



# Travel Toolkit

*When you travel to Tanzania we can take over all arrangements once you are here. But some things you have to take care of in advance. 😊  
Here is a list of things you have to do / to buy before you come to Tanzania!*

## **6 months before** ✈️

-Ask your doctor for a **vaccination** against **Yellow Fever**. It's possible you will have to show your vaccination card or 'Yellow Card' at arrival in the airport. Only for **Zanzibar** you also need a vaccination against **Cholera**.

Other vaccinations such as **DTP** (diphtheria, tetanus and polio), **Hepatitis A** and **Hepatitis B** are not necessary but recommended.

-A **Tourist Visa** is required in Tanzania. It costs 50\$ or 50€. (Dollar is cheaper so it's better to change your Euros first) You can choose: to ask your visa in advance in the embassy of Tanzania in your country, or you can buy it **at arrival** in the airport.

## **2 months before** ✈️

-Make sure your **international passport** is OK. It has to be valid until **6 months after** your **arrival date** in Tanzania. If not, you will have to order a new one.

## **2 weeks before** ✈️ \*

-Make sure you have a **prescription** of your doctor for medicine against **malaria**. You can take Antovaquone Proguanil (Malarone). It's the most expensive but also the most effective one, with fewer side effects. Doxycycline is a cheaper product which you have to take every day. It's a kind of antibiotic. Mephloquine (Lariam) is the cheapest one, but has a lot of side effects. Ask your doctor for more advice. Most of these medicines you have to take within **1 week** and **3 days BEFORE** departure.

\*Some pharmacists don't have those medicines in stock, that's why you should go to find them 2 weeks before.

## **1 week before** ✈️

-You can buy **DEET** (very good mosquito spray) to avoid mosquito bites and other insects

-For people who choose a camping safari, a **mosquito net** to put inside your tent is recommended. People who sleep often in guesthouses and lodges will have always a mosquito net inside the room.

-2 reasons to bring **long trousers and T-shirts** with long sleeves: In the evening there are the most mosquitos, and the wether can become slightly colder so it helps against cold and mosquitos!

-If you would like to **pay** in USD, it's always cheaper to buy dollars in your own country. In the bigger city's you can fine find changing bureaus to change your money with a good rate. But we suggest not bringing too much cash money, in order to avoid that all your money gets lost or stolen. If you do so, devide the money in different bags. On the street (local bars, shops, restaurants,..) people only pay in Tanzanian Shilling. In all towns it's easy to collect those shillings in the ATM. They accept VISA, Mastercard, Maestro, PayPal. Don't forget to **open your card** for the world because most of the time it's only allowed to use your bankcard in your own continent.

-Always **good to bring**: refreshing tissues, anti-bacterial hand gel, sunscreen, aftersun, little first aid kit (anti-diarrhea, painkillers, bandages and plasters, anti-malaria medicines) , sunglasses, hat

-**Clothes**: on safari you can wear what you want. It's easier to have some light, comfortable clothes because a safari can take long hours. In the evening it's getting colder so a warmer sweater and trousers are recommended. If you visit local tribes and bigger cities (with a lot of local people) please wear nothing provocatively. Make sure you don't wear short skirts or trousers. Covering your knees is mandatory. Your guide will inform you every evening where you go the next day.

-If you have a walking safari in your planning, you go hiking or climbing a mountain bring comfortable walking shoes / boots.

-Backpackers: it's easy to rent **tents**, mattresses and pillows here, but if you want you can bring it yourself.

-For having electricity and charging your devices; it's easy to have an English plug/ adapter. In our vehicle we provide electricity and we have a general adapter in case you can't find one or you forgot to bring it.



-If you travel on your own or you visit a part of the country by yourself, a travel guide is always a good help. Tanzania has 2 official languages: English and Swahili. Although English is an official language, a lot of Tanzanian citizens can't speak it. It's also easier to have a small dictionary for Swahili. Of course your guide can help you anytime to translate.

### ***Day of travel***

-Make a copy of your **passport**

-Don't forget to print your booking of your **flighthickets** / your boarding pass if you check-in online

-**print your schedule** for your trip. At arrival in the airport you have to fill in some papers. If you didn't buy your Visa yet, the migration officer will ask you where you will travel in Tanzania, in order to get a tourist visa. Don't forget to bring **50\$ or 50€** to pay this visa.

*Enjoy your trip!*