EAST AFRICA

YOUR ESSENTIAL TRAVEL ACTION GUIDE | Kenya • Tanzania • Zanzibar • Rwanda • Uganda



START HERE • For U.S. passport holders only. Travelers with other passports: contact CURAH before applying. This guide was reviewed October 17, 2026. Requirements can change.

What do I need to do?

1. Check your passport and every country on your itinerary.
2. Complete each required visa or electronic travel authorization.
3. Purchase any required government inbound insurance.
4. Arrange travel-health advice, including yellow fever and malaria discussion.
5. Save approvals and share them with CURAH for your pre-departure review.

Find your destination

Destination	Your starting action
Kenya	Apply for eTA; obtain mandatory inbound insurance.
Mainland Tanzania	Apply for appropriate Tanzania visa; obtain applicable inbound insurance.
Zanzibar	Use Tanzania visa process; verify Zanzibar/combined insurance coverage.
Rwanda	Check visitor visa-on-arrival / online options.
Uganda	Apply for online visa in advance; check yellow-fever documentation.

Before applying

- Check passport expiry, damage and blank visa pages against each destination's requirements. Kenya specifies at least six months from arrival and one blank page.
- Have your flight itinerary, accommodation details, email, passport scan, digital photo and payment card available.
- If renewing your passport, do that first. Applications must match the passport used to travel.

U.S. passport renewal: https://travel.state.gov/content/travel/en/passports/have-passport/renew.html

Travel Requirements Disclaimer: Entry requirements, visa regulations, health requirements, and government fees may change without notice. While CURAH Travel strives to provide current information, travelers are ultimately responsible for meeting all entry requirements for their destination(s). We recommend verifying official government requirements prior to departure. If you have any questions, we're always happy to assist.

KENYA | YOUR TO-DO LIST

Electronic Travel Authorization (eTA) and inbound health insurance



ACTION REQUIRED | Most U.S. visitors must receive eTA approval BEFORE travel. Kenya also lists mandatory inbound travel health insurance for applicable foreign visitors effective October 5, 2026.

A. Apply for your eTA

1. Open the official eTA site and choose “Apply Now.”
2. Prepare passport, photo/selfie, arrival and departure details, accommodation confirmation, contact details and payment card.
3. Enter your information exactly as printed on your passport; follow the site’s document prompts.
4. Submit and pay; watch for a decision email and check application status if needed.
5. Download the APPROVED eTA PDF and keep an offline copy. A receipt alone is not approval.

Official Kenya eTA application: https://etakenya.go.ke/apply/start

B. Obtain Kenya inbound travel health insurance

1. If the eTA application prompts for inbound insurance, follow that official step.
2. Otherwise use the government eCitizen insurance page and select the purchase option.
3. Enter traveler details, choose an approved provider if prompted, pay and download the certificate.
4. Keep the certificate accessible offline alongside your eTA.

Official Kenya inbound insurance: https://insurance.ecitizen.go.ke/dashboard/travel

WHEN FINISHED | Save your approved eTA and insurance certificate. Send copies to CURAH for your pre-departure review. This insurance is separate from comprehensive travel insurance.

TANZANIA & ZANZIBAR

Visa application and mandatory inbound insurance



A. Apply for a Tanzania visa

1. Open the official Tanzania immigration eVisa portal.
2. Choose the visa type appropriate to your U.S. passport and journey. U.S. tourists commonly require the multiple-entry category; confirm current instructions.
3. Enter passport and itinerary information; upload required documents and pay.
4. Monitor the application and download the issued approval. A Tanzania visa generally applies to mainland Tanzania and Zanzibar.

Official Tanzania eVisa portal: https://visa.immigration.go.tz/

B. Which government inbound insurance portal should I use?

ARRIVING MAINLAND FIRST (for example, Kilimanjaro or Dar es Salaam): Start with Mainland NIC.
ARRIVING ZANZIBAR FIRST: Start with Zanzibar ZIC.
VISITING BOTH: The uploaded CURAH guidance states that a valid applicable policy generally covers both. Confirm this with the issuing insurer for your specific route before relying on a single policy.

