates us in our mission to deliver the best education possible to future Tanzanian physicians.

The Tanzanian educational system is modeled after that of the British. Medical education is preceded by 14 years of primary, secondary, and high school. The medical education consists of a five year program. This is followed by a one-year rotating internship in medicine, pediatrics, surgery, and obstetrics and gynecology. Physicians may receive three years of additional specialized training (in anesthesiology, medicine, surgery, obstetrics and gynecology, and pediatrics) by pursuing a Masters of Medicine. This is equivalent to residency training in the United States.

The Tanzanian Health Care System

Tanzania has a system with four layers:

1. Rural health centers and clinics
2. 140 district hospitals, usually with assistant medical officers, and sometimes one or two medical doctors
3. 20 regional hospitals, with some specialists
4. Four referral hospitals: Kilimanjaro Christian Medical Center (KCMC) in Moshi, Muhimbili Medical Center in Dar es Salaam, Bugando Hospital in Mwanza, and the Mbeya hospital in southern Tanzania. Note New zonal hospitals

The Lutheran, Roman Catholic, and Anglican Churches are involved at all levels.

The structure of health services at various levels in the country is as follows:

1. Village Health Service

This is the lowest level of health care delivery in the country. They essentially provide preventive services which can be offered in homes. Usually each village Health post has two village health workers chosen by the village government amongst the villagers and be given a short training before they start providing services.

2. Dispensary Services
This is the second stage of health services. The dispensary caters for between 6,000 to 10,000 people and supervises all the village health posts in its ward.

3. Health Centre Services

A health Centre is expected to cater for 50,000 people, which is approximately the population of one administrative division.

4. District Hospitals

The district is a very important level in the provision of health services in the country each district is supposed to have a district hospital. For those districts which donate, the Government normally negotiates with religious organizations to designate voluntary hospitals get subventions from the Government to contract terms.

5. Regional Hospitals

Every region is supposed to have a hospital. Regional Hospital offer similar services like those agreed at district level, however regional hospitals have specialists in various fields and offer additional services, which are not provided at district hospitals.

6. Referral/Consultant Hospitals

This is the highest level of hospital services in the country presently there are four referral hospitals namely, the Muhimbili National Hospital which cater the eastern zone; Kilimanjaro Christian Medical Centre (KCMC) which cater for the northern zone, Bugando Hospital which cater for the western zone; and Mbeya Hospital which serves the southern Highlands.

Medical Training in Tanzania

Medical Doctors (MDs)

The University of Dar es Salaam at the Muhimbili Medical Center has a full medical school for undergraduates and some graduate schools. They graduate between 20 and 30 M.D.s each year-- less than half of the 60 needed to replace those who retire. This does not take into account the population growth, let alone the needed expansion of medical services. The total of 1,200 MDs for a population of 32 million equals about one doctor for almost 27,000 people.

Assistant Medical Officers (AMOs)

The 1,200 AMO’s play a major role in the delivery of medical care in Tanzania. The AMO degree is an advanced degree offered to clinical officers who have already had three years of clinical training and three years of experience. The AMO School trains candidates to practice independently and provides primary care level training in General Medicine, Surgery, Pediatrics and Obstetrics/Gynecology. This training prepares them to work as primary
physicians in the rural areas of the country where health providers are most needed. As in many places in the world, physicians in Tanzania tend to migrate into suburban areas and “big cities” thereby leaving rural areas underserved.

Clinical Officers

Health care providers that have three or four years of training and hold a diploma or a bachelor's degree in Clinical medicine, Surgery and Community health are labeled as Clinical Officer. They can work either independently or with a medical officer to provide healthcare services to largely rural populations. The basic training is roughly similar in each region, but the scope of practice varies based on local needs and situations. In Tanzania, experienced clinical officers may enroll for an advanced diploma in clinical medicine which takes two years to complete. This qualification is regarded as equivalent to a first degree in medicine by universities and the Ministry of Health in the country.

Nurses and Midwives

Training for nurses from grade A registered nurses to nursing assistants takes place in numerous church and government hospitals. Most nurses are also taught midwifery. Specialized programs teach ophthalmic, pediatric, and other types of nursing.

