



TANZANIA COUNTRY INFORMATION

VISAS

Tanzania

Visas are required for entry into Tanzania by citizens of most countries so please check well in advance with the Tanzanian Embassy or Consulate in your country.

It is possible to get visas on arrival at Kilimanjaro International Airport or Dar Es Salaam and at the borders between Kenya and Tanzania (Namanga/Isebania). US citizens are required to pay \$100 for a multi-entry visa whilst citizens of almost all other non-African countries can get a single entry visa for \$50 (you can request a multi-entry if required). We highly recommend checking with the US Embassy in your country of origin for newest requirements.

If you intend to use US dollars cash to buy a visa, the USD currency must be dated 2004 or newer. Tanzania visa officials and many banks will not accept any USD bills that are dated prior to 2004.

You can check these Tanzanian government websites for visa information - [USA](#), [UK](#) or Australia (<http://www.tanzaniaconsul.com/>) – although sometimes the information they present is different – ahhh that's Africa already.

Kenya

Kenya introduced mandatory electronic visa application. You may be denied boarding of your flight to Kenya or denied entry to Kenya if you do not have your printed copy of your e-visa with you.

Please check your local Kenyan Consulate or Embassy for the requirements and e-visa application link.



Await your approval which will be sent to you by email. This will take 2 to 3 days to process so ensure that you plan in advance. Print a copy of your visa to present to the immigration officer at your point of entry into Kenya.

ARRIVAL AT KILIMANJARO INTERNATIONAL AIRPORT - (where relevant)

On the airplane you may be given an immigration card to fill in. If not, there will be one in the arrival hall. Show your return ticket and ensure that the stamp in your passport covers the duration of your stay.

Next go to the baggage reclaim hall and collect your luggage. There is a custom desk along the exit side of the hall. It is very unlikely that your bag will be given more than a quick glance, but make sure it is cleared by one of the customs officials. After you pass through customs you exit the hall and, if we have arranged to meet you that is where we will be - look for a sign with your group's name on it!

REGIONAL / DOMESTIC FLIGHTS

If you are travelling internally throughout East Africa, please consider the following weight restrictions on flights:

Precision Air – 23kg (50 lb) cargo luggage / 5 kg (10lb) hand luggage

Coastal Aviation – 15kg (33lb) cargo luggage / 5kg (10lb) hand luggage

Regional Air – 15kg (33lb) cargo luggage / 5kg (10lb) hand luggage

Auric Air - 15kg (33lb) cargo luggage / 5kg (10lb) hand luggage

AirExcel - 15kg (33lb) cargo luggage / 5kg (10lb) hand luggage

Excess luggage is allowed on certain flights, please confirm upon check in. Excess luggage charges vary from US\$3-5 per extra kilo, depending on airline and route.



Coastal offer a 'premium class' and this allows you to travel with an additional 15kg (33lb) cargo luggage. Rates vary from US\$100-150 supplement per person, depending on sector that you are travelling.

Most flights allow you to also book an additional seat (at the same price that you have paid). This gives you an additional 90kg of cargo luggage (basically the weight of an average person plus their cargo luggage allowance).

BANKS AND MONEY

The unit of currency in Tanzania is the Tanzanian Shilling (TSh). The exchange rate is erratic but the latest is about 2,300 TShs to the US dollar. It is very, very useful to have some money (50-60,000 TShs) in small denominations (1,000 & 2,000 shilling bills).

Again, if you intend to change US dollars cash at any point, or using them upon entry to buy a visa, the USD currency must be dated 2009 or newer. Tanzania visa officials and ALL banks/bureau de change will not accept any USD bills that are dated prior to 2004.

Most of the money you carry should be in Sterling, Euro or US dollar cash. Banks are generally efficient, but transactions tend to take much longer in small towns. Change bureaus are becoming increasingly common and offer best rates of exchange, often staying open until the evening. Hotels often change money but the rates can be poor. The airport change bureau is usually open when international flights arrive. There is a reasonably good supply of ATMs at the airports, border at Namanga, in Arusha, Mto wa Mbu and Karatu and they take mainly Visa and now most also take Mastercard – you can withdraw on debit or credit cards, as long as you make the correct selection. ATMs are fast becoming the best way to travel. Note: ATMs ONLY dispense TZ shilling notes (not US dollars). Some accommodations also take credit cards, mainly the larger ones (and they charge 5%) so please check with us before you go or upon check in at the hotel. However, there is often still a service charge that the



merchant will apply to the transaction. Be sure you are clear on the amount and agree to it before signing the receipt/transaction slip.

Travelers' checks/cheques are pretty much null and void these days!