Mainland first: NIC insurance: https://inbound.nicinsurance.co.tz/

Zanzibar first: ZIC insurance: https://inbound.visitzanzibar.go.tz/

How to obtain the policy

1. Select the portal corresponding to your first arrival point and review eligibility, coverage and exemptions.
2. Enter passport and travel details for each covered traveler; check the policy dates and names.
3. Pay through the official portal and save the certificate and QR code. Print a backup.
4. If traveling to both mainland and Zanzibar, confirm that the policy is recognized for your entire itinerary.

WHEN FINISHED | Send your visa approval and government insurance confirmation to CURAH. Government inbound coverage does not replace comprehensive trip insurance.

RWANDA & UGANDA

Visitor entry procedures for U.S. passport holders



RWANDA | Choose your visitor visa route

1. Check the Rwanda immigration site for current visa-on-arrival eligibility or advance online application options.
2. Check whether you enter Rwanda once or more than once, and whether an East Africa Tourist Visa is appropriate for your route.
3. Have your passport, onward travel details and accommodation information ready. If applying online, save the approval.

Rwanda Directorate General of Immigration: https://www.migration.gov.rw/

CURAH TIP | Multi-country travel can change the best visa choice. Ask CURAH to review your route before paying for an optional regional visa.

UGANDA | Apply online before departure

1. Go to Uganda's official electronic visa application system.
2. Select the correct application type and complete the online form.
3. Upload requested passport, photo, itinerary and health documents, including yellow-fever proof when required.
4. Submit, pay as directed and wait for the required approval. Save and print your confirmation.

Official Uganda e-immigration application: https://ecompliance.immigration.go.ug/

WHEN FINISHED | Save any online visa approval and send it to CURAH. Do not assume a submitted application authorizes boarding.

HEALTH & PROTECTION

Prepare early and bring the right documentation



Book a travel-health appointment

1. Ideally schedule a travel-health consultation at least 6–8 weeks before travel.
2. Show the provider your COMPLETE itinerary, including border crossings and transit stops.
3. Discuss routine vaccinations, hepatitis A, typhoid, yellow fever and malaria prevention.
4. Ask about any controlled prescription medications and documentation needed for each destination.

CDC Travelers' Health: https://wwwnc.cdc.gov/travel

YELLOW FEVER | Certificate rules depend on destination and travel history. Uganda and some cross-border routes require particular attention. Your clinician and the official destination rules should guide your preparation.

Understand the two kinds of insurance

- Government inbound insurance: an entry-related policy that may be mandatory for Kenya and Tanzania/Zanzibar under the published rules.
- Comprehensive travel insurance: separate protection you may choose for trip cancellation/interruption, emergency medical treatment, evacuation, delays and baggage.

Keep these accessible offline

- Insurance certificates and QR codes
- Private travel insurance policy and emergency assistance number
- Prescription list, required vaccination documentation and emergency contacts
- CURAH Tip: Documents we load into your digital Itinerary are available offline

TANZANIA & ZANZIBAR | NEW HEALTH ENTRY REQUIREMENTS

Updated October 2026

Tanzania has introduced additional health surveillance measures for arriving travelers. Requirements may differ depending on whether your first arrival is on mainland Tanzania or Zanzibar.

BEFORE YOU TRAVEL

ARRIVING IN MAINLAND TANZANIA

All travelers must complete the online Traveller's Health Surveillance Form before departure.

1. **Visit the official portal: https://afyamsafiri.moh.go.tz/**
2. **Complete the required travel and health information.**
3. **Save your confirmation QR code or reference number.**
4. **Keep a screenshot or printed copy for presentation upon arrival.**

ARRIVING DIRECTLY IN ZANZIBAR

Zanzibar maintains a separate health surveillance portal. Travelers should check the current requirements and complete any applicable declaration before departure.

