



TANZANIA FIELD GUIDE



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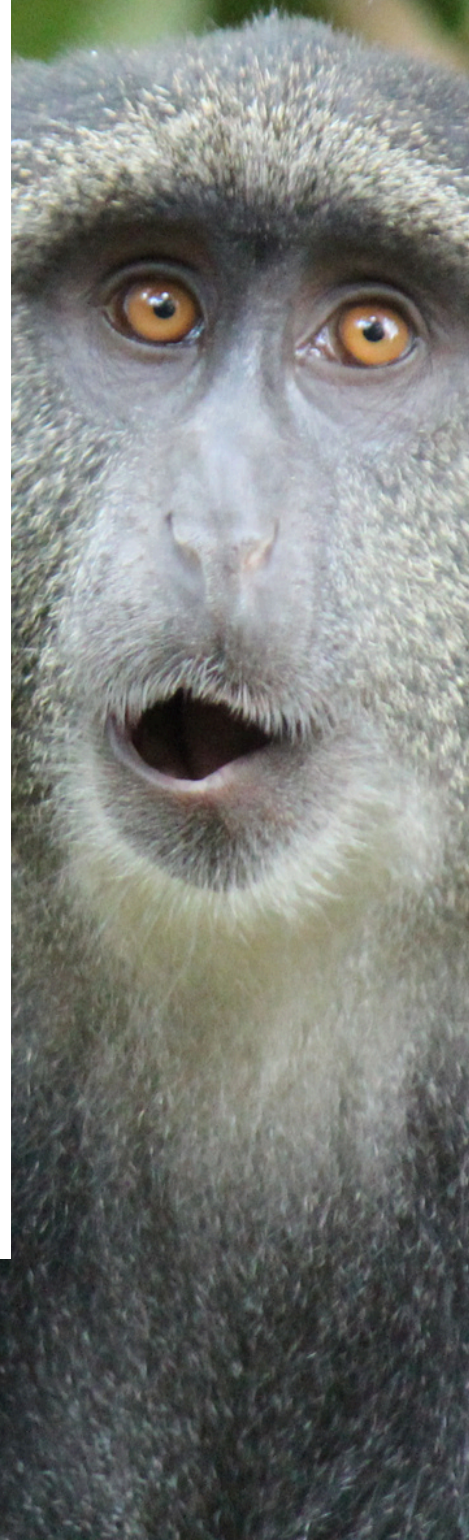
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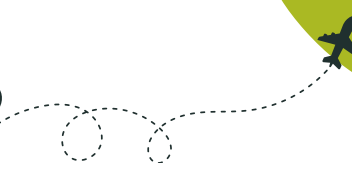




LIFE IN THE FIELD



The Center



Academic Foci

- The center sits in the north Tanzania tourist circuit which includes Serengeti National Park, Ngorongoro Conservation Area, Lake Manyara National Park, 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 human populations have led to habitat fragmentation, interrupted migratory routes, and heightened 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 much more!

SEMESTER: WILDLIFE MANAGEMENT STUDIES	SUMMER 1: FUNDAMENTALS OF WILDLIFE MANAGEMENT	SUMMER 2: CARNIVORES OF THE AFRICAN PLAINS
African large mammal behavior and ecology. Field ornithology and herpetology. Human-wildlife conflict. Wildlife conservation and community-based conservation. Habitat assessments.	Behavioral ecology. Community conservation approaches. Human-wildlife conflict. Wildlife and natural resource management policies.	Carnivore behavioral ecology. Predator-prey interactions. Human-wildlife conflict. Wildlife and natural resource management policies.

Each program combines theory learned in the classroom alongside field-based applications. Time in the classroom is structured to give students a solid understanding of environmental history, theory, and conservation techniques before deploying their knowledge or specific techniques in the field.



Setting and Facilities

3-acre center in the agricultural community of Rhotia.