Travel and Arrival

Travel is typically arranged through Dr. Frank Minja. Emirates Airline, transiting through Dubai is favored. Traveling as a team is recommended.

Lost Bags [for those living at the Abbott house]
If your bags do not arrive, you will fill out a slip at the airport with the address of where you are staying and your bags will be delivered to you once they arrive. This is fairly common, and the bags always seem to arrive on the next flight. Consider traveling with a few essentials in your carry-on, in case of lost luggage.

Mailing address and lost luggage delivery:
Abbott Fund Tanzania c/o Natalia Lobue
17th Floor, PPF Towers\Corner of Garden and Ohio Avenues
PO Box 7432
Dar es Salaam, Tanzania

Transportation and Driver
Pick up from Airport upon Arrival
EMAT (Emergency Medical Association of Tanzania) handles logistics. You will have communicated with them regarding your credentialing and itinerary. Once they have received your flight itinerary, they will arrange a driver to pick you up from the airport. You
MUST notify them immediately of any changes in your itinerary (and receive confirmation back) or you may not have airport transport.

Upon exiting the airport, do not panic. You will encounter a large number of people waiting to pick up other travelers. Do not let anyone take your luggage. Look for an EMAT driver, they will be holding a sign with your name on it. On occasion, one of our doctors or nurses may pick you up.

If you do not see the driver, call the Yash or Hendry (numbers below)

Carry these Numbers and a charged cell phone with you when you travel, just in case. If you cannot make a call and do not see your transportation, take a licensed (uniformed) airport taxi to Muhimbili Hospital.

Living in Tanzania:

Housing
Abbott has a house for physicians and nurses during their stay in Dar es Salaam.

Getting to the Muhimbili Guest House (“Abbott House”)
The driver will pick you up at the airport and take you to the house
Upon arrival at the house, ask the driver to stay with you until you are able to get inside the house. If for any reason you are unable to get inside (housemates are out), ask the driver to take you and your luggage to the EMD. Do not leave your luggage with security guards.

At the EMD, again ask the driver to wait. Locate the senior EMD resident or a faculty member.

This person will be able to assist you in making contact with

Yash Dubal to get into the house.
Yash Dubal +255-78-578-7000

At this point, ask the driver to take you and your bags to the agreed upon meeting point with Yash.

Muhimbili Guest House
Also called the “Abbott House” by the residents. The Abbott Muhimbili house is a remodeled house on the grounds of Muhimbili National Hospital, approximately a 2-3 minute walk to the EMD. The house has security gates manned by security officers 24-hours/day, in addition to the main Muhimbili security gate that must be entered to get onto campus. The house has a fully equipped kitchen, washing machine (all clothes are line-dried), living area with dining area, three bedrooms, and 1.5 bathrooms. There are ceiling fans, air-conditioners, and mosquito nets. Electricity is prepaid in Dar es Salaam, and there are frequent electricity interruptions. Please make sure you turn off all lights and air-conditioning anytime you leave. Please also turn off the A/C to the living area prior to going to bed at night, and only use the A/C in the room that you are in, if needed. If you have any problems with A/C, wifi, electrical, water, etc. please call the engineer, Heri Moshi at 0787 073 971.
**Tips for living in the house:**
- Do not let people that you do not know into the house. People who should be inside will have a key, or be let in by the housekeeper or engineer.
- Do not leave house keys with the guards when you go out.
- No overnight guests.
- All daytime guests should be affiliated with the Emergency Department.
- If you want to have guests visit, please inform your roommates in advance.
- The housekeeper cleans and does laundry ~5 days/week excluding holidays. She also purchases basic goods: sugar, coffee, laundry detergent. You will need to purchase toilet paper and hand soap.
- Stove is gas. The housekeeper will get gas if you run out. Just ask.
- Kitchen is fully stocked for cooking, including coffee maker, blender, toaster.
- Sheets and towels are provided.
- Plumbing is delicate. Only human waste and toilet paper should be flushed. No tampons.
- Use the safe in your room for valuables

**Housekeeping and laundry**
All housing is a shared space, with many houseguests over the year. Please treat them as your own, notify the appropriate personnel of any malfunctions or issues, and generally be respectful of others living here, now or in the future. These are our homes away from home for all Abbott volunteers.
Housekeeper will clean several days each week. Cleaning up after four to ten people can be a big job; please assist them by trying to be tidy. No shoes in the house. (Bring flip-flops for around the house and in the shower.) Clothing to be laundered should be left on the bedroom floor or by the washer. Please understand laundry delays, including water issues, rain (so laundry can’t dry), or if she runs out of soap and cannot replace it the same day. You are welcome to launder your own clothes any time, although we recommend not hanging clothes outside overnight.

**Drinking Water**
**Do not drink the tap water:**
There are drinking water dispensers in the house. Use them. Some water is provided each month, however, if you run out, you may ask the housekeeper to get more water delivered and provide her with money to pay for it. Keep a bottle of water in the bathroom to use for brushing teeth.

**Tips and Gratuities**
The house cleaner is salaried with Abbott Fund, and the security staff is contracted by Abbott Fund. For reasons of parity, we request that you not tip or extend loans to this staff. If there are any concerns that any of the staff are in need, please inform Natalia LoBue.
If someone does an exceptional job, please also inform Natalia.

**Departure**
EMAT will arrange a driver to pick you up and take you to the airport for departure. Should your departure time/date change from the original flight itinerary, let Yash know immediately so he can inform the driver of the change. Traffic in Dar is extremely busy during the weekdays, especially between the hours of 4p – 8:30p. Please make sure you allow ample time to get to the airport. We recommend leaving the housing complex 4 hours before your scheduled flight to allow for any complications (traffic, vehicle, etc).

PLEASE make sure you leave the following items in the house (or with the driver if you forget). Do NOT leave items with the guards.

- All keys
- USB Modem
- Mobile Phone
- Muhimbili security ID

Phones, Internet and Mail
Phones:
Mobile phones are the key to communicating in Tanzania. If you have access to an unlocked smartphone phone, you can install a SIM card for one of the local networks (Airtel or Voda com).
To add money to the phones in order to use data or make calls, you must purchase prepaid airtime on scratch cards. These cards (1 - 10,000Tsh) can be purchased at roadside canteens or stores.
Charging the minutes:
dial *104* <scratch code on the card> #
Check remaining minutes by dialing *102#
Texting is approximately 50 - 100tsh/page
Voice calls are more expensive, depending on recipient location
For data plans, dial *149*01# and the options will be shown on your smartphone screen.
YOU SHOULD PUT A PLAN ON THE PHONE FOR INTERNET USE. THIS VARIES BY NETWORK. ASK PHYSICIANS IN THE EMD TO HELP YOU.
How to place a phone call:
To call USA from Tanzania: 000 (exit country code) + 1 (country code) + area code (3 digit) + number
To call from USA to Tanzania: 011 (exit country code) + 255 (country code) + area code (2 digit without the “0”) + number

Calls within Tanzania:
To landlines: area code (Dar Es Salaam 022; Mwanza 028; Arusha 027) + number
To cell phones: area code (most cell phone #’s start with 078, 075, or 071) + number
Skype, Google Voice, and FaceTime work well and offer the best rates for international calls. Consider bringing a pair of earbuds or headset with microphone for better voice quality.
Internet, both 3G and 4G is SimCard based. There is a shared modem in the house, but most visitors prefer to use their personal cell phones for internet.
Mailing letters is possible from Tanzania. Most large hotels have a gift shop, which sells stamps and stationery/postcards. Standard mail usually takes 10-14 days.

Banking
Transactions are in cash. Credit cards are accepted at a few hotels, and some large grocery stores, but not at most businesses. ATMs offer the best exchange rate for shillings. Call your bank prior to travel to ensure that your ATM card has a travel alert on it and won't be rejected. If you are more comfortable using exchange bureaus, plan to travel with bills from 2006 or newer and larger denominations ($100) as many banks won’t accept small or older bills.
Exchange rate: ~2360 TSh to $1 (OCT 2017), or 10,000Tsh is approximately $5 USD.

Food & Entertainment
http://www.advertisingdar.com
for entertainment/events
(the TimeOut of Dar es Salaam)
Lunch options
- Muhas Staff Canteen: on hospital grounds, ask EMD staff for directions. This is the best lunch option – a large plate of food will cost Tsh 2500 - 4000 and there is indoor air-conditioned seating. Will do take-away (extra Tsh 600 for carton).
- MOI Canteen: on hospital grounds. Usually very crowded and chaotic but with larger selection of food.
- Delicious Food: approximately 3 - minute walk from EMD. Take a right outside of EMD entrance and pass through security gate. Go to the left at the roundabout. Delicious Food will be on your right at intersection.

<table>
<thead>
<tr>
<th>Pharmacies</th>
<th>Name</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scandanavia Pharmacy</td>
<td>Please see map for exact location. On Muhimbili grounds. Take a right outside of EMD entrance and pass through security gate to round a bout. Go straight after round about and will be on right.</td>
<td></td>
</tr>
<tr>
<td>Mwanaccco Pharmacy</td>
<td>Please see map for exact location. On Muhimbili grounds. Take a right outside of EMD entrance and pass through security gate to round a bout. Go straight after round about and will be on right.</td>
<td></td>
</tr>
<tr>
<td>Duka La Dawa Pharmacy</td>
<td>Please see map for location. On Muhimbili grounds. Take a right outside of EMD entrance and pass through security gate to round a bout. Go straight after round about and will be on left.</td>
<td></td>
</tr>
<tr>
<td>Kam Muhimbili Pharmacy</td>
<td>Please see map for exact location. On Muhimbili grounds. Take a right outside of EMD entrance and pass through security gate to round a bout. Go straight after round about and will be on left.</td>
<td></td>
</tr>
<tr>
<td>Name</td>
<td>Address</td>
<td>Location (Area)</td>
</tr>
<tr>
<td>------------------------------</td>
<td>----------------------------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>TSN Supermarket</td>
<td>United Nations Road</td>
<td>In the Swiss Tower which is right down the</td>
</tr>
<tr>
<td></td>
<td>Dar es Salaam, Tanzania</td>
<td>road from the apartment (Upanga area)</td>
</tr>
<tr>
<td>Shoppers Supermarket</td>
<td>No. 7 Shoppers Plaza</td>
<td>The Plaza area</td>
</tr>
<tr>
<td></td>
<td>Masaki, Dar es Salaam</td>
<td></td>
</tr>
<tr>
<td>Shrijee Traders Slipway</td>
<td>P.O. Box 2007 Dar es Salaam</td>
<td>Slipway at Oyster Bay</td>
</tr>
<tr>
<td>Branch</td>
<td>Tanzania</td>
<td></td>
</tr>
</tbody>
</table>
### Extracurricular activities

#### Weekend trips

**Zanzibar**: beautiful beaches and Old Town – 30-minute flight from Dar

Selous Safari is magnificent! It is only a 45-minute flight from Dar. It is a bit more costly but well worth the money! Since you are living here for a time period you could try for use the “Resident” rate and give them your address in Dar. The “Resident” rate is ½ the regular rate per night. However, they may ask for your resident permit.

Ngorongoro Crater / Lake Manyara Safari. You can arrange through a variety of safari agencies.
Closer is Mikumi, a 5 hour drive from Dar -- less spectacular than Ngorongoro, but lovely and has plenty of elephants, gazelles, giraffes, birds and some lions. Visitors have really liked the Fox’s lodge, Stanley’s Kopje, but there are several options.

**Dar has two airports, the international airport and a smaller domestic airport nearby. Most domestic flights will fly out of the smaller airport. Be sure to ask when booking**

**Language**

Most Tanzanians speak Swahili, with English a secondary language. There are also some specific tribal languages spoken in Tanzania. In the emergency department, Swahili is spoken between nurses and doctors and as they communicate with patients and their families. Medical care is written and spoken in English. You will find that some speak more fluent English than others. Please see the Language Guide in this welcome packet for some common Swahili phrases. For other information on Dar es Salaam, we invite you to research travel to Dar es Salaam.

**Dinner**

* Traffic in Dar is bad b/t 5:00pm & 8:00pm on weekdays
* There are MANY in Dar and always changing. Use your guidebooks and the web.

Addis in Dar (Ethiopian) – Approx. 10 - 15 min. taxi ride Delicious, lovely outdoor seating and ambiance
Address: 35 Ursino Street Dar es Salaam, Tanzania
Phone: 071 326 6299 (closed Sundays)

Rohobat (Ethiopian) – Approx 10 minute taxi ride
Address: hard to describe.
Drivers on our list
know where it is.

Patel’s (Indian) – 5 - 10 minute taxi ride
Tsh 2000 entry fee. Reasonably priced, delicious Indian fare. Outdoor seating only.

Mamboz Café – 5- 10 min taxi ride
Best mishkaki/grilled meat nearby

Thai Village – standard Thai fare near Slipway with large TV for watching sports

Korea House –near Thai village, very tasty
George & Dragon – Scottish pub with expat crowd and TVs for sports

Tangren (Chinese) – Approx. 10 - 15 min. taxi ride
Address: Ursino Street Dar es Salaam, Tanzania

Upanga Club (Indian) – Approx. 10 min. taxi ride
Address: Ali Hassan Mwinyi Road
Slipway: Classico Caffee or pizza on the water, great for watching sunset

Epidor: indoor restaurant and outdoor seating, Lebanese restaurant and coffee shop, free wi-fi, near Sea Cliff.

Osaka (Japanese/Sushi) – Approx. 15 - 20 min taxi ride
Address: Chaza Lane Dar es Salaam
Phone: 075 526 8228 (closed Mondays)

The Kilimanjaro Hotel
2 restaurants –
The Palm (Variety ... great brunch) & The Oriental (Japanese/Chinese/Thai) – Approx. 15 min. taxi ride
Address: Sokoine Drive Dar es Salaam
Phone: 022 213 1111

The Sea Cliff Hotel
2 restaurants – Alcove Restaurant (Indian/Chinese) & Karambezi Café (American Fare) Approx. 15 – 20 min. taxi ride
Address: Toure Drive, Dar es Salaam
Phone: 022 260 0444

Live bands Wednesday, Fridays and Sunday at the Karambezi Cafe
Sweet Easy – Approx. 20 min taxi ride
Location: Oysterbay Hotel Shopping Centre

Live Music Events

The Alcove Restaurant - Downtown (Indian/Chinese) Aprox. 15 min. taxi
Location: Downtown. There are two Alcove Restaurants (one is at Sea Cliff Hotel and then this one downtown).

Tipping & Taxis

Restaurants: generally tipping is not expected so any amount up to 10% is appropriate and at your discretion

Taxis: tipping is not expected, as prices are negotiated per trip.
Arrange fare prior to trip

Average fares Slipway, Rehobat, Oyster Bay: 10,000 - 12,000 Tsh

Epidor, Sea Cliff, Shoppers Grocery: 15,000 Tsh

Taxi Drivers: (all nice and know the EMD, the apartment, the houses)

Abel Herman
0765 715 873
0713 592 372
0784 592 372

Great, good English, has AC. Often sends a friend instead of himself.

Boni
0712 211 201

Great, always on time, has A/C, partners with Mushi, English so-so

Dunia
0784 406 382

Haruna
0786 808 131

Kawambwa
0713 645 401
0756 953 929

A/C Mushi
0754 048 815

Great, on time, partners with Boni, English so-so

Masaki
(Doubletree/slipway)
Andrew
0756 667 016
Nice car

Common Words / Phrases from English to Swahili

Medical
Can I help you? - Naweza kukusaidia?
Does the patient have pain? - Mgonjwa anamaumivu?
Does the kid have a fever? - Mtoto anahoma?
What happened to the patient? - Mgonjwa na tatizo gani?
Where do you hurt (pain)? - Wapi panauma?
Are you pregnant? - Wewe mjamzito?
Sorry – this may hurt. - Samahani – nikosa langu.
Do we have.......? - Tunazo......?
Where do you keep the........? - Umeweka wapi........?

My name is _______ and I am a doctor. - Ninaitwa _______ mimi ni daktari
I am here from the US (America). - Nipo hapa kutoka US (Marekani)

General
Can you pick me up at........? - Unaweza kunichukua saa......
Please take me to..... Naomba nipeleke......
How much? - Kiasi gani
Let’s go- Twende
Thank you very much - asante sana
May I have the check (bill)? - Naweza kupata
I would like to go to.... -Ningpenda kwenda...
.Good or cute baby (child) - Mtoto mzuri
How do I get to.....? - Nawezaje kufika....._.?
Can you repeat? - Unaweza kunisaidia
I don’t understand - Sijui
Help - Nisadie
Hello - Jambo
What’s up - Mambo
It’s Ok (response to Mambo) - Poa
Please - tafadhali
Yes / No - Ndio / Hapana
I / You / We - mimi / wewe / sisi
Sorry - pole
Good night (sweet dreams) - lala salama
Goodbye - kwaheri
Coffee / Tea - kahawa / chai
Welcome - karibu
Numbers
One - Moja
Two - Mbili
Three - Tatu
Four - Nne
Five - Tano
Six - Sita
Seven - Saba
Eight - Nane
Nine - Tisa
Ten - Kumi

Tanzania Packing List Important

Keep these on your person when traveling.

- Passport passport expiration must be >6mos after your return to US bring your yellow fever card if traveling outside Tanzania
- Evacuation insurance
- ATM card notify the credit card company & bank of your travel
- Cash
- We recommend ATMs -- plentiful and have the best exchange rates If you bring cash, large denominations, 2006 or newer bills

- 2 extra passport photos
- USB stick with back-ups of important documents: passport, medical license, medical diploma, evac insurance, credit & cards
- Tanzania contact information in event of airport pick-up issues or last-minute flight changes.
- Cell phone
- Black ink pen for filling out customs forms
- Printed copies of flight itineraries, including return flight. E-tickets not available in Tanzania and you need a ticket to get into the airport

- Extra set of underwear, socks, toothbrush, toothpaste, medications in case of lost luggage.
- If you have not obtained your Visa prior to arrival, you will need US dollars to pay for it at the airport. The bills must be $50s or $100s and must be from 2006 or newer.

Randoms

Laptop & charger

Clothes
Places you may go: hospital for work, out for casual dinners, beach, safari, Zanzibar. Housekeeper does laundry on alternating weekdays; you do not need much. If traveling in rainy season, consider waterproof/gore-tex tech/hiking sneakers for trekking through puddles. Dar es Salaam is predominantly Muslim and conservative: skirts/dresses to mid-knee or longer and cover your shoulders and upper arms.

Loose, long, lightweight clothing works best. Machine-washable casual professional clothes or scrubs tees lightweight jeans/chinos with shirts for going out sundresses skirts lightweight pullover, cardigan, or scarf for covering up and/or cooler evenings work-out clothes underwear bras socks pajamas swimsuit lightweight raincoat (rainy season only) umbrella or rain hat (rainy season only) flip-flops or crocs for around the house and in the shower sandals sneakers, work shoes, sunglasses sunhat or baseball cap

**Personal Care**

shampoo, conditioner, hair goo hairbands/elastics comb, face wash, body soap, consider something easy-rinsing; Dr Bronner’s is excellent.

face moisturizer, hand moisturizer, lip balm, deodorant, razor, tweezers, nail file, clippers tampons (sanitary pads are available, tampons hard to find)

toothbrush, floss, paste bite guard/retainer minimal make-up glasses/contact lens case & solution sunblock for body, for face, and for lips

DEET 2 bottle/cans. Extended-release aerosol dries faster but is absorbed through skin; extended-release lotion isn’t systemically absorbed but stays sticky. Ultrathon is the only brand officially recommended by the health department due to efficacy & low absorbency.

**Personal Pharmacy Suggestions**

any prescription medications that you normally take anti-malarials (enough for entire duration of trip, plus a few extra) if packing Larium or doxycycline, consider bringing a backup in case of drug reaction

cipro

pepto-bismol

simethicone

odansetron

loperamide

tylenol

ibuprofen
benadryl
epipen
dramamine
compazine
OCPs/Plan B
condoms
sudafed (lest you catch a cold)
bacitracin & bandaids/moleskin
alcohol wipes
hydrocortisone ointment

Post-exposure prophylaxis in event of needle stick or exposure. Kaletra/Truvada is common; discuss with your physician most appropriate regimen for you, based on other medications and medical conditions.

Odansetron in event of needing PEP