

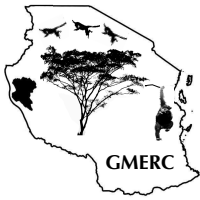
Preparing for arrival to the Issa Research Station, Tanzania Updated February 2018

1. Travel

- 1.1. Dar es Salaam (major city, typical dangers apply)
 - 1.1.1. We can help facilitate travel from Dar es Salaam airport to/from hotels. Our driver can be at DSM at all hours to retrieve incoming visitors;
 - 1.1.2. We recommend
 - 1.1.2.1. [Wistas Hotel](#) (Mlimani City, +255 715 277 563)
 - 1.1.2.2. Padres Passionisti (Mikocheni B, +255 754 571 643)
 - 1.1.2.3. CEFA (Mikocheni B, +255 784 852 085)
- 1.2. We recommend Air Tanzania for travel to/from Kigoma, and book nearly all travel through [Apalis Travel Agent](#). See Mumtaz, +255 789 000 099);
- 1.3. Kigoma (small town)
 - 1.3.1. We can coordinate pick-up from Kigoma upon arrival to Kigoma airport;
 - 1.3.2. Has a few large markets, many small shops, some with imported goods (Nutella, canned beans, peanut butter, etc.)

2. Handy supplies to bring

- 2.1. **General clothing** (*note that Tanzanian culture, both in towns and at camp, is more conservative than in Europe/UK/USA. Use good judgment and be sensitive in dress and overall behaviour*):
 - 2.1.1. Hiking Trousers, long sleeve shirts, wellies (can also be purchased in country) or hiking shoes → you'll probably want 2 pair if coming between October-April to alternate when one is wet from the rains/rivers
 - 2.1.2. Shorts (for lounging at camp, in towns, NOT for forest work)
 - 2.1.3. Poncho, raincoat, rain trousers (for any visit between October-April)
 - 2.1.4. Quick dry towels
 - 2.1.5. Sandals (town, camp)



2.2. For forest work:

- 2.2.1. Hat
- 2.2.2. Head net
- 2.2.3. Head torch
- 2.2.4. Water bottle (2-4L capacity depending on personal needs)
- 2.2.5. Binoculars
- 2.2.6. Camera
- 2.2.7. Digital watch
- 2.2.8. Rucksack (large enough for water, tupperware container (lunch), raincoat, camera, tablet for data collection, GPS-radio, binoculars, etc.)

2.3. Miscellaneous:

- 2.3.1. **Biodegradable soap (VERY important)**
- 2.3.2. Sleeping bag & pillow (most people roll up a fleece, etc. for a pillow. There are also blankets on site, but bring a sleeping bag if preferred);
- 2.3.3. Snacks (protein bars, almonds, dried fruits, etc.). Peanuts, biscuits, cookies available in Kigoma;
- 2.3.4. There is bottled water available for purchase in all towns and we can provide 12L bottles of water for camp, but not indefinitely. Everyone based at the station – foreigners and Tanzanians alike – drinks water from the main spring. If you are not comfortable with that, we can filter or boil water, but it is recommended to bring water treatment if you think you may have an adverse reaction to spring water;
- 2.3.5. Plastic zip-Lock bags (for protection of any food or electronics against ants)
- 2.3.6. Debit card (Visa more reliable in TZ) → you will need an ATM/credit card if you decide to enter a National Park. New rules from 2016, Nat Parks no longer accept cash at the gate.
- 2.3.7. US Dollars in case your bank freezes your ATM card!
- 2.3.8. The research station has US-UK-EU power outlets and runs off 240V (if you're coming from the US, you'll need transformers for some items)

2.4. Towns

- 2.4.1. Insect repellent
- 2.4.2. USB modem for laptop (for towns) or be prepared to use a hotspot on a personal smartphone
- 2.4.3. Adapters for 220V ("UK") power supplies if coming from outside the UK