



Remote River Expeditions Tanzania

Packing List for the Ruifji River Safari

Clothing

- Loose, long sleeve, long leg cotton clothes to combat sun and tsetse. Neutral colours like khaki seem to work best, while dark blue is a tsetse favourite.
- Shorts and short sleeved shirts
- One warm shirt, i.e. fleece,
- Rain gear
- Wide-brimmed hat or visor, local straw hats are also abundant
- Sandals, i.e. chacos or tevas. Great for boat wear, camp wear, and stream hikes. The kind with good, sturdy soles and some sort of ankle straps work best.
- Bathing suit
- Walking shoes or light hiking boots
- Lamba (kanga, kioki, sarong.) A wrap around piece of cloth that can be useful for bathing or as camp wear.

Note: Many sets of clothing are not required as there will be time to wash and dry clothes during the trip.

General

- Sunglasses, croakies, sunscreen, lip balm, skin cream
- Personal toiletry, medical, and sewing kit
- Flashlight with extra batteries and bulb, headlamps work well
- Reading, journal material
- Insect repellent
- Anti-itch cream, i.e. caladryl or other antihistamine cream
- Water bottle, at least one quart, Nalgene bottles work well
- Light weight towel (small and fast drying is best)
- Light sleeping bag
- A few Ziplock plastic bags and large heavy duty garbage bags (Handy for packing and lining our dry bags.)
- Lighter
- Your favourite wines or spirits, we provide a limited amount of local spirits
- Small pillow
- Day pack for hikes and boat use
- Camera/case, we provide dry storage for your gear, but highly recommend securing your own case for valuable equipment. Pelican cases work great for this
- Optional: Musical instruments, mosquito net hood

Personal Medical Kit

Band-aids, pain reliever, broad-spectrum oral antibiotic (check with your doctor for recommendations), antibiotic cream, anti-fungal cream, antihistamine (for insect bite reactions), malaria prophylaxis, Pepto-Bismol

Packing Notes:

Use the list above as a guide - please let us know if you have any questions or concerns. Bring a duffel bag for the river and any trekking. Waterproof bags will be provided and the duffels can be slipped inside these. City clothes and other extras may be stored in town during the river trip.

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