When calculating how much money to bring, note that all food and accommodation on the actual safari is included. Lunch or dinner on Day 1 and Lunch on your final day depend on what your arrival and departure times are so just check your itinerary for an indication. Other likely expenses are tea/coffee/snacks while travelling between the trekking or safari areas, personal snacks for eating in between meals on trek, beer or soft drinks, and tips. Souvenir prices are very reasonable.

Tipping is an essential part of everyday life in Tanzania, as it is in many countries. The service we receive from our local staff is of a high standard and you may want to show your appreciation by tipping appropriately.

Most of our clients have found that about £800 (US \$1000) for personal spending money and tipping is more than adequate on a two-week trip. A guide tip will be \$30-\$40 per person per day and for porters and the camp usually its \$20 per person per 2 night stay. Please put the tip in the tip box at the lodge or give to the manager upon departure in front of the staff bidding you farewell. Do not give money directly to any other staff at the camps

Also, and very importantly, if you have spare baggage allowance our African staffs are always delighted to make good use of any old or spare kit you have no further use for (boots, rucksacks, sleeping bags, waterproofs, sweatshirts etc as many of these things are unavailable in Tanzania)



SECURITY

On any trip in Africa, we are much more likely to experience security problems from mischievous monkeys and other animals than from humans. You are advised, however, to avoid ostentatious displays of wealth e.g., jewelry, and not to walk around certain parts of large towns at night. Your guide will advise during the trip.

GOVERNMENT TROPHIES

Please be informed that when coming to Tanzania and you have purchased trophies (any animal hide, bone, horn, hair, etc.) from other countries to have an import license and receipts whenever they are in possession in Tanzania to avoid any inconveniences. In other words, tourists carrying trophies are advised to directly mail the trophies bought from other countries directly to their home countries before coming to Tanzania or else the procedures for temporary and STRICT (expensive) import and export laws and duties will be applied for them in Tanzania.

ACCOMMODATION AND FOOD

We stay in comfortable hotels, lodges, luxury permanent or mobile camps, mountain huts or tents throughout our trips. 'Glamping' gives us flexibility and lets us explore wilder and more remote places for those who enjoy a little more adventure.

For camping/trekking options - All meals during the trek will be prepared on stoves or open fires by our own cook. It is important to remember that Tanzania is a developing country, and that certain items are sometimes unavailable. Food will be straight forward but plentiful, a mixture of African and English style dishes. Lunches will usually be sandwiches, piece of chicken, fruit and snacks (or the like). The food will be more than adequate but if you have a favorite snack to eat in between meals while walking, you can bring your own. Useful items



to bring include dried fruit, trail-mix, etc. Remember it can be hot on some days, and chocolate can melt. (Local chocolate has a higher melting point.) Although not necessary, some people find that glucose sweets or favorite high-energy candy bars are helpful (and comforting) for the summit days on the mountains.

INSURANCE

Please confirm that you have taken out insurance against medical expenses, personal accident, rescue and repatriation expenses. It is advisable to carry your insurance certificate at all times when on holiday and leave a copy with a named relative in your country of origin.

MEDICAL

We prefer you to confirm the recommended vaccines and pills with your travel doctor who should have up to date information from a specialist tropical medicine organization. If your doctor is not familiar with the latest requirements, you should contact one of the organizations yourself.

Some of them provide a telephone or print out information service tailored to any specific trip. This information can then be taken to your doctor or travel clinic, where you will receive all immunizations required. You might also check the following websites where up to date immunization information is provided:

For UK <http://www.dh.gov.uk/> For USA <http://www.cdc.gov/>

For the rest of the world <http://www.who.int/ith/en/>

YELLOW FEVER VACCINATION



Tanzania requires visitors from some countries, where there is thought to be a risk of Yellow Fever, to be vaccinated against the disease and to have proof of vaccination, but it is very unlikely you will be from one of these countries. However, from 2008 Tanzania immigration officials at Kilimanjaro International Airport & Namanga border crossing required visitors arriving from Kenya to be vaccinated against Yellow Fever although the disease is not present in Kenya. Tanzanian government regulation is still not clear on this though, and advice on different Tanzanian Embassy and Consulate websites varies or is absent. Certainly the YF certificate is not always asked for at all points of entry, but better to be safe/covered than sorry.

So, if you are from the States, Europe, Australia or any other country in the so called “developed” world, and you are going straight from your country into Tanzania, and you haven’t travelled in a country where Yellow Fever is present within 12 months of arriving in Tanzania, then you would not need a YF vaccination certificate. BUT if you are travelling in Kenya before going to Tanzania, then although it is yet another thing to prepare in advance, we feel it’s better to be safe than sorry on this issue and have a YF vaccination done in your country of origin before arrival. You would not really want to get to a point of entry and be required to have a YF vaccination there and then, at cost of \$50 or more, or be turned away. You should then carry the vaccination certificate with your passport for possible inspection by immigration officials.