RHOTIA	KARATU	MTO WA MBU	ARUSHA
5-minute walk	15-minute drive	30-minute drive	3-hour drive
Population ~29,000	Population ~280,000	Population ~17,700	Population 535,000
Nearest town. Corner store, tailor, and one cafe.	Shops, cafes, swimming pools, clinic and local markets.	Shops, cafes, swimming pools, hiking, and local markets.	International airport. Advanced medical care.

HOUSING	OTHER FACILITIES
Six buildings, or "bandas," with two rooms each, 4 people per room in twin bunk beds. Shared desk and shelving unit.	Central building, or "chumba," contains kitchen, dining area, and student lounge with games, dart board, and ping-pong table.
En-suite bathroom with shower (hot water) and western-style toilet.	Additional buildings include classroom, library, staff offices, staff housing, and gazebos.
	Students must pay to use washing machine (detergent not provided), ~2 USD per 5-gallon bucket. No dryer. Students can also wash by hand.



Food

SFS can accommodate most dietary needs, but the variety of food may be limited due to local availability and cost. SFS cannot accommodate strict Halal or Kosher diets. Due to limited dietary variety, SFS always recommends bringing vitamins, protein bars, nuts, favorite snacks, etc.

Meals may consist of rice, chapatti (unleavened bread), ugali (corn flour dough), lentils and beans, roasted vegetables, fresh fruit, and meat like goat or beef. Snacks may include tea and coffee, fruit, popcorn, toast with jam, or baked items.



Exercise

The center has a grass volleyball court/soccer field, a punching bag, and a few basic weights. Can walk/run around community using buddy system.



Climate

Students will be exposed to extremely dusty conditions. Temperatures range from 50-90°F. Prepare for colder weather than one would expect by packing lots of layers!



Money

The local currency is the Tanzanian Shilling (TZS).

Tanzania is primarily a cash-based economy. However, all students are required to bring a credit/debit card with at least \$3,000 in funds in case of emergencies. Mastercard and Visa are the most commonly accepted cards internationally. Notify banks about international travel.

Students should bring at least \$400 USD with them to start. Staff will assist students in exchanging USD for TZS after arrival. When bringing USD to exchange, travel with bills in excellent condition (clean, unwrinkled, unmarked, with no tears). Only bills made after 2006 can be exchanged. \$50 and \$100 bills receive better exchange rates. Students will have access to ATMs to replenish their cash supply in Karatu and Mto wa Mbu.



Considerations

Language: English and Swahili are the 2 official languages.

Culture and Diversity: 99% identify as African, of which 95% is the Bantu ethnic group. Foreigners are called "Mzungu" which means white person and may get extra attention. 63% of the population is Christian and 34% Muslim. Many activities are separated by traditional genders. PDA is frowned upon. Conservative clothing is required on and off campus.

Physical Rigor: Students must walk/stand for up to 1 hour at a time. Most fieldwork is done in safari jeeps. During overnight trips, students will sleep in remote field environments with limited amenities.

Hazards: Snakes, spiders, insects, scorpions, etc. Lions, cheetahs, hippos, rhinos, and many other large mammals are frequently seen from the car.

Travel: Students will frequently travel long distances by car often on unpaved roads.



Electricity

The electrical voltage in Tanzania is 230 (the U.S. uses 120). Check all electrical devices to see if voltage converters are needed. Tanzania uses plug type D and G (the U.S. uses A and B). All students will need plug adaptors.

Power outages are common and while the center has solar panels and a backup generator, there may be times where electricity is gone for several hours.



Internet

Wireless internet is available at the center, but it is slow and intermittent. SFS reserves the right to limit internet activities occurring on our servers including, but not limited to, streaming or downloading audio/video content (Facetime, Netflix, etc.).



Computers

Students need to bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a USB port. Electronic devices are subjected to a much harsher environment than normal. In particular, Apple products are more difficult to repair or replace locally. Please take precautions to protect devices.

