



PRE-DEPARTURE TRAVEL GUIDE FOR

*Tanzania*



# CONTENTS

---

|                              |    |
|------------------------------|----|
| General Information .....    | 3  |
| Visas .....                  | 4  |
| Health Care .....            | 4  |
| Food and Water .....         | 5  |
| Money .....                  | 5  |
| Climate .....                | 6  |
| Dress Code .....             | 7  |
| Flights and Luggage .....    | 8  |
| Keeping in Touch .....       | 8  |
| Electricity .....            | 9  |
| Tipping and Gratuities ..... | 9  |
| National Parks .....         | 10 |
| Contact Details .....        | 13 |

# GENERAL INFORMATION

Tanzania is the largest country in East Africa, covering approximately 945,000 km<sup>2</sup>. It was officially formed in 1964 through the union of mainland Tanganyika and the island of Zanzibar, creating a nation rich in history, culture, and natural beauty.

The country is home to more than 120 ethnic groups, each contributing to Tanzania’s vibrant cultural heritage. This diversity is a source of national pride and unity. The primary religions are Christianity and Islam, with Islam being especially influential along the coast and on Zanzibar.

Swahili and English are the official languages and are widely spoken throughout the country, particularly in tourism and business. In addition, many indigenous languages are still used in local communities, and Arabic is commonly spoken in coastal regions due to historical trading connections.

Safari is not simply an activity in Tanzania — it is part of the nation’s heritage. With nearly one-third of its land protected for conservation, the country offers some of the most extraordinary wildlife experiences on earth.

The sweeping plains of the Serengeti host the legendary Great Migration, an ancient rhythm of life that continues to define Africa’s wilderness. Nearby, the Ngorongoro Conservation Area presents one of the densest concentrations of wildlife in a breathtaking natural amphitheatre. In the south, Ruaha reveals a more remote and untamed safari frontier, rich in predators and dramatic landscapes.

Beyond the bush, Tanzania unfolds even further — from the palm-fringed shores of Zanzibar to the snow-dusted summit of Mount Kilimanjaro and the tranquil waters of Lake Victoria. Few destinations combine such scale, beauty, and diversity so effortlessly.

## FACT BOX

|                |                                                              |
|----------------|--------------------------------------------------------------|
| Capital City:  | Dodoma (official/administrative), Dar es Salaam (commercial) |
| Landmass:      | 945,203 km <sup>2</sup>                                      |
| Population:    | c. 49 million                                                |
| Currency:      | Tanzanian Shilling (Tsh) & US\$                              |
| Dialling code: | +255                                                         |
| Time zone:     | GMT +3 hours                                                 |

If you are interested in learning Swahili, we can recommend The Rough Guide Phrasebook: Swahili. It will always come in handy and your efforts will be appreciated by those you meet. Alternatively, ask the people you meet along the way —they will be more than happy to teach you some of the local phrases.

## PLASTIC BAGS

Plastic bags are prohibited in Tanzania. Please bring reusable, eco-friendly bags. Small resealable bags for toiletries are allowed.



# VISAS

---

## Mainland

Most travellers require a visa to enter mainland Tanzania, with fees typically ranging between USD 50 and USD 100, depending on nationality. We strongly recommend applying in advance through Tanzania's official e-visa system to ensure a smooth arrival process. Alternatively, visas may be obtained on arrival at major international entry points, including Dar es Salaam, Kilimanjaro, and Zanzibar airports, as well as the Namanga border crossing from Kenya. Please note that visa-on-arrival queues can be lengthy, sometimes resulting in delays of up to two hours. Payment for visas on arrival must be made in US Dollars cash. Travellers should confirm current visa requirements with the Tanzanian Embassy or Consulate in their country prior to departure, as regulations may change.

