

Upendo Children's Home – Volunteer Checklist

Essentials

- Anti-malarials
- Bug Spray
- Baby wipes
- Head-torch
- A towel
- Credit/debit card
- Sunscreen and after-sun cream
- Travel first aid kit and medicines
- A basic, unlocked mobile phone
- A camera - compact cameras are best. Larger cameras such as digital SLRs are fine, too, although they can attract more attention. Always ask permission before taking a photo of someone you don't know.
- Toiletries - many things can be bought in Mwanza
- Loose and light clothing - NB. Tanzania is quite a conservative country. For girls, strap tops are fine but you should bring trousers/shorts/skirts that go below the knee. A light scarf/pashmina is also useful to cover up with.

If you plan on going on safari during your stay, the following items will be useful:

- Walking shoes or sturdy trainers
- A warm jumper/hoody
- A blanket - traditional Masai blankets can be bought in Mwanza for around 10,000 TSH (£4)

Other

- A deck of cards
- Clothes/equipment/games for the children - check with a member of the Upendo Team about what might be needed during your stay.
- Books - there is a Upendo book swap at the volunteer house
- Small speakers and iPod/MP3 player