Please download QGIS and R prior to arrival. Both are available online for free.



Phones

Students with unlocked phones can purchase local SIM cards for approximately ~\$20 USD per month. Most students choose to rely solely on WIFI.



Mail

Packages and letters can be sent using courier services. DHL is the best option to use. The average one-way travel time for Airmail from the U.S. to Tanzania is 10-14 days. Therefore, no mail can be sent during the last 2 weeks of programs, as students will not receive it! Mail will not be forwarded.

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



Community Engagement

Students live at a field station, rather than a homestay, local apartment, or university dorm. This means they will not necessarily navigate the local culture, cuisine, or language every day. However, SFS believes that meaningful research is only possible with the input of local people, so community engagement varies each term to reflect the requests of our partners. Some examples of past community engagement projects at our centers include planting trees, working in community gardens, picking up trash, swim lessons, and outreach at schools.



Chores

There is no cleaning service at the center, so students are expected to take responsibility for their space during their stay. Students will help set up/clean-up for meals and engage in a center-wide clean-up about once a week. Specific chore responsibilities and schedules will be shared during orientation.



Off-Campus Policies

Because center locations are often unfamiliar to students, there are off-campus policies in place to keep students safe including nightly curfew, sign-out logs, and a buddy system. Specific campus policies will be shared during orientation.



Time-off

Semester students will be given a 3-4 day mid-semester break in Arusha supervised by SFS staff. Students are responsible for food during this break, but SFS will provide hotel accommodation.

Summer students will not have the opportunity to travel independently. Students participating in Summer 1+2 will be responsible for their own food and accommodation between sessions should they choose to leave the center to travel. See page 12 for estimated costs.



Alcohol & Substances

Consumption or possession of alcohol is prohibited on campus. Students who choose to consume alcohol, need to do so in moderation and maintain respectful behavior toward others.

Possession of marijuana and cannabis-infused products, including some cannabidiol (CBD) oils, is currently illegal under U.S. federal law. SFS does not allow possession or use of any medications or substances that are illegal in the U.S. or host country for the full duration of SFS programs including free time and weekends away. Students should discontinue the use of these products in anticipation of participating on SFS programs. Check local laws before possessing, purchasing, or using electronic cigarettes or vaping devices on program.



Sample Schedule

This is just a sample; no one week will follow this outline exactly. Students will receive program schedules after their arrival. Schedules are always subject to change based on weather, event availability, and other factors outside of SFS' control, including the day of, so students should arrive with a flexible mindset. All events apart from Free Time are mandatory.

Semester students should expect to spend more time in the classroom at the start of the semester, followed by more time spent in the field collecting data and doing independent study during the Directed Research portion of the program.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7-8am Breakfast	7-8am Breakfast	5:30-6:30am Breakfast and Pack Lunch	7-8am Breakfast	7-8am Breakfast	7-8am Breakfast	5:30-6:30am Breakfast and Pack Lunch
Free time at the Center (Laundry, Homework, Relaxation) Lunch provided Optional Day Off Activity as a Group (See Page 12 for budgeted costs)	8am- 12pm Wildlife Ecology - Lecture	7am-3pm Field Trip w/ Lunch in the Field Field trips can be any day of the week and occasionally last multiple days.	8am-12pm Environmental Policy and Socioeconomic Values - Lecture	8am-12pm Techniques in Wildlife Management - Lecture	8am- 12pm Community Engagement	7am-3pm Field Trip w/ Lunch in the Field Field trips can be any day of the week and occasionally last multiple days.
	12-1pm Lunch		12-1pm Lunch	12-1pm Lunch	12-1pm Lunch	
	2-4pm Techniques in Wildlife Management - Project	3-5pm Homework Time	2-4pm Environmental Policy and Socioeconomic Values - Presentation Prep	2-3pm Introduction to Swahili Language and East African Culture Lecture	2-3:30pm Environmental Policy and Socioeconomic Values - Presentations	
	4-5:30pm Introduction to Swahili Language and East African Culture - Movie		4pm-5:30pm Wildlife Ecology - Lecture	3:30-4:30pm Town Hall Meeting	3:30 -5:30pm Techniques in Wildlife Management - Project	3-5pm Homework Time
	5:30-6:30pm Optional Soccer Game	5-7pm Free time at the Center or outside with the Community	5:30-7pm Free time at the Center or outside with the Community	5-7pm Free time at the Center or outside with the Community	5:30-6:30pm Optional Volleyball Game	5-7pm Free time at the Center or outside with the Community
7pm Curfew (Due to Increased Wildlife Activity)	7pm Curfew (Due to Increased Wildlife Activity)	7pm Curfew (Due to Increased Wildlife Activity)	7pm Curfew (Due to Increased Wildlife Activity)	7pm Curfew (Due to Increased Wildlife Activity)	7pm Curfew (Due to Increased Wildlife Activity)	7pm Curfew (Due to Increased Wildlife Activity)
7-8pm Dinner and Evening Meeting	7-8pm Dinner and Evening Meeting	7-8pm Dinner and Evening Meeting	7-8pm Dinner and Evening Meeting	7-8pm Dinner and Evening Meeting	7-8pm Dinner and Evening Meeting	7-8pm Dinner and Evening Meeting