**Visa requirements may change, so please check the latest information before travelling.**

Visit the official Tanzania Immigration website to apply or learn more:  
<https://visa.immigration.go.tz/>

## Entry Requirements

To enter Tanzania, travellers must ensure they meet the following requirements:

- A passport valid for at least six months beyond your planned departure date
- At least two blank consecutive pages in your passport
- Proof of onward or return travel

## Zanzibar

The government of Zanzibar has implemented a new mandatory insurance requirement, backed by the Zanzibar Insurance Corporation. This cover is at US\$44 per person, and there is also a family plan option. Further information and FAQs can be found [here](#).

# HEALTH CARE

---

## MALARIA

Malaria is present in Tanzania, and guests are advised to consult their doctor regarding appropriate preventative medication before travel. To reduce the risk of mosquito bites, use insect repellent, wear long-sleeved clothing in the evenings, and sleep under mosquito nets where provided. Most safari camps have measures in place to ensure guest safety and comfort.

## VACCINATIONS AND YELLOW FEVER

Please consult a travel health professional at least six weeks prior to departure for recommended vaccinations. A yellow fever certificate is generally only required if you are arriving from or transiting through a country with a risk of yellow fever transmission, including extended transit through Kenya or travel to Zanzibar via such regions. Requirements may change, so please verify current regulations before travelling.

## MEDICAL FACILITIES AND EMERGENCY SUPPORT

Tanzania has good medical facilities in major cities such as Arusha and Dar es Salaam. However, medical services in remote safari areas may be limited.

We recommend bringing a small personal medical kit containing essential items such as:

- Prescription medications
- Pain relief medication
- Allergy medication
- Motion sickness tablets
- Basic first aid supplies

For your safety and peace of mind, we ensure that all guests have access to emergency medical evacuation services. In the unlikely event of a medical emergency, evacuation to the nearest appropriate medical facility will be arranged promptly.

## FOOD AND WATER

---

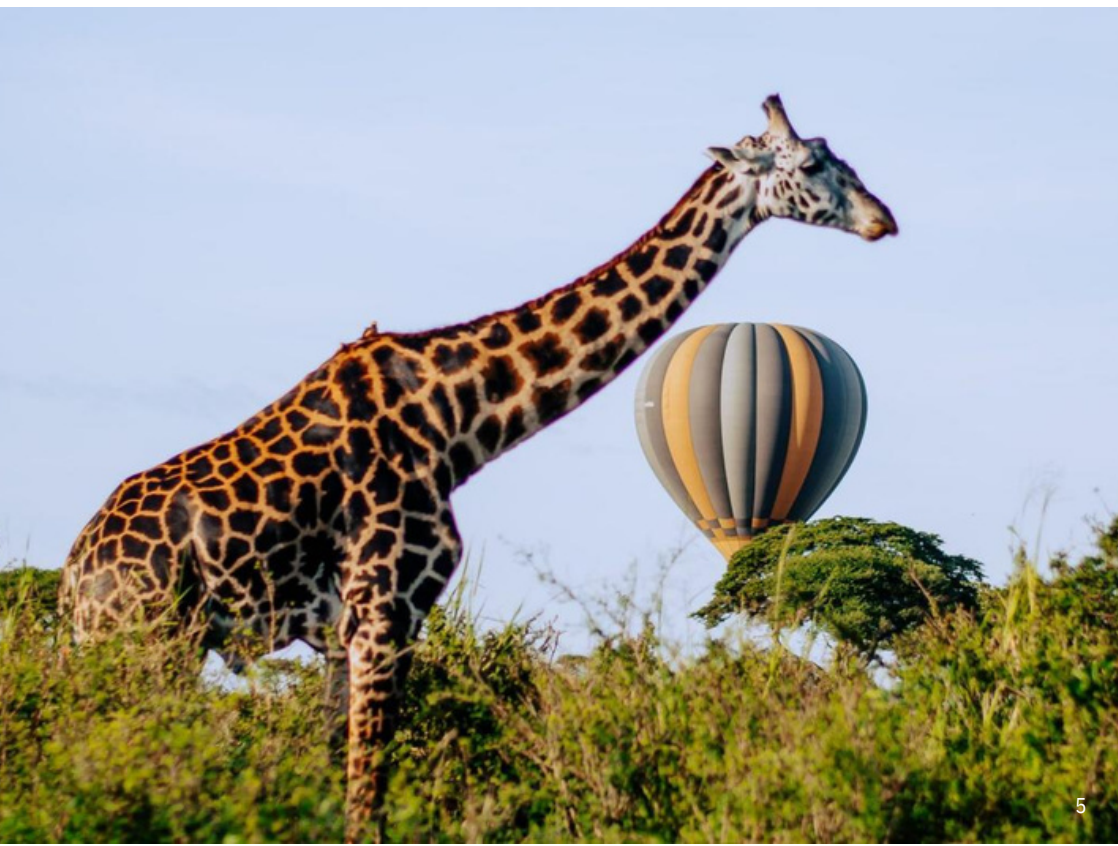
Hotels, camps, and lodges should supply either bottled or properly filtered drinking water. Tap water is not safe to drink. Avoid consuming food or beverages from street vendors, and under no circumstances should you bathe in rivers or lakes.