Official portal: https://healthtravelznz.mohz.go.tz/

Health Screening on Arrival

- Travelers entering mainland Tanzania undergo health screening, including temperature checks.
- Travelers assessed as higher risk may be required to participate in additional health monitoring for up to 21 days. This may involve responding to daily automated messages, even after departing Tanzania.
- Additional monitoring does not automatically mean quarantine or isolation.
- Travelers entering Zanzibar should follow the screening procedures established by Zanzibar Port Health officials.

Other Health Considerations

- Yellow fever vaccination documentation may be required depending on your travel route.
- Discuss malaria prevention and recommended vaccinations with your healthcare provider.
- Carry any required vaccination certificates and travel health documentation.

CURAH Travel Reminder

Health surveillance forms are separate from visa approvals and mandatory inbound travel insurance.

Review your itinerary carefully, complete the applicable health declaration, and keep all required confirmations accessible during travel.

Requirements may change. Always verify current instructions through the official government portals before departure.

KNOW BEFORE YOU PACK

What is allowed at home may be restricted abroad



PLASTIC CARRIER BAGS

Kenya, Tanzania and Rwanda restrict plastic carrier bags; Rwanda also regulates other single-use plastics. Uganda has restrictions on certain plastics. Use a reusable fabric bag.

MEDICATIONS

Keep prescription medication in original labeled containers and check restrictions on controlled substances and quantities.

CANNABIS, CBD & VAPING

Do not assume products legal in your U.S. state may be imported. Check each destination's laws before packing.

DRONES

Advance permits may be needed for import and flight, including within national parks. Do not bring a drone without confirming permissions.

PHOTOGRAPHY & WILDLIFE PRODUCTS

Avoid photographing sensitive government/security sites. Ask permission before photographing people. Do not buy ivory or other protected wildlife products.

LOCAL LAWS & PERSONAL SAFETY

Laws and social attitudes toward LGBTQ+ people vary, and some destinations criminalize same-sex sexual activity. Review the U.S. destination advisory and exercise discretion.

U.S. State Department country advisories: https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html

TRAVEL SMART

Stay connected and travel confidently



Enroll in STEP (free)

1. Open the U.S. State Department STEP site.
2. Create an account or sign in and register your trip.
3. Add each country you will visit and the relevant dates.
4. Keep your contact details current and review any messages from the embassy.

STEP enrollment: https://mytravel.state.gov/s/step

Practical habits

- Download your WeTu itinerary, travel approvals and emergency contacts for offline access.
- Share your itinerary with a trusted contact at home.
- Follow your guide's wildlife instructions; never leave a safari vehicle without permission.
- Be thoughtful about dress at religious sites and in Zanzibar; ask before photographing local residents.
- Use your local guide as your first resource for day-to-day safety and cultural questions.

CURAH IS HERE TO HELP | We can guide you to the official resources and review the documents you share during our scheduled touchpoints. Travelers remain responsible for accurate applications, required approvals and compliance with entry rules.

FINAL DEPARTURE CHECKLIST

Use this page during your CURAH pre-departure review



60–90 DAYS BEFORE

☐ Check passport validity and blank pages for all destinations.

☐ Review visa/eTA requirements and insurance options.

☐ Book a travel-health consultation.

ABOUT 30 DAYS BEFORE

☐ Submit visa/eTA applications with sufficient lead time.

☐ Obtain applicable government inbound insurance.

☐ Check medication and restricted-item rules.

☐ Enroll in STEP.

7–14 DAYS BEFORE

☐ Confirm approvals and download QR codes and PDFs.

☐ Review official travel and health updates.

☐ Send completed approvals/certificates to CURAH.

☐ Save WeTu itinerary and local contact details offline.

BEFORE LEAVING HOME

☐ Carry passport and original documents required for entry.

☐ Keep printed and digital copies of approvals and insurance.

☐ Confirm transit requirements and any itinerary changes.

IMPORTANT | This guide is designed for U.S. passport holders and is not a guarantee of entry. Government requirements, fees and exemptions can change without notice. Immigration authorities make final admission decisions. CURAH assists with guidance but travelers are responsible for checking, completing and obtaining all required documentation.

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