- Meals and Announcements
- Free Time
- Community Engagement
- Classroom Time
- Field Work
- Curfew



Health & Safety in the Field



24-Hour Emergency Hotline

SFS maintains a 24-hour emergency hotline. To urgently contact a student in the field, call 978.219.5113.



Health & Wellness Manager

The Student Health & Wellness Manager is a full-time primary medical responder and student support personnel on campus. They are certified in Wilderness First Response, or an equivalent certification, and trained in sexual assault first response. They also counsel students on life abroad, conduct risk assessments, attend medical appointments, and help coordinate program logistics.



Orientation

Prior to departure, SFS requires attendance at a pre-departure orientation focused on essential aspects of the program. Students must also research the inherent risks associated with traveling abroad and cultural considerations themselves. Upon arrival to campus, students receive an additional orientation about the local community and culture, center operations, and relevant risks.



Medical Care

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

If a medical care facility visit is needed, staff will accompany the student to the appointment. There may be times when medical care access is delayed. Students are responsible for all medical costs and all incidental expenses incurred by all parties involved including transportation, accommodations, etc. This may include costs related to COVID-19 quarantining. Some medical conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawal are made by SFS.



Mental Health Support

Adjusting to new routines, relationships, and environments while away from usual support systems can be challenging. Many students also struggle with the rigorous schedule that is inherent to SFS programs. The ways students manage stress, take care of themselves, or find joy may not be available while they are abroad. There is decreased communication with home, limited privacy and alone time, and infrequent or modified opportunities for exercise.

SFS is partnered with Telus Health to provide students with access to free, mental health and wellness support by chat, phone, and video via WIFI. Students should download My Student Support Program (My SSP) in the app store or on the [My SSP website](#). My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan. Students with regular counseling should verify that their mental health provider is available while they are abroad.



Identity

Each country is shaped by its history, and therefore attitudes towards gender, sexual orientation, ethnicity, and religion can differ greatly. What seems like discrimination may simply be curiosity. Additionally, most students expect differences between themselves and their host country but don't realize the most significant differences may be between themselves and their student group. Students should research how their identity might be perceived in a new context, in specific local political and societal issues, racial, ethnic, and religious composition, [LGBTQIA+ climate](#), and cultural norms and local laws.

It is a privilege to study in another country and be welcomed into their community. It is not our students' place to change its culture or values. While students are learning about the country and its people, they will be ambassadors of their own country and culture. SFS campuses are permanent fixtures, and these communities are home to staff year-round. Behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community and impede meaningful interactions.



Sexual Health & Wellness

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

- The ramifications that a short-term relationship may have on a small residential campus or within the local community.
- Access to protection, medication for sexually transmitted infections, and emergency contraception may not be available.
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures.
- If anyone feels subjected to sexual harassment, they should walk away from the situation that makes them uncomfortable without concern for being culturally inappropriate. They can report harassment or assault to any staff member.
- In the case of a sexual assault, SFS will make every effort to support students. This includes access to medical care, the option to report to local law enforcement, and identifying additional support resources. Local laws, definitions, and legal implications often differ from those in the U.S. 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.



LGBTQIA+

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

- Laws and social customs may differ from one's home country, and countries that criminalize same-sex partnerships may also use the law to criminalize gender identities or expressions.
- Cultural practices may not support freedom of expression and travelers may experience discrimination and harassment.
- Some cultural practices are based on traditional gender roles and expressions. As a result, those who do not identify as they physically present may sometimes be misgendered or mispronounced.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- Health services specific to transgender people may be limited or unavailable. Students may also be denied services in their affirmed gender while they are traveling abroad.
- It is not always possible to use preferred names or gender (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and students may need to provide binary sex information.



**PREPARING FOR
DEPARTURE**



Program Costs

The relationship SFS has with students' schools will determine the billing process. Within a week of acceptance, students or their schools will be required to pay a non-refundable deposit to reserve the spot. Afterward, we will reach out to students or their schools to collect tuition payments. Up-to-date costs and refund policies can be found [here](#).

Included in SFS program costs are program advising and orientations, tuition and research fees, airport transfers, housing, meals during program time, field excursions and cultural activities, emergency evacuation and 24/7 support, and official transcript processing.

PROGRAM	BILLING DEADLINE
Spring	November 1st
Summer 1 or 1+2	April 1st
Summer 2	May 1st
Fall	June 1st

BASIC COSTS (BILLED BY SFS)	SEMESTER	SUMMER 1	SUMMER 2	SUMMER 1+2
Tuition	\$21,000	\$5,750	\$5,750	\$11,500
Room & Board	\$5,750	\$2,450	\$2,450	\$4,900
BASIC PROGRAM COST	\$26,750	\$8,200	\$8,200	\$16,400
ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY)				
Airfare	\$2,000	\$2,000	\$2,000	\$2,000
Passport	\$200	\$200	\$200	\$200
Visa fees (if applicable)	\$100	\$100	\$100	\$100
Immunizations/Medications	\$800	\$800	\$800	\$800
Personal Expenses	\$800	\$400	\$400	\$800
Program Breaks	\$500	N/A	N/A	\$300
ESTIMATED ADDITIONAL PROGRAM COSTS	\$4,400	\$3,500	\$3,500	\$4,200
TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)				
ESTIMATED TOTAL PROGRAM COST	\$31,150	\$11,700	\$11,700	\$20,600



Financial Aid

All students are encouraged to apply for SFS financial aid. Financial aid applications are reviewed on a rolling basis starting in February for summer programs, April for fall programs, and September for spring programs. Early submissions are welcomed. Students who submit an SFS financial aid application by the payment deadline will be considered for our full range of aid options. Learn more [here](#).



PASSPORT

Students must have a passport in hand four months prior to departure that is valid for at least 6 months after their arrival to Tanzania.



VISA

Students will enter Tanzania using a tourist visa which will be applied for and granted before arrival and last 90 days. Tourist visa costs are the responsibility of the student and cost approximately \$100 USD, prices subject to change. Students' tourist visas will be supplemented with a student visa (Residence Permit: Class C) which will cover them for the remainder of their stay. Staff will process and pay for students' student visas.

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

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



FLIGHTS

Students are responsible for the cost of flights to and from their program. Students will receive travel instructions at least 2 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 students are traveling before or after the program, they are responsible for meeting the group at the airport at the designated date and time. Additionally, SFS is not responsible for transporting or storing luggage before or after the program.

SFS is not responsible for reimbursing travel expenses for programs canceled 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



Medical Approval Process

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



Vaccinations & Medications

Required

- Yellow Fever vaccine
- Malaria prophylactic medication for the entire program and pre- and post-exposure dosage

Recommended

- [Centers for Disease Control](#), travel clinics, or medical providers can provide further recommendations.



Insurance

Students are required to buy health insurance. It is the student's responsibility to ensure that their coverage is valid in their program country(s) for the full duration of their program and covers basic medical care, including non-urgent illness or injury, laboratory tests, and pharmaceutical needs. SFS does not provide company recommendations. Keep in mind:

- Most domestic health insurance plans do not provide comprehensive coverage for out-of-country medical expenses.
- Schools may provide international health insurance or have their own insurance requirements for studying abroad.
- Most insurance companies provide coverage on a reimbursable basis. Therefore, students need to bring an emergency credit card/debit card with at least \$3,000 USD to pay for medical expenses and then request reimbursement later on.

Emergency Evacuation and Repatriation Insurance

All students are automatically enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This plan covers the cost of transportation, accommodations, and medical care associated with medically or politically necessary evacuations (e.g. life-saving support during air evacuation). It includes up to \$350,000 for emergency medical evacuation, \$100,000 for emergency security evacuation, and \$20,000 for repatriation of remains. The coverage provided 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.



Accommodating Disabilities

SFS works with students, schools, and physicians to determine required accommodations and whether they can be safely and reasonably maintained on program. We strive to meet students' needs, but due to the remote nature of programs, there are varying levels of accessibility. Questions regarding physical and mental health accommodations or learning accommodations can be directed to the Office of Student Affairs and the Office of Academic Affairs respectively.



PACKING GUIDE



Packing Considerations

Luggage

SFS does not have policies regarding how much or what type of luggage students bring, so pack according to personal needs. Bring only what can be maneuvered oneself and check with all airlines for luggage restrictions and fees.

Culture & Climate

Most program time is spent in classrooms or vehicles, so students often wear their “normal” clothes more often than their field clothes. However, prepare for lots of dust and sun. 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 cannot be damaged!

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

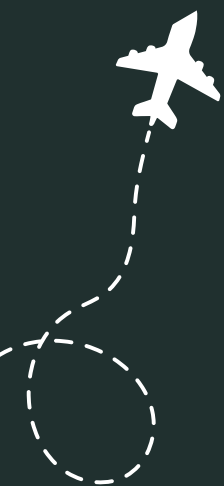
Shoulders, knees, and everything in between need to be covered.

No leggings or yoga pants.

No tank tops.

Tsetse flies (which have a nasty bite) are common and are particularly attracted to dark clothing.

While packing, consider the impact of the products brought to the program, both the ingredients and packaging. Plastic can be difficult for waste management in remote environments. 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. Think about bringing a reusable tote, metal straw, cloth napkins, etc. We also highly encourage biodegradable soaps, shampoos, and conditioners.





Required Packing

- **Shorts/Skirts** Minimum 5-inch inseam around camp. **SHORTS/SKIRTS MUST COVER KNEES OUTSIDE THE CENTER.**
- **Pants** for field work, lightweight blends for non-field time, and sweatpants. Field pants that can zip to shorts recommended. **LEGGINGS CAN ONLY BE WORN AT THE CENTER.**
- **T-shirts** that completely cover the shoulder, back, and waist. **SPAGHETTI STRAPS, CROP TOPS, AND V-NECKS NOT ALLOWED.**
- **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/sweatshirts** Recommend fleece. It can get cold.
- **Waterproof rain jacket with a hood**
- **Underwear and Socks** 2+ pairs of long, lightweight, moisture-wicking synthetic (not cotton) hiking socks, 1+ pairs of warm socks, and normal socks.
- **Casual/Nice clothes** for off days in 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 OUTSIDE THE CENTER.**
- **Pajamas** appropriate for shared spaces.
- **Sun hat and sunglasses** Hat should have brim.
- **Bandana or Scarf** for the dust.
- **Hiking boots** with thick soles to protect from thorns.
- **Sneakers**
- **Sandals** with heel straps.
- **Flip-flops or crocs** for around the center or showering.

- **One set of sheets, pillow, and pillowcase** Standard twin size. A mosquito net is provided.
- **Sleeping bag** rated for 50°F.
- **Sleeping pad** for camping trips. Foam or inflatable. If inflatable bring duct tape to repair it.
- **Towels** 2 large towels and 1 face/hand towel. Quick dry towels are best!
- **Toiletries and Laundry detergent** Basic items can be purchased in town but plan to bring enough for at least a week. Preferably biodegradable.

- **Masks and COVID tests** Bring enough masks to last the duration of the program and home rapid tests.
- **Record of immunizations and Health history**
- **Personal first-aid kit** including Anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Antihistamines, Pro-biotics, Antidiarrheals, Vitamin C, Cold medicines, Immune boosters, Hydration salts/Liquid IV, etc.
- **Prescriptions** Overseas prescriptions are not always accepted. Bring adequate supplies of prescription medications to last the duration of the program alongside doctors' prescriptions to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.
- **Motion sickness medication/ Dramamine/ Ginger chews**
- **Period care** Students can purchase pads in town, tampons are not common. We encourage menstrual cups or environmentally friendly, biodegradable options.

- **Flash drives and/or External hard drive** At least 4 GB recommended.
- **Computer** that can open Microsoft Office documents offline and has a USB port. Please download QGIS and R prior to arrival. Both are available online for free.
- **Surge protector and Plug adaptors**
- **Binoculars** Preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.
- **Headlamp** Rechargeable recommended.
- **Collapsible chair/camp stool** with 3 or 4 legs.
- **Day pack** Small backpack suitable for taking gear into the field. 15-30L recommended.
- **Notebooks and Pens/Pencils** Can buy locally.
- **Water bottles** 2 bottles with 1L capacity each. Alumni recommend insulated bottles!
- **Insect Repellent** 1+ bottles.
- **Sunscreen** 1+ bottles.
- **Tupperware, Silverware, and Travel mugs** for packing lunches.
- **Clothespins**





Recommended Packing

- **Purse/tote bag** for town.
- **Small clothing repair kit**
- **Laundry bag**
- **Swimsuit**
- **Pocketknife** Checked luggage only.
- **Clipboard**
- **Lightweight Blanket**
- **Hammock**
- **Earplugs and Eye mask**
- **Baby wipes and Hand sanitizer**
- **Journal**
- **Games, Movies, Books, and Crafts**
- **Snacks, Drink powders, and Dietary supplements**
Any favorites.

- **Camera**
- **Voltage converter** if needed for electronics.
- **Headphones and/or Bluetooth speaker** Noise canceling recommended.
- **Waterproof cases for electronics and silicone packets** (or some water-absorbing equivalent).
- **Extra batteries and External battery packs**
- **Wristwatch**
- **Items to donate to the community** School supplies, books, watches, water bottles, pens, sunglasses, clothing, and sports equipment.



Contact Us

Keep up with SFS Follow us on Instagram [@theSFS/@SFStanzania](#), read [news from the field](#), and find the [full list of the SFS team bios here!](#)

Questions about billing? Billing@fieldstudies.org

Deposit payments, invoices, billing deadlines, financial aid packages, and loan paperwork.

Questions about health and safety? StudentLife@fieldstudies.org

Medical paperwork, Immunizations, managing medical conditions on program, and dietary needs and preferences.

Questions about academics? Academics@fieldstudies.org

Learning accommodations, syllabi, and directed research.

Questions about admissions or enrollment? Admissions@fieldstudies.org

Which program is the best fit, application materials, and travel and visa logistics.