## MONEY

---

The official currency in Tanzania is the Tanzanian Shilling (Tsh), though US dollars are also widely accepted. Please note that US bills printed before 2009 are not accepted. You can exchange money at banks or Forex Bureaus, or withdraw Tanzanian Shillings from ATMs, which are available at major airports and towns. Check with your bank for any fees or guidance when using international ATMs.

Major credit cards are widely accepted at most hotels, establishments, though a small surcharge may apply. It is recommended to carry some cash for smaller shops and market stalls. Major banks are available throughout Tanzania and generally operate from 9:00 am to 3:00 pm, Monday to Friday.



# CLIMATE

Tanzania generally experiences warm days with cool mornings and evenings throughout most of the year. Temperatures on Mount Kilimanjaro and Mount Meru can drop below freezing, while coastal and lakeside regions are typically hot and humid. The country has two rainy seasons: the long rains from March to May, and a shorter rainy period from November to December.

Tanzania can be visited year-round, though the climate differs significantly between the rainy and dry seasons. The charts below provide a rough guide to temperatures and rainfall in Arusha and Zanzibar. Keep in mind that actual conditions can vary widely depending on altitude and distance from the coast.

| Average monthly rainfall (inches) – varies according to location |     |     |     |      |     |     |     |     |     |     |     |     |
|------------------------------------------------------------------|-----|-----|-----|------|-----|-----|-----|-----|-----|-----|-----|-----|
|                                                                  | J   | F   | M   | A    | M   | J   | J   | A   | S   | O   | N   | D   |
| Arusha                                                           | 2.2 | 2.6 | 5.8 | 9    | 2.6 | 1   | 0.5 | 0.5 | 0.5 | 1.2 | 4.6 | 4   |
| Zanzibar                                                         | 3   | 2   | 5.3 | 10.3 | 6.9 | 1.8 | 1.5 | 1   | 1   | 2.4 | 5.5 | 5.2 |

| Average Monthly Temperatures (°F) – Highs and Lows |       |       |       |       |       |       |       |       |       |       |       |       |
|----------------------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|                                                    | J     | F     | M     | A     | M     | J     | J     | A     | S     | O     | N     | D     |
| Arusha                                             | 58/80 | 58/81 | 59/80 | 60/78 | 58/75 | 56/74 | 54/74 | 55/75 | 55/78 | 58/80 | 59/80 | 59/80 |
| Zanzibar                                           | 79/82 | 79/85 | 77/85 | 75/82 | 70/83 | 65/82 | 64/82 | 64/82 | 64/82 | 64/82 | 75/82 | 79/85 |



# DRESS CODE

Modest clothing is recommended in Tanzania's larger towns and cities, especially in Zanzibar, out of respect for Muslim customs. In public spaces in Zanzibar, it is required to cover from shoulders to knees. This is enforced by law, and local authorities may issue spot fines for non-compliance. A sarong or light scarf is a convenient way to cover shoulders or knees when needed.

