



Running – Info & Packing List

PACKING LIST: We run only in daylight and in all weather unless trails are impassable. Nights and mornings are cool, particularly in mountainous areas where mornings can be quite misty. Days are warm to hot and the sun may be harsh at times. At elevation, cloud cover may moderate the heat to make for a comfortable running temperature in t-shirt and shorts. Bring clothing for all conditions. Out of respect for communities through which we run, we require that shirts be worn at all times (singlets are okay; jog-bra is not). You carry what you need for the running day (in addition to water and snacks, you should have sunscreen, rain gear, etc.).

This list is not a comprehensive packing list, but includes particular items we suggest for running in Tanzania. Bring enough for the 8-day run plus days before and after at the Mbahe Village cottages.

Clothing and Equipment.

- Sleeping bag rated to 40° F (5° C) (rental bag available for \$30).
- Water bottles and light back pack/fanny pack or hydration pack for your daily gear (snacks, camera, sunscreen, rain jacket, etc.).
- Running clothing according to your preference.
- Rain jacket.
- Running tights or rain pants.
- 2 pairs running shoes (so 1 pair can dry, if necessary).
- Casual clothing for camp.
- Sunglasses that block UV rays.
- Hat with brim.
- Bandanas.
- Swimsuit.
- Small quick-drying towel and washcloth.
- Small container of liquid laundry detergent for hand laundry.
- Thin rope and clothes pins or safety pins for hanging clothes.
- Headlamp and spare batteries (for camp; we do not run in the dark).
- Sandals or flip-flops (for showers).

Energy Snacks, Sports Drinks and Supplements.

You are expected to know your own fluid, electrolyte, salt, and other supplement needs and to bring the snacks and supplements you require for the full 8 days. We provide some electrolyte replacement drink powders and snacks, but particular types, brands, and flavors are not guaranteed as these are meant to supplement what you bring yourself.

- Energy snacks, gels, powdered sports drinks, etc. (enough for 2,000 calories/day).
- Salt tablets and other supplements according to your needs.
- Iodine tablets or personal portable water filtration system (in case you run out of water on the trail, due to missing the support vehicle, excessive consumption, etc.).

Personal First Aid Supplies. Consult with your physician as necessary.

- Sunscreen (SPF 30 or higher).
- Lip balm with sunscreen.
- Hand wipes or hand sanitizer.
- Insect repellent.
- Hydrocortisone cream for itching (check for sun sensitivity).
- Aspirin, ibuprofen, or *Tylenol*. Ibuprofen is also an anti-inflammatory.
- Moleskin, Second Skin blister pads, or Bodyglide lubricant to prevent blisters.
- Moisturizing cream.
- Band Aids.

- Topical antibiotic.
- Ace bandage or elastic supports for weak knees, ankles, or sore joints.
- Antibiotic, such as Cipro.
- Pepto-Bismol tablets for stomach problems.
- Feminine protection.
- Contact lens wearers also bring a pair of glasses for back-up.