



## General Information about Tanzania

Tanzania is located in East Africa and is one of the most diverse and fascinating travel destinations on the continent. Its natural variety ranges from vast savannahs, volcanoes, lakes, rivers, tropical rainforests, and mountain landscapes to dreamlike beaches on the Indian Ocean. Among its most famous natural landmarks are the endless plains of the Serengeti, the imposing Mount Kilimanjaro, the fertile Ngorongoro Crater, and the spice islands of Zanzibar. With more than 60 national parks, game reserves, and protected areas, the country is a paradise for nature lovers.

Culturally, Tanzania also has a lot to offer: over 120 ethnic groups with their own languages and traditions live together here largely peacefully. This cultural diversity is reflected in music, dance, religion, cuisine, clothing, and architecture. Particularly impressive is Zanzibar with its historic old town, Stone Town—a UNESCO World Heritage Site with Arab, Persian, Indian, and European influences.

### Entry Requirements

Travelers need a passport that is valid for at least six months beyond the date of travel. The tourist visa (as of 2025: USD 50) can be applied for in advance online via the official website of the Tanzanian Immigration Service: <https://eservices.immigration.go.tz>.

The e-visa should be applied for 20 days before arrival at <https://eservices.immigration.go.tz/visa>. Currently, it is still possible to obtain a visa upon arrival at the airport or border crossing for a fee of USD 50 or EUR 50 in cash. However, this can change at short notice. We therefore recommend applying for the e-visa in advance.

**Important:** Many unofficial third-party providers charge excessive fees—only use the official website.





## Health & Medical Care

Before your trip, a visit to a tropical medicine specialist about 6–8 weeks before departure is advisable. Recommended vaccinations include Hepatitis A and B, Typhoid, Tetanus/Diphtheria, Measles, and possibly Rabies. A Yellow Fever vaccination is mandatory if entering from a risk area.

Detailed and up-to-date information can be found on the World Health Organization (WHO) website and the German Foreign Office website. Please note that this information is general in nature, and we cannot guarantee completeness or accuracy. Always consult your doctor for tailored recommendations.

In the Kagera region on the western shore of Lake Victoria, the risk of malaria is high, while in the Arusha region it is lowest. Discuss the need for malaria medication, as well as possible side effects or intolerances, with your doctor before traveling. More information is available on the WHO website.

African tick bite fever is, alongside malaria, a common infectious disease in African national parks. The pathogen is transmitted by aggressive ticks in grassland and savannah areas. Protect yourself with appropriate clothing, insect repellent, and regular tick checks during and after your stay.

Dengue fever, transmitted by daytime-active mosquitoes, is a risk particularly in Zanzibar's coastal areas. Protect yourself with suitable clothing and insect repellent.

If you are visiting a national park, take a travel medical kit suitable for remote areas. This should include bandages, tweezers, scissors, cotton swabs, antibacterial cream, ibuprofen, antihistamines, diarrhea medication, oral rehydration salts, and aloe after-sun gel. Add any personal medications you may need, such as for motion sickness. More recommendations can be found on the WHO website.



Cities like Arusha, Dar es Salaam, and Zanzibar City have private clinics meeting international standards. In rural areas, however, medical care is limited. A well-stocked travel medical kit and a flashlight or headlamp (for power outages) are recommended.

## Safety & Conduct

Tanzania is generally considered a safe travel destination. However, certain rules should be observed: do not display valuables openly, avoid walking alone at night, and choose reputable service providers. Solo female travelers should dress conservatively and ideally travel with company.

Homosexuality is prohibited by law, and discretion is advised for safety reasons.

Zanzibar is predominantly Muslim. Outside of the beaches, shoulders and knees should be covered. Tank tops, midriff-baring shirts, and short shorts are not appropriate in public spaces, out of respect for the local population.

## Insurance

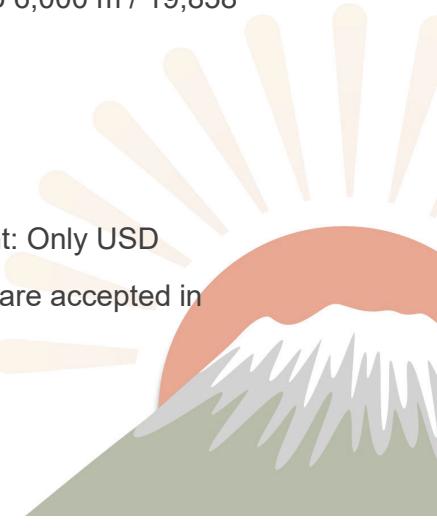
We strongly recommend taking out trip cancellation insurance as well as international health insurance with medical repatriation coverage.

Please note that many health insurance policies offer little or no coverage abroad. Medical treatment, hospital stays, or repatriation can be very expensive.

For optimal protection, check whether your existing insurance is sufficient or take out a suitable policy from an insurance provider of your choice before traveling. If you are climbing Mount Kilimanjaro, your insurance must cover high-altitude trekking (up to 6,000 m / 19,858 ft) as well as possible helicopter evacuation.

## Currency & Payment

Payments are made in Tanzanian Shillings (TZS) or US Dollars. Important: Only USD banknotes issued after 2006 are accepted. Credit cards (especially Visa) are accepted in





many hotels and lodges, but often with a surcharge of 3–5%. PIN entry is usually required. EC cards do not work. Small-denomination cash is useful and recommended, especially for tips or small purchases.

## Tourism Taxes

Tanzania has various tourism taxes, such as national park fees and accommodation levies. These costs are generally included in the price of safari tours.

For Zanzibar trips, there are additional fees. You must pay an infrastructure tax directly at your accommodation: USD 4 per night and per person for 2- and 3-star hotels, and USD 5 for 4- and 5-star hotels. This also applies to children and infants.

Additionally, from October 1, 2024, all tourists in Zanzibar must have mandatory travel insurance purchased from the Zanzibar Insurance Corporation (ZIC) before travel. More information is available on the official ZIC website. The cost is not included in tour prices and should be budgeted in advance.

## Technology & Communication

Tanzania uses a voltage of 230V at 50Hz. Outlets are usually British standard (Type G), less often Type D. Adapters are necessary. Some accommodations have multi-socket outlets. Power outages are common, especially in rural areas or on Zanzibar—carrying a flashlight or headlamp is advisable.

For mobile internet, local SIM cards (Vodacom, Airtel, Tigo, Halotel) are recommended and must be registered with a passport. Alternatively, eSIM providers such as Airalo or Holafly are available. Wi-Fi is offered in many accommodations but is not always reliable.





## Transport & Apps

Traffic is left-hand. Roads are often in poor condition, especially outside cities. Car rentals are not recommended; transfers with drivers or through agencies are safer and less stressful.

In cities like Dar es Salaam or Arusha, ride-hailing services such as Bolt are available. Public minibuses (“Dala Dala”) are cheap but overcrowded and unreliable.

Useful apps: Google Maps, Maps.me (offline maps), Bolt (taxi), XE Currency (exchange rates), TripAdvisor (restaurants & activities), AccuWeather (weather).

## Sustainability & Respectful Travel

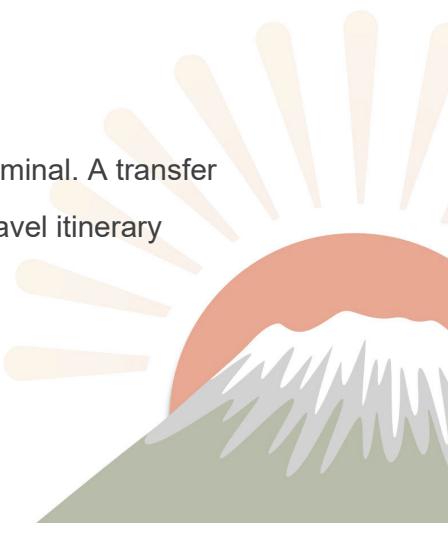
Please avoid single-use plastics and use refillable water bottles and cloth bags. Do not take shells, corals, or animal products with you. Never touch or feed animals. Even if children ask for donations on the roadside, do not give them money—this encourages begging. Instead, support reputable local projects or NGOs.

## Cuisine

Tanzanian cuisine is varied, simple, and flavorful. Popular dishes include *Ugali* (maize porridge), *Pilau* (spiced rice with meat), *Mandazi* (fried dough pockets), *Chapati* (flatbread), *Nyama Choma* (grilled meat), and Zanzibar pizza (stuffed flatbread). Fresh fruit—such as mango, papaya, pineapple, and passion fruit—is widely available. Vegetarian and vegan options are usually available but tend to be simple.

## Arrival in Tanzania

After passing immigration and collecting your luggage, exit the airport terminal. A transfer driver will be waiting to meet you and take you to the hotel as per your travel itinerary





## Mountain Climbing and Trekking in Tanzania

For mountain enthusiasts, Tanzania is a true highlight. Mount Kilimanjaro, at 5,895 meters the highest free-standing mountain in the world, offers several routes to the summit, such as the Marangu, Machame, Lemosho, and Rongai routes. Mount Meru (4,566 m) is also a popular destination, often climbed as acclimatization before Kilimanjaro. Both mountains may only be climbed with registered agencies and licensed guides.

Depending on the route, an ascent takes between three and nine days and is supported by a team of lead and assistant guides, porters, cooks, and helpers.

### Team

A team for a Kilimanjaro climb can consist of anywhere from 10 to 30 or more people, depending on group size, with a typical ratio of at least 3–4 crew members per tourist. All members work closely together to ensure an unforgettable and safe adventure.

#### Guide (Lead Guide)

The guide is the expedition leader and responsible for the safety and success of the group. They know the route, monitor the participants' health, give acclimatization instructions, and make decisions in case of weather or health issues.

#### Assistant Guide

Assistant guides support the lead guide, especially in larger groups. They help motivate participants, lead smaller groups when necessary, and assist in monitoring health and safety.





## Cook

The cook prepares all meals during the climb, providing nutritious and energy-rich food suited to the needs of the participants. They are also responsible for maintaining hygiene in the mobile kitchen.

## Porter

Porters carry most of the group's gear, including equipment, tents, food, and personal luggage of tourists (usually up to 15 kg per person). They are essential for reducing the load on climbers and ensuring that camp is set up on time.

## Waiter (Service Porter)

A service porter is often a specialized porter who assists in camp and at mealtimes. They bring food and drinks to participants and ensure comfort.

## Camp Manager

The camp manager organizes camp setup and ensures that all tents are pitched in suitable locations. They coordinate the porters and make sure everything runs smoothly in base camp.

## Summit Porter

For the final summit push, summit porters help carry additional gear or assist participants if needed. They are often experienced with the challenging conditions of the summit ascent.





## Equipment

Recommended gear includes: well-broken-in waterproof hiking boots, weatherproof layered clothing, sleeping bag, headlamp, trekking poles, gloves, hat, sunglasses, sunscreen, and rain protection.

### Detailed Gear List

#### Head and Hands:

- Warm hat (for cold nights and summit day)
- Sun hat or cap
- Neck scarf or buff (for dust and cold protection)
- UV-protection sunglasses
- Warm gloves (insulated and waterproof)
- Thin liner gloves (as an extra layer)

#### Upper Body:

- Thermal underwear (long-sleeved)
- Hiking shirts (long- and short-sleeved, breathable)
- Fleece jacket or pullover
- Lightweight down or insulated jacket
- Waterproof and windproof hardshell jacket
- Softshell jacket (for mid-layers)
- Rain jacket \*\*\*

#### Lower Body:

- Thermal underwear (long)
- Hiking trousers (light and breathable)
- Insulated trekking pants (for cold sections)





- Waterproof hardshell pants \*\*\*
- Comfortable underwear

#### Feet:

- Hiking socks (at least 4–6 pairs, various thicknesses)
- Thick summit socks (for cold conditions)
- Waterproof trekking boots with ankle support
- Lightweight shoes or sandals (for camps)

#### Backpacks:

- Daypack (20–30 liters) for water, snacks, camera, and personal items
- Large trekking backpack (carried by porters, max. 15 kg)

#### Sleeping System:

- Sleeping bag (rated to –15 °C or colder) \*\*\*
- Sleeping pad (plus extra pad if needed) \*\*\*

#### Hydration System:

- Water bottles (total capacity at least 3 liters)
- Hydration bladder (optional but useful)
- Thermos (for hot drinks)

#### Trekking Poles:

- Telescopic poles (recommended for steep or long sections)

#### Other:

- Headlamp with spare batteries
- Sunscreen (high SPF)





- Lip balm with UV protection
- First aid kit (including personal medication)
- Toiletries (including biodegradable soap)
- Wet wipes (for personal hygiene)
- Trash bags (to carry out waste)
- Emergency whistle

#### **Optional:**

- Camera or smartphone for photos
- Energy or protein bars
- Power bank (for electronic devices)
- Journal and pen
- Guidebooks or maps of Kilimanjaro

\*\*\* Items can be provided by African Sunrise Expedition on request

**General Tip:** Take only what you truly need to avoid carrying unnecessary weight.

#### **Altitude Sickness**

Even experienced hikers can be affected. A slow pace, sufficient water intake, energy-rich food, and gradual altitude acclimatization are essential.

#### **Tipping**

Tipping is a standard part of the tour and is calculated per role:

- Guides (Lead Guide): USD 20–25/day
- Assistant Guide: USD 15–20/day
- Cook: USD 12–15/day
- Porter: USD 8–10/day





## Disclaimer

Our travel information is based on the most up-to-date details available to us. However, we cannot guarantee the completeness or accuracy of this information and accept no liability for any damages that may result from its use. Risks can change quickly and unexpectedly; therefore, the decision to undertake a trip is entirely your own.

Notes on special laws abroad refer only to selected points. Laws can change at any time. We strongly recommend that you carefully follow travel and safety advice and take out appropriate insurance, such as international health insurance with repatriation coverage and trip cancellation insurance.