In lodges, camps, and on Zanzibar's beaches, shorts, t-shirts, and beachwear are perfectly acceptable. For safaris, light layers in neutral colors such as green, khaki, and beige are recommended. Avoid dark colors like navy or black, which attract tsetse flies, as well as bright colors such as yellow, red, and purple.

# WHAT TO PACK

|                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Layers: long- and short-sleeve shirts, and trousers</li><li>• Warm fleece or jumper</li><li>• Comfortable but sturdy shoes</li><li>• Lightweight waterproof jacket</li><li>• Sunscreen — essential</li><li>• Small torch</li><li>• Good pair of binoculars</li></ul> | <ul style="list-style-type: none"><li>• Flip-flops</li><li>• Swimming costume</li><li>• Hat or baseball cap</li><li>• Sunglasses</li><li>• Toiletries — most camps provide shampoo, shower gel, and soap</li><li>• Spare batteries, plug adaptors, and charging equipment</li><li>• Books or a fully loaded Kindle/iPad for siesta time</li></ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|





## INTERNATIONAL FLIGHTS

---

Tanzania has three major international airports: Kilimanjaro, Dar es Salaam, and Zanzibar. These serve as the main hubs for many airlines arriving from Africa and Europe. In addition, the country has several domestic airports and airfields that connect major towns, safari destinations, and other locations across Africa.

## LUGGAGE

---

Many international airlines allow a baggage limit of 20 kilograms (44 lbs.) or more per person, but you should confirm this with your specific airline. On light aircraft flights within Tanzania, luggage is restricted to one soft-sided bag per person, with a maximum weight of 15 kilograms (33 lbs.); hard-shell bags are not permitted. In some areas, additional luggage allowance can be purchased — please check with your travel consultant for details.

## KEEPING IN TOUCH

---

Email, internet, and fax facilities are available in larger towns and at major hotels, with city hotels often offering international dialing services. Some lodges and camps may have limited internet access, but connectivity is not always guaranteed, and most areas lack reliable cell phone signal.

If you plan to stay in Tanzania for an extended period, it is advisable to purchase a local SIM card, which can be topped up with local currency. These are widely available, with Celtel and Vodacom recommended as reliable providers. That said, we also encourage you to embrace the bush experience and take a break from modern communication.

## ELECTRICITY

---

Electricity is available at 220/240 volts AC, 50 Hz. Primary Socket Type: British BS-1363 (British Standard). Adaptor plugs will be available in some lodges but we advise that you bring at least one with you. Please be aware that the power supply is subject to cuts and voltage fluctuation even in major cities. On safari, most of the lodges are powered by generators or solar panels and these are often

turned off during parts of the day and night to reduce noise and fuel consumption. Due to the high power usage, many safari camps do not allow use of hairdryers. Please also note that in some camps and lodges, power sockets for charging are only available in the main area. Please ask if you require more details on this.



## TIPPING AND GRATUITIES

---

In Africa, it is customary — but not obligatory or mandatory — to give tips to service staff in gratitude for good service. Gratuities can be increased or decreased depending on the level of service you are given. If you are pleased with the service you receive, you are more than welcome to tip our staff or your guide in our various camps and lodges.

A guideline for tipping:

- US\$10 for a transfer per couple per day
- (consider increasing if you have had extensive
- help with your luggage)
- US\$25 per couple per day for general staff at
- the camp or lodge
- US\$25 per couple per day for a guide
- US\$20 per couple per day for a host

Tipping is usually done at the end of your safari, and you are welcome to tip individual staff or place tips in the gratuity box, usually located in the main mess area. Tips from the gratuity box are distributed among all camp staff. Tips for guides should be directly handed to them at the end of the safari. Tips can be made in the local currency, US Dollar, Euro or Pound Sterling.

# NATIONAL PARKS IN TANZANIA

---

Tanzania has a broad range of national parks and game reserves. All parks have their unique features in terms of flora and fauna and each of

them is worth visiting, whether you want to see the Great Migration in the Serengeti or experience the remoteness of the southern parks.



## NORTHERN PARKS

---

### SERENGETI NATIONAL PARK

Home to the world-famous the Great Migration, the Serengeti also offers an exciting wildlife experience throughout the year. The sheer numbers of game are captivating and there is never a shortage of exceptional game viewing.

### NGORONGORO CONSERVATION AREA (NCA)

One of the most iconic wildlife areas in the world, the Ngorongoro Crater is the main feature of this Crater Highlands region and home to some of the richest wildlife viewing on the continent. The mineral-rich floor of the spectacular bowl is largely flat, open and covered in nutritious grass, creating a paradise for herbivores and predators alike.

## SOUTHERN PARKS

---

### RUAHA NATIONAL PARK

Wild, exclusive and unconstrained, Ruaha National Park is the new safari frontier. One of the largest national parks on the continent, the extraordinary ecosystem offers landscapes of compelling beauty and unrivalled wildlife, including large pride of lion, good numbers of leopard and large buffalo herds.

### NYERERE NATIONAL PARK

The whole reserve measures 45,000 km<sup>2</sup>, larger than Switzerland and more than twice the size of Ruaha National Park. The northern sector of Nyerere National Park, north of the Rufiji River is dedicated to photographic safari, boat safari, walking safari and fishing. Home to one of Africa's largest populations of African wild dog, one of the continent's greatest predators, Nyerere National Park also has an abundance of birdlife: there are more than 400 recorded species of bird.

## TARANGIRE NATIONAL PARK

Famous for the giant baobab trees and vast herds of elephant, wild and untamed Tarangire is Africa as it should be. During the dry season, the park features one of the highest densities of wildlife per square kilometre in Tanzania as the permanent water source attracts game from all the surrounding areas.

## OTHER PARKS IN THE NORTHERN CIRCUIT:

Arusha National Park and Lake Manyara National Park. Lake Natron and Eyasi also deserve a visit.

## OTHER PARKS IN THE SOUTHERN CIRCUIT:

Mikumi National Park.

## OTHER PARKS IN THE WESTERN CIRCUIT:

Katavi National Park, Mahale National Park and Gombe National Park



#### RUBONDO ISLAND NATIONAL PARK

In the southwest corner of Africa's largest lake, Africa's largest island national park has lain unexplored for decades. Home to wild chimpanzee, elephant, giraffe and over 200 species of bird, this sub-tropical forest eco-system is pristine and waiting to be explored on foot, by boat or in a traditional safari vehicle.

#### ZANZIBAR

The palm-fringed beaches and sparkling turquoise waters of this spicy and exotic island set the scene for ultimate relaxation. Wander through the winding streets of Stone Town, full of memories from Zanzibar's Arabic past and immerse yourself in the old Swahili culture, or try snorkelling in the clear ocean and discover the underwater world.





## CONTACT DETAILS

---

We hope you have found this information on Tanzania useful. If you have any further questions, please do not hesitate to contact your travel consultant or visit our website

<https://www.travelmanagers.com.au/ptm/GailHughes/>

### EMERGENCY CONTACT NUMBERS

Below are our emergency contact numbers for when you are travelling in Tanzania.

You can call these numbers 24 hours a day for any issues. Please take them with you when you travel.

Personal Travel Manager: Gail Hughes

Emergency Number: +61 421 156 650

And of course, you can also reach her through email at  
[gail.hughes@travelmanagers.com.au](mailto:gail.hughes@travelmanagers.com.au)