



Tips & tricks

For your Tanzanian safari, mountain climb & beach holiday



V

isa

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T

ravel insurance Zanzibar

Planning a trip to Zanzibar? Starting October 1st, 2025, all visitors are required to purchase mandatory travel insurance for just \$44. This insurance provides comprehensive coverage for medical emergencies and accidents, ensuring peace of mind during your stay in this beautiful archipelago.

<https://visitzanzibar.go.tz>



Essential Tips for a Safe and Enjoyable Tanzania Safari Adventure!

- **Pack Wisely:** Bring lightweight, breathable clothing in neutral colours to blend in with the environment. Don't forget sun protection, a hat, and sturdy walking shoes.
- **Stay Hydrated:** Carry sufficient water, especially during long journeys. Dehydration can be a concern in warm climates.
- **Safety Guidelines:** Always listen to your guide's instructions regarding wildlife encounters. Stay in your vehicle unless advised otherwise.
- **Keep Your Distance:** Maintain a respectful distance from wildlife to ensure both your safety and the animals' well-being.
- **Secure Your Belongings:** Keep your possessions secure and avoid displaying valuables in public areas to deter theft.
- **Be Mindful of Food and Water:** Stick to bottled water and well-cooked meals to avoid food-borne illnesses. Avoid eating unpeeled, raw fruits and vegetables unless they have been washed with clean water (preferably boiled or mineral water).
- **Understand Local Customs:** Know the Tanzanian culture and social norms to respect local traditions and enhance your experience.
- **Be aware that homosexuality is illegal in Tanzania.** While gay tourists are generally welcome, it is advisable to refrain from public displays of affection to ensure a safe and respectful experience.
- **Stay Connected:** Share your itinerary with someone back home and provide the contact number of your safari specialist. You can purchase a local SIM card. Airtel is considered the best provider for the national parks. In Zanzibar, Zantel is often regarded as one of the best internet providers, especially for mobile data but Airtel and Tigo can provide decent service.
- **Be Prepared for Weather Changes:** Safari weather can vary. Bring layers for fluctuating temperatures. At Ngorongoro, daytime temperatures range from 15°C to 25°C (59°F to 77°F), but nights can drop to 5°C (41°F) or lower. Warm clothing, like a jacket, is advisable for early mornings and late evenings.
- **Pack wet wipes** to clean your hands before and after lunch, as well as after using the restroom.

Essential Clothing Guide for Your Zanzibar Adventure: Comfort Meets Culture

When visiting Zanzibar, what you wear can be influenced by the island's tropical climate, cultural norms, and specific activities you plan to engage in. Here are some key considerations regarding clothing for a trip to Zanzibar:

Climate Considerations

- **Tropical Weather:** Zanzibar has a tropical climate, characterised by warm temperatures and high humidity throughout the year. Light, breathable clothing made from natural fibers like cotton or linen is ideal.
- **Rainy Season:** The island experiences two rainy seasons—one from March to May and another shorter one in November. During these times, lightweight waterproof jackets or ponchos can be helpful.

Cultural Sensitivity

- **Modest Dress:** Zanzibar has a predominantly Muslim population, so it's respectful to dress modestly, especially in villages and Towns like Stone Town. Women may want to wear long skirts or loose-fitting trousers and tops that cover the shoulders. Men should also avoid shorts in more conservative areas.

- **Beach Attire:** On the beaches and at resorts, swimwear is acceptable, but it's generally advised to wear a cover-up or sarong when away from the beach area or when walking through local villages.



Recommended Clothing Items

- **Lightweight Dresses or Skirts:** These are comfortable for women and can be paired with a light shawl or cardigan for modesty.
- **Loose-Fitting Trousers or Shorts:** Lightweight trousers or longer shorts are suitable, keeping in mind the local customs.
- **T-Shirts or Blouses:** Breathable tops are essential for comfort in the heat, but it's best to choose styles that offer good coverage.
- **Swimwear:** Bring a swimsuit for beach activities, but remember to wear something over it when not on the beach.
- **Comfortable Footwear:** Flip-flops or sandals are perfect for the beach, but a pair of comfortable walking shoes is also recommended for exploring local sites or nature trails.
- **Additional Accessories**
- **Hats and Sunglasses:** Protect yourself from the sun with a wide-brimmed hat and sunglasses.
- **Sunscreen*** A high SPF sunscreen is essential to protect your skin from sunburn.

- **Light Scarves or Pashminas:** These can be useful for covering up when needed or for additional warmth on cooler evenings.

Evenings and Dinners

- **Smart Casual Attire:** If you plan to dine at higher-end restaurants or resorts, consider bringing smart casual attire, which can include polo shirts for men and nice dresses or blouses for women.

By considering the local culture and the climate, you'll not only ensure your comfort but also show respect for the local customs while enjoying all that Zanzibar has to offer!



Essential Gear and Preparation for Climbing Mount Meru and Mount Kilimanjaro

Physical Preparation:

- Good physical fitness and stamina.
- Acclimatisation to altitude, especially for Kilimanjaro.

Documentation:

- Valid passport.
- Visa (if required).
- Climbing permits (usually arranged through a guide).

Clothing:

- Moisture-wicking base layers (tops and bottoms).
- Insulating mid-layers (fleece or down jacket).
- Waterproof and windproof outer layer (jacket and pants).
- Warm hat and gloves.
- UV protection hat or cap.
- Gaiters (especially for Kilimanjaro).

Footwear:

- Sturdy, broken-in hiking boots (waterproof and with good ankle support).
- Camp shoes or sandals.
- Thick wool or synthetic socks.

Backpack:

- Daypack (20-30 liters) for daily hikes.
- Larger duffel or backpack (60-70 liters) for carrying gear.



Sleeping Gear:

- Comfortable sleeping bag (suitable for low temperatures).
- Sleeping pad for insulation and comfort.

Personal Items:

- Toiletries (biodegradable soap, toothpaste, etc.).
- Sunscreen and lip balm with SPF.
- Personal medications including altitude sickness prevention (Diamox) and Paracetamol.



Hydration and Nutrition:

- Water bottles or hydration system (3 liter capacity).
- Water purification tablets or filter.
- Snacks (high-energy bars, nuts, dried fruits).

Additional Equipment for Mount Meru:

- Climbing gear specifically for technical sections, like a harness and ropes (often provided by guides).
- Crampons and ice axes (depending on the route and season).
- Trekking poles (helpful for stability and reducing fatigue).
- Camera or smartphone for photos.

Recommended Gear Tips:

- Always check the weather and adjust your packing list accordingly.
- Consider renting some equipment if you do not want to purchase gear you may not use again.

Guided Trekking:

- It is advisable to choose a reputable tour company for both safety and expertise, and to inquire about the gear they provide as part of the package.

Ensure to prepare adequately ahead of time to enjoy a safe and successful climb!

Essential Vaccinations for a Safe Adventure in Tanzania

When planning a trip to Tanzania, especially for activities like safaris, climbing Mount Kilimanjaro or Mount Meru, and visiting Zanzibar, it's crucial to ensure you are protected against various diseases through vaccinations. Below is an overview of the recommended vaccinations and health precautions for travellers.

Routine Vaccinations:

Ensure you are up-to-date on your routine vaccines, which may include:

- Measles, Mumps, and Rubella (MMR)
- Diphtheria, Tetanus, and Pertussis (DTaP)
- Polio
- Seasonal Flu

Hepatitis A:

Recommended for all travellers to Tanzania, as the virus can be transmitted through contaminated food or water.

Hepatitis B:

Particularly important for travellers who might have sexual contact with locals, get tattoos, or require medical treatment while in Tanzania.

Typhoid:

Recommended for travellers, especially those planning to visit rural areas or eat food from street vendors, to protect against this food-borne illness.

Meningococcal Meningitis:

Tanzania lies within the extended meningitis belt of sub-Saharan Africa. Travellers should avoid, if possible, overcrowded conditions. For travellers at risk, vaccines are recommended.

Yellow Fever:

A vaccination is mandatory to travellers arriving from yellow fever endemic countries or had a long transit (12 hrs. or more) in a yellow fever endemic country.

Rabies:

Rabies vaccination is typically only recