

Africa Reconnect Program – Travel Checklist

Hosted by: Nyumbani Academy

Managed by: Afrika Sisi Nyumbani Limited

Destination: Tanzania Mainland & Zanzibar

Program Duration: 14 Days

1. Essential Travel Documents

- ☐ Valid Passport (minimum 6 months validity)
- ☐ Tanzanian Visa (if required)
- ☐ Printed Flight Tickets/ E-Ticket Confirmation
- ☐ Travel Insurance Certificate (medical & evacuation coverage)
- ☐ Yellow Fever Vaccination Certificate
- ☐ COVID-19 Vaccination Proof (or test results if applicable)
- ☐ Copies of important documents (passport, insurance, tickets)
- ☐ Emergency Contacts list (family, embassy, program staff)

2. Packing List – Clothing & Footwear

- ☐ Lightweight, breathable clothes (cotton/linen)
- ☐ Long-sleeved shirts & trousers (for sun/insect protection)
- ☐ Cultural-appropriate wear (modest clothing for visits)
- ☐ Sweater or jacket for cooler evenings
- ☐ Swimsuit and beachwear (for Zanzibar)
- ☐ Comfortable walking shoes/hiking sandals
- ☐ Flip-flops or easy shoes for campsites
- ☐ Hat/cap and sunglasses

3. Camp & Safari Essentials

- ☐ Day backpack
- ☐ Reusable water bottle
- ☐ Personal sleeping bag or liner (optional – basic camp bedding provided)
- ☐ Insect repellent (with DEET or natural option)
- ☐ Flashlight/headlamp + extra batteries
- ☐ Travel towel & toiletries
- ☐ Power bank and travel adapter (Tanzania: Type D & G plugs, 230V)

4. Health & Medical Supplies

- ☐ Any personal medications (in labeled containers)
- ☐ First-aid kit (plasters, antiseptic, pain relievers, etc.)
- ☐ Antimalarial medication (consult your doctor)

- ☐ Sunscreen (SPF 30+)
- ☐ Hand sanitizer
- ☐ Motion sickness tablets (for boat or road travel)

5. Electronics & Communication

- ☐ Mobile phone + unlocked SIM slot (local SIMs provided)
- ☐ Camera/ GoPro (optional)
- ☐ Charging cables + universal adapter
- ☐ Offline maps & travel apps downloaded (e.g., Maps.me, Google Translate)

6. Finances & Shopping

- ☐ Small amount of USD (clean notes for exchange)
- ☐ Tanzanian Shillings (can exchange upon arrival)
- ☐ Debit/Credit card (Visa/MasterCard widely accepted in cities)
- ☐ Money pouch or travel wallet

7. Learning & Networking Tools

- ☐ Notebook & pens
- ☐ Personal CV (for networking)
- ☐ Business cards (optional)
- ☐ Curiosity, respect, and a learning mindset!

8. Optional but Recommended

- ☐ Earplugs & eye mask
- ☐ Local gift items (for hosts or new friends)
- ☐ Swahili phrasebook or language app
- ☐ Copies of key program documents (code of conduct, safety, policies)

Before Departure Checklist

- ☐ Confirm flight & airport pickup with program coordinator
- ☐ Join pre-departure briefing (online or by email)
- ☐ Submit required forms:
 - Medical Declaration
 - Media Consent & Privacy Acknowledgment
 - Copy of Insurance & Passport
- ☐ Inform your bank of travel dates
- ☐ Arrange international roaming or purchase local SIM