OTHER VACCINATIONS

Other protection you would be advised to have (but are not requirements) are immunizations against: Polio, Tetanus, Typhoid Fever, Hepatitis ‘A’, and children should be immunized against TB.

Hepatitis ‘B’ is transmitted through sex or contaminated blood and if you feel at risk from these modes of transmission you should have the immunization.



MALARIA

As most of our travelling in East Africa is above 1,600 meters and in the dry seasons, there was thought to be little risk from malaria. However, it is creeping to higher altitudes now and there is a growing risk of contracting the disease. Therefore, you should consider taking malaria prophylactics and check with your doctor, MASTA or travel clinic on the current recommendations. It is important to follow the latest medical advice as malaria can be serious (although treatable) and as yet no preventative medicines are 100% effective.

A new drug has become available for malaria prevention that is claimed to be more effective than Mefloquine (Larium) or the Palludrine/Nivaquine combination, and without so many negative side effects. Called Malarone in UK, it is manufactured by GlaxoSmithKline but its brand name may vary in your country so please check with the relevant health authorities. The active ingredients in this drug are atovaquone and proguanil. It is very expensive.

Some people who have suffered or are anxious about side effects from malaria prophylactic drugs, choose not to take them. If you decide not to take them, you should consider bringing an additional mosquito net for use at night on any occasions when there may be a risk – unscheduled hotel stays for instance before or after one of your treks or safaris with us. In any case you should use a good quality insect repellent and cover up with clothing - especially at dusk. If visiting the coast, you would be very unwise not to take effective malaria prophylactics.



GENERAL

Taking care with drinking water can help to avoid health problems. Bottled water is widely available now and on treks drinking water is boiled at mealtimes. We have found that a 1 liter water bottle and purifying tablets is useful for other occasions.

Please have your teeth checked before you leave. Remember to bring spare contact lenses or glasses, if you need them.

Women: on a trip like this with so many changes to your normal routine, your body can react in strange ways, so please bring your feminine hygiene products with you just in case.

You should bring your own small first aid kit with simple items such as sticking plasters, antiseptic wipes, bandage, aspirin/paracetamol, plus anything you expect to need for minor or recurrent complaints, e.g. Zovirax (cold sores), Canesten (fungal rashes), 1% Hydrocortisone cream (itchy rashes/insect bites), antiseptic throat lozenges. It is important to pass information to us concerning any medical condition or course of treatment with which you are involved, and any allergies, especially to antibiotics, penicillin and common drugs.

MEDICATION AND STOMACH PROBLEMS

We have an excellent health record on our trips and stomach upsets are by no means inevitable. We are often disappointed by an over-zealous use of antibiotics at the first sign of diarrhea, and equally surprised when clients arrive already having commenced a prophylactic course of tablets. Appetites and performance are often impaired unnecessarily. We also dissuade the use of "cloggers" such as Imodium, Lomotil and Diocalm.



Take note: Your malaria medication has a bad habit of causing a ‘runny tummy’ so always consider that first before jumping to conclusions about all sorts of things like ‘food poisoning’ and so on.

CLIMATE

Most of our trips in Tanzania are usually run during the East African dry seasons. Rain is still possible during these periods but it's usually no more than an afternoon thunder shower. Air temperatures during the day in the lowlands and foothills are around 20 – 30C (68 – 86F)(we often walk in shorts and T-shirts) although evenings can be chilly.

PLASTIC BAGS:

The use of disposable plastic bag is illegal in Tanzania and Kenya. Please make sure you don't use any plastic shopping bags in your luggage or carryon. The use of reusable plastic bags like Zip lock is allowed.



COVID – 19 :

PCR testing is available at Seronera mobile clinic in Central Serengeti and several private and government hospitals in Karatu, Arusha, and Zanzibar. Testing costs \$50 payable directly to the government bank account. At private hospitals there is also a processing fee. We will arrange appointments for you and collect cash on arrival to pay at the bank. You do not have to worry about any testing arrangements. PCR test results usually take 48h.

Antigen testing is available at the Kilimanjaro International Airport and only for the passengers of the airlines that require it. Cost of test is \$10 and its available within 1h.

No PCR test required to enter Tanzania or Kenya if you are vaccinated and present a valid vaccination certificate with QR code.

AND FINALLY....

This information sheet cannot provide all the answers to all your questions. Please Let us know if you have any questions.

Sincerely,

Topguides Safaris Team.