



THE SCHOOL FOR FIELD STUDIES

# SUMMER FIELD GUIDE

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TANZANIA

CENTER FOR WILDLIFE MANAGEMENT STUDIES

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## STAY ENGAGED

- Keep up with the SFS **news from the field** blog
- Follow us on Instagram: [\*\*@theSFS/@SFStanzania\*\*](#)
- Want to learn more about the SFS team? **Find the full list of the SFS team bios here!**



# LIFE IN THE FIELD:

WHAT TO EXPECT

# SFS TANZANIA CENTER: CENTER FOR WILDLIFE MANAGEMENT STUDIES

- The center sits in the heart of the northern Tanzania tourist circuit which includes Serengeti National Park, Ngorongoro Conservation Area, Lake Manyara, Tarangire National Park, Arusha and Mt. Kilimanjaro.
- The region offers a wide variety of protected areas including National parks, Game Reserves Game Controlled Areas, Wildlife Management Areas, and Community Forest Reserves. This area also contains the rich traditional cultures of the , Maasai, Hadzabe, and Iraqw communities each providing unique approaches to wildlife conservation.
- Unfortunately, the porous boundaries between the protected areas and local communities alongside rapidly increasing population numbers has led to habitat fragmentation, interrupted migratory routes, and greater human-wildlife conflict.
- Tanzania is home to the “Big Five”- lions, elephants, leopards, buffalo, and rhinos. It also has many other charismatic megafauna including giraffes, hippos, hyenas, jackals, warthogs, baboons, cheetahs, zebras, wildebeest, and more. Teeming herds of migratory ungulates are extremely common in the area.

## Academic Foci

- Wildlife ecology, management, and conservation
- Large mammal, reptile, and carnivore ecology and behavior
- Human-wildlife conflict
- Community-based conservation approaches
- Climate change impacts
- Natural resource and protected area management

### SUMMER I

Fundamentals of Wildlife Management

### SUMMER II

Carnivores of the African Plains

## Weather and Climate

Temperatures range from 50-80°F, Prepare for cooler weather than you would expect by packing lots of layers.

## Setting

3-acre property nearby the small, agricultural town of Rhotia.



RHOTIA	KARATU	MTO WA MBO	ARUSHA
5-minute walk	15-minute drive	30-minute drive	3-hour drive
Population ~4,000	Population ~230,000	Population ~11,000	Population ~520,000
Nearest town. Corner store tailor, and one café.	Shops, cafes, lodges for swimming/eating, clinic and markets.	Shops, cafes, lodges for eating/swimming, hiking, and local markets	International airport. Tourist hub. Advanced medical care.

## Facilities

HOUSING	OTHER FACILITIES
<p>6 “bandas”, each banda is split into two rooms. Each room accommodates 4 students in twin bunk beds.</p> <p>Shared desk and storage units</p> <p>Each room has a private bathroom with showers (hot water) and a western style toilet.</p>	<p>Central “chumba” contains kitchen, dining area, and student lounge with games including a Ping Pong table and Dart Board.</p> <p>Additional buildings include staff offices, staff housing, library, a classroom, and open air gazebos.</p> <p><b>SMALL WASHING MACHINE CONTROLLED BY STAFF. STUDENTS CAN PAY TO WASH THEIR CLOTHES USING THE WASHING MACHINE (2 USD PER GALLON BUCKET.</b> Students can also do their own laundry by hand.</p>

## Food

- A cook prepares 3 meals a day, 7 days a week.
- Meals are often heavy on carbohydrates and oils.
- Example breakfast: eggs, toast, oatmeal, pancakes, cereal, fresh fruit, potatoes, pancakes, mandazi, coffee, teas, jam peanut butter, etc.
- Example lunch/dinner: rice, chapatti (unleavened bread), ugali (corn flour), lentils, roasted vegetables, fresh fruit, and meat like goat or beef.
- Snacks between meals include tea and coffee, fruit, popcorn, bakery items, and bread with jam and peanut butter.
- SFS can accommodate most dietary needs and preferences, but variety of food may be limited due to local availability and cost. SFS recommends bringing vitamins, protein powder or bars, nuts and nut butters, your favorite snacks, etc.

## Exercise

- Grass volleyball court/soccer field, punching bag, and a few basic weights are available at the center
- Can walk/run around community using the buddy system

## Community

You will live at the SFS center, rather than a homestay, local apartment, or university dorm. You will spend most of your time with your cohort living, working, and studying as a group. This means that you will not necessarily be eating local cuisine, speaking a local language, or navigating the local culture every day.

However, we fundamentally believe that meaningful research is only possible with the input of local people and in consideration of cultural history. We always take the lead from our community, so community engagement may vary each term to reflect the requests of our partners.

## Chores

Students and staff alike are expected to do their own dishes and to engage in keeping the center beautiful. Specific chore responsibilities and schedules will be shared during orientation.

## Center Hours

Due to the residential nature of SFS programs, there is a curfew set for when students are required to return to campus. We will share these specific times during orientation.

## Electrical Appliances

The electrical voltage in Tanzania is 240 (U.S. uses 120). Check all electrical devices for "Input: 100-240." If it says something like 100-120, you need a voltage converter.

Tanzania uses plug type G (U.S. uses A and B). All students will need to buy plug adaptors for their electronics.

## Internet

Wireless internet is available at the center, but you should expect slow and intermittent connection. SFS reserves the right to limit internet activities occurring on our servers. This includes, but is not limited to, prohibiting streaming or downloading audio or video content for example video calls or subscription-based streaming services.

## Computers

Students need to bring their own laptops with Microsoft Office (or the ability to open Microsoft files) and USB port.

Electronic devices are subjected to a much harsher environment than normal. In particular, Apple products do not fare well in high humidity and are more difficult to repair or replace locally. Please take precautions to protect your device.

## Phones

Students with unlocked phones can choose to purchase a local SIM card and phone plan. However, most students rely exclusively on WIFI.

## Mail

- Packages and letters can be sent to the center through courier services.
- Letters can be mailed with a maximum of 5x7 inches
- Average one-way travel time for mail from the U.S. to Tanzania is 10-14 days
- DHL is the best option to use. Please use Airmail.
- No mail can be sent the last two weeks of the program, as you may not receive it! Mail will not be forwarded.

### Letters should be sent to:

Student name, Center for Wildlife Management Studies  
P.O. Box 304, Karatu, Tanzania, East Africa

## HEALTH, SAFETY, AND WELLNESS

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### 24-hour Emergency Hotline

SFS maintains a 24-hour emergency hotline while students are abroad. If a parent or guardian needs to urgently contact a student in the field, call 978.219.5113.

### Student Health & Wellness Manager

Each center has a full-time Student Health & Wellness Manager (SHAWM) who is the primary medical responder and student support personnel on campus.

- Certified as a Wilderness First Responder (WFR)
- Trained in sexual assault first response
- Advises and counsels students on group dynamics and adjusting to life abroad
- Conducts in-country risk assessment and management
- Coordinates program logistics and engages students in community outreach
- Other center staff, including drivers, faculties, site operations manager, program assistants, and the Center Director all receive first aid training.

### Orientation

Upon arrival to campus, students participate in an orientation about local community and culture, daily center operations, and relevant risks and hazards. Prior to arrival on program, SFS recommends students understand the risks associated with travel in a foreign country.

### Medical Care

SFS maintains a detailed risk assessment and management plan which outlines risks and response protocols, including local, national, and international medical facilities and their treatment capabilities. These plans ensure that staff are always aware of the best route for appropriate medical care.

If a visit to a medical care facility is needed, a SFS staff member will accompany the student to the appointment. Please be aware that there may be times when access to medical care may be delayed or unavailable, such as during travel or on expedition. Some medical emergencies or conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawal are made by SFS.

All students enrolled in emergency evacuation service plans with AIG Insurance. See insurance section below for more information.

## Mental Health Support

SFS is partnered with Morneau Shepell to provide students with My Student Support Program (My SSP).

- Download the free app in your app store or by visiting the [My SSP website](#)
- Provides 24/7 mental health and wellness support by chat, phone, and video
- My SSP is a supplemental resource. Students should work with their mental health provider to make a support plan.

## Self-Care and Wellbeing

Study abroad can be amazing for personal reflection and growth. However, the adjustment to new routines, relationships, and cultural environments, while away from your usual support systems can be challenging. The ways you manage stress, take care of yourself, or find joy may not be available to you while you are abroad on an SFS program.

For example:

- **Communication with support systems.** Limited internet connectivity, unexpected power outages, and busy academic schedules can reduce the frequency and ease with which you are able to contact family, friends, counselors, etc. or post to social media. Talk to your family, friends, and mental health provider prior to departure to figure out a communication plan and to reduce the stress of providing updates in real time.
- **Privacy and time alone.** On a residential campus, there will be a lot of interaction with your peer group (i.e. sharing meals, attending classes, studying, recreational time, etc.). It may not be possible to find a private spot to rest and recharge daily. Think of ways that you can create some space for yourself when you are unable to physically distance yourself from others such as using headphones.
- **Solo runs or hikes.** While SFS campuses allow for regular exercise, it may look different from your normal routines. For example, you will be required to use the buddy system when exercising off campus (see SFS policies and procedures). Additionally, while away from the center, it may not be feasible to find time or space for exercise. Think of how you can be flexible with your exercise routines.

## Sexual Health and Wellness

When it comes to sexual health and wellness during your program, please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the community
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures
- If you decide to engage in sexual interactions, use protection. Please pack what you will need.
- Medication for sexually transmitted infections and emergency contraception may not be available
- If you feel subjected to sexual harassment, you should walk away from any situation that makes you uncomfortable without concern for being culturally inappropriate. You should report harassment or assault to any SFS staff member or HQ representative with whom you feel comfortable immediately.
- In the case of a sexual assault, SFS will make every effort to support you. This includes access to medical care, the option to report to local law enforcement, and identifying support systems and additional resources. Local laws, definitions, and legal implications often differ from those in the us. Different laws and limited availability of resources such as rape kits can be complicating factors in responding to a report of sexual harassment or sexual assault in foreign countries.

## Managing Social Drinking

If drinking alcohol is part of how you socialize with friends, this will remain an option on a limited basis in accordance with center protocols. If you do choose to consume alcohol, we ask that you do so in moderation. Situational awareness and understanding of local cultures are important factors in reducing risk. It is always important to demonstrate gratitude towards the local community by maintaining respectful behavior.



**PREPARING FOR  
DEPARTURE**



## **BILLING**

Our finance department will reach out to you after acceptance to collect your deposit and process your tuition payment. Up to date costs and refund policies can be found [here](#).

## **TRAVEL ARRANGEMENTS**

### **Passport**

You must have a passport in hand four months prior to departure that is valid for at least six months after your intended program departure date.

### **Visas**

Students will enter using a tourist visa which will be applied for prior to departure. Students E-visas will be applied for and granted before the program start date. Visa costs are the responsibility of the student and are approximately \$100 USD, subject to change.

Students will also provide paperwork prior to departure for a student visa (Residence Permit), which will supersede your tourist visa once granted. Your student visa will be arranged by field staff. Student visa costs are currently covered through your tuition.

Non-U.S. citizens may require a different visa process and are responsible for obtaining their own visa valid for the duration of their program.

If traveling before or after the program, make sure that your visa will remain valid for the entirety of your stay.

### **Arrival to your Program**

Students are responsible for the cost of flights to and from their program. Students will receive travel instructions 2-3 months prior to the start of their program. Do not book flights before receiving these instructions.

SFS staff will meet students at the airport on the date and time specified in the airport instructions and transport them to the center. Students will receive airport instructions 1-2 weeks prior to the start of their program.

If traveling before or after the program, make necessary arrangements for your luggage. SFS is not responsible for transporting or storing luggage before or after the program. You are also responsible for meeting the group at the airport at the designated date and time.

SFS is not responsible for reimbursing travel expenses for programs cancelled or rescheduled due to acts of war or civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.

## **MEDICAL REQUIREMENTS**

### **SFS Medical Approval Process**

No student may enter the field until medical approval is granted by SFS. The review is not meant to exclude, but to inform and allow support systems to be put in place. Students are required to complete the SFS medical approval process using our HIPAA-compliant portal to inform SFS staff of their medical and mental health needs and accommodations. [More information](#).

### **Accommodating students with disabilities**

- Students requesting physical and mental health accommodations should contact SFS Health and Wellness
- Students requesting learning accommodations should contact the SFS Office of Academic Affairs
- SFS will work with students, home institutions, and physicians to determine the required accommodations and whether it can be safely and reasonably maintained on program. While SFS strives to make accommodations for most disabilities, due to the remote nature of the programs, there are varying levels of accessibility, services, and accommodations.

### **Mental Health**

Students who undergo regular counseling should verify that their mental health provider is available while the student is abroad.

## Vaccinations and Prophylactic Medication

### **Required**

- Covid Vaccine Series and Booster (must be completed at least 2 weeks before arrival)
- Yellow Fever Vaccine
- Malaria Prophylactic Medication (valid for entire program dates with pre-exposure and post exposure dosage)

### **Recommended**

- Typhoid Fever Vaccine
- Rabies Pre-Exposure Vaccination Series (must be completed at least 2 weeks before arrival)
- Up to date with routine vaccinations (i.e. MMR, Hepatitis A, Hepatitis B, etc.)
- [Centers for Disease Control](#), travel clinics, or medical providers can provide further recommendations

## Insurance

### **Health Insurance**

Students are required to procure their own comprehensive health insurance. SFS does not review insurance policies; it is the student's responsibility to ensure that their coverage meets these requirements:

- Valid in the program country(s) for full duration of the program. Keep in mind any personal pre- or post-program travel.
- Covers more than just emergency medical care. Look for comprehensive medical insurance that includes basic medical care, including non-urgent illness or injury, laboratory tests, and pharmaceutical needs.

Students looking to obtain health insurance should keep the following in mind:

- Most domestic health insurance plans do not provide comprehensive coverage for out-of-country medical expenses. Check with your policy provider on what services are available out-of-country.
- Students should check if their home institution provides international health insurance. Some universities may have their own insurance requirements for participation in study abroad.
- Most insurance companies provide international coverage on a reimbursable basis. Therefore, students should bring sufficient funds (i.e. a credit card with a limit of at least \$3,000) to pay for medical expenses up front, and then request reimbursement when they return home. Students are responsible for all insurance billing, medical costs, and all incidental expenses including transportation, accommodations, etc., incurred by all parties involved.

### **Emergency Evacuation and Repatriation Insurance**

All students are automatically enrolled in the SFS emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG).

- Effective for the duration of the program only and does not cover personal travel before or after the program
- Covers the cost of transportation, accommodations, and medical care associated with an evacuation in cases where evacuation is deemed medically necessary (e.g. life-saving support during air evacuation)
- The coverage provided by the SFS emergency evacuation and repatriation insurance plan is not the same as health, medical, or dental insurance. This insurance plan does not cover basic medical care, laboratory tests, or pharmacy needs. Students on SFS programs are required to supply their own comprehensive health insurance as outlined above.
- Benefits of the SFS emergency evacuation and repatriation insurance plan include:
  - \$350,000 for emergency medical evacuation
  - \$100,000 for emergency security evacuation
  - \$20,000 for repatriation of remains

## IDENTITY AND CULTURE

Every country is shaped by its history, and therefore attitudes towards gender identity, sexual orientation, race and ethnicity, and religion can differ greatly. Consider how different aspects of your identity might be perceived in a new cultural context. Keep in mind that what seems like discrimination may simply be curiosity.

Researching the country that you will be living in can help you prepare yourself. In specific, you may want to research:

- Current and past political and societal issues
- Racial, ethnic, and religious composition
- LGBTQIA+ climate – Resources: [1](#) and [2](#)
- Cultural norms and local laws

Most SFS students expect to encounter differences between themselves and their host country, but don't realize the most significant differences may be between themselves and their own student group. Reflecting on your own culture and identity before studying abroad can help you better navigate your experience abroad.

This table lists several common U.S. values and prompts you to consider how other people might have different values

U.S. Values	Consider
Change	In the U.S., it is common to value change and novelty over tradition and the ways of the past. <b>How might a tendency to look towards the future or past impact views surrounding issues like climate change?</b>
Time	Many U.S. Americans live very scheduled lives, abiding strictly by time commitments and tardiness is not accepted most contexts. In other cultures, human interaction is generally valued more than timeliness. It may be acceptable to be 30 minutes late to a commitment if it means spending time with family or friends. <b>What are some ways that a difference in perception of time might impact you while abroad?</b>
Equality	While inequality in the U.S. certainly exists, there remains a culture of democracy, self-determination, and an expectation for equal treatment. Other cultures place a greater emphasis on hierarchy and social rank. Think of countries where there is not a democratic tradition and where it is expected to respect and honor the government, prevailing religion(s), and certain cultural beliefs. <b>Consider how to adapt to your host culture.</b>
Individualism	There is a common emphasis on the individual in the U.S. There is an idea hard work can determine your future success. Think about how commonplace it is to set personal goals or enrich your personal knowledge and skills. In contrast, in other countries instead of self-reliance, it may be more customary to rely on advice or assistance from others. It is often expected to help others and share knowledge and resources. <b>How will you navigate a culture that might be more collectivistic than you are used to?</b>
Directness	In the U.S., there is a tendency to express opinions, thoughts, and dissent openly and directly. Other cultures may have a more indirect communication style where it is not typical to express dissent or emotions directly and confrontation is avoided. <b>Be cognizant of how you may want to adapt your communication style while abroad.</b>

### **LGBTQIA+**

SFS is welcoming of all students at our centers. However, when traveling outside the center, please be aware of the following:

- Laws and social customs may differ from your home country. In many countries, only heterosexual partnerships between cisgender people are recognized as legal and/or accepted within the culture.
- Local laws may be enforced inconsistently. Countries that criminalize same-sex partnerships may also use the law to criminalize gender identities and gender expressions.
- Even if there are no legal concerns, cultural practices may not support freedom of expression and travelers may experience discrimination and harassment. Attitudes may vary, even within the same country.
- Some languages are gendered, resulting in there being a lack of terms that encompass non-binary and gender-neutral expression. Furthermore, some cultural practices are based on traditional gender roles and gender expression. As a result, those who do not identify as they physically present may sometimes be misgendered or misidentified.
- Health services specific to transgender people may be limited or unavailable in your program location. You may be denied services in your affirmed gender while you are traveling outside of your home country.

### **Legal Name and Passport Information**

While traveling on an SFS program, in some cases it is not possible to use preferred names and gender identities. For example, visa paperwork, plane tickets, hotel reservations, and tours at historical sites typically require the use of your legal name and sex as it corresponds to your passport information. Also, please keep in mind that some countries do not legally acknowledge Gender X on a passport and may ask travelers to provide binary sex information.

### **Your Role in the Community**

It is a great privilege to study in another country and be welcomed into these communities. It is not your place to try and change its culture or its values. While we will be learning about the country and its people, each of you will be an ambassador of your own culture, country, and school. SFS is a place-based program, and our campuses are permanent fixtures in the community. These communities are home to our staff members who live either on-campus or nearby year-round. Behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community and can impede healthy and meaningful interactions for your peers, SFS staff members, and future students.



# PACKING GUIDE

# PACKING TIPS

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## **Luggage**

SFS does not have a specific policy regarding how much or what type of luggage students bring, just make sure you bring only what you can maneuver yourself! The following packing list does not suggest amounts, so pack according to your own needs.

## **Wear and Tear**

Most program time is spent in classrooms or vehicles, so students often wear their “normal” clothes more often than their field clothes. It is not necessary to buy new clothing just for this program. Many students bring old clothes to wear in the field and leave behind at the end of the program. Do not bring anything that you would not want damaged!

## **Culture and Clothing**

### ***Dorm room***

Crop tops, spandex, and shorter shorts are okay

### ***Around the Center***

Loose T-shirts or Tank tops that cover back and waist

Shorts/Skirts/Dresses mid thigh or longer, 5 inch inseam minimum

Pants, Leggings, or Yoga pants are okay if not sheer material

### ***Community wear and Guest lectures***

Shoulders blades, knees, and everything in between needs to be covered

No Leggings or Yoga Pants

No Tank tops

## **Consider your Impact!**

As you pack, please consider the impact of the products that you bring with you to your program, both the ingredients and packaging.

Plastic bags are banned in Tanzania. While this law is rarely enforced among tourists, please avoid trash bags, Ziploc bags, and other single-use plastics out of respect for their government and the environment.

Plastic can be difficult for waste management in remote environments. To keep single-use plastic/paper consumption to a minimum, think about bringing a reusable shopping tote, metal straw, cloth napkins and other items. We also highly encourage biodegradable soaps, shampoos, and conditioner.

## **FAA and TSA Requirements**

When packing, please make sure to check federal aviation association (FAA) and transport security administration (TSA) for the latest prohibited items. You can find this information at <https://www.faa.gov/>.

### ***Electronic Cigarettes and Vaping Devices***

The FAA prohibits these devices in checked bags and they may only be carried in the aircraft cabin.

## **Medical Marijuana**

Possession of marijuana and cannabis-infused products, including some cannabidiol (CBD) oils, is currently illegal under federal law. Similarly, marijuana is illegal in Tanzania. SFS does not allow possession or use of any drugs or medications that are illegal for the full duration of the SFS program including free time.

# PACKING LIST: REQUIRED ITEMS

## Clothing

- **Pants:**
  - **Shorts/Skirts** Minimum 5-inch inseam around camp. Shorts/skirts must cover knees for community wear.
  - **Pants:** Loose, lightweight blends. You will want pants for field work and pairs for non-field time. Leggings can only be worn at the center, and they must be paired with shorts.
- **Tops and Outerwear**
  - **SPAGHETTI STRAPS, CROP TOPS, AND V-NECKS NOT ALLOWED**
  - **Loose T-shirts** that completely cover the shoulder, back, and waist
  - **Tank tops** should have wide shoulder width straps
  - **Long-sleeved shirts** Light-weight fabric for working in the field and heavier ones for warmth
  - **Sweaters or Sweatshirts**
  - **Waterproof hooded rain jacket**
- **Underwear and Socks** 2+ pairs of lightweight moisture-wicking synthetic (not cotton) hiking socks and a few pairs of normal socks.
- **A few casual clothes and nice clothes** for going out to town. Only shirts that cover the shoulder, back, and waist and shorts/skirts/pants that cover the knees are permitted. No tank tops, leggings, or athletic pants in town.
- **Pajamas** appropriate for shared rooms and bathrooms
- **Sun hat and Sunglasses**
- **Bandana or Scarf** for the dust
- **Footwear**
  - **Thick-soled hiking boots** There is not much hiking on the program but there are thick thorns when walking
  - **Sneakers** They are required at night and are great for exercising
  - **Sport sandals/Keens/Chacos/Tevas** for around the center
  - **Flip flops** for around the center or to wear in the shower

## Personal Items and Toiletries

- **Biodegradable Toiletries** Basic items such as toothpaste, soap, and shampoo can be purchased in town.
- **Period care** Can buy pads in town, but tampons may be difficult to find. We encourage you to use a menstrual cup or environmentally friendly, biodegradable options.
- **Personal first-aid kit** Including Anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Anti-histamines, Pro-biotics, Anti-diarrheals, Vitamin C, Cold medicines, etc.
- **Over-the-counter medications or Prescriptions** Note that overseas prescriptions are not accepted. You should bring adequate supplies of prescription medications with you to last the duration of your program alongside your doctor's prescription to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.
- **Masks and Covid tests** Bring enough masks to last the duration of the program and 4+ home rapid tests
- **Record of immunizations and Health history**

## For the Cabin

In the dorms a mosquito net will be provided.

- **One set of sheets and pillowcase standard twin size.**
- **Pillow**
- **Sleeping bag rated for 50°F**
- **Towel** Bring one shower towel and one face towel/wash cloth. Quick dry is best.

## For the Field and Classroom

- **Flash drives or External hard drive** at least 4 GB recommended
- **Computer with case** that can open Microsoft Office documents and has USB port
- **Surge protectors and Plug adaptors**
- **Binoculars** preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine
- **Headlamp or Handheld flashlight** Bring extra bulbs and batteries

- **Collapsible chair** (e.g. Crazy Creek)
- **Sleeping pad** for camping. Foam or inflatable. Inflatable pads should be packed with duct tape due to thorns!
- **Day pack** Small backpack suitable for taking gear into the field. 15-30L recommended.
- **Notebooks and Pen/Pencils**
- **Water bottles** Two bottles with 1L capacity each, preferably with small mouths to make drinking on bumpy roads easier
- **Insect repellent** One or two bottles with 15%-80% DEET
- **Sunscreen** at least one bottle
- **Tupperware, Packable silverware, and Travel mugs** for packing lunches

## PACKING LIST: ADDITIONAL SUGGESTED ITEMS

- **Swimsuit** Swimming is done on free days and is optional. One piece or two piece.
- **Purse/tote bag** for town
- **Dresses that cover shoulders and shoulder blades and go below the knee**
- **Small clothing repair kit**
- **Laundry bag**
- **Earplugs and Eye mask**
- **Baby wipes**
- **Sturdy plastic bags** Gallon-sized Ziploc bags work well
- **Pocketknife** Do not carry this in your carry-on luggage
- **Clipboard**
- **Hammock**
- **Duct Tape**
- **English-to-Swahili dictionary**
- **Journal**
- **Games, Movies, and Books**
- **Musical instruments** May be subject to undesirable storage and weather conditions. The Center has a guitar that students can play.
- **Snacks, Drink powders, and Dietary supplements** Any favorites. Most can be bought locally but are more expensive.
- **Camera**
- **Voltage converter** If needed for electronics
- **External batteries** Electricity is not always available, so having extra batteries is useful
- **Headphones and/or Bluetooth speaker**
- **Wristwatch** preferably water-resistant
- **Items to donate to the community or trade at markets.** School supplies, used books, watches, water bottles, pens, sunglasses, and new clothing.

## QUESTIONS

**Questions about the billing process?** [Billing@fieldstudies.org](mailto:Billing@fieldstudies.org)

Deposit payments, invoices, charges to your account, financial aid packages, billing deadlines, and loan paperwork.

**Questions about medical approval or health and safety?** [Health@fieldstudies.org](mailto:Health@fieldstudies.org)

Immunizations, safety in the field, managing a medical condition during your program, and dietary needs and preferences.

**Questions about learning accommodations?** [Academics@fieldstudies.org](mailto:Academics@fieldstudies.org)

Students with learning accommodations should contact the Office of Academic Affairs prior to entering the field.

**Questions about your program or your enrollment?** [Admissions@fieldstudies.org](mailto:Admissions@fieldstudies.org)

Which program is the best fit for you, submitting application materials, travel and visa logistics, and other program-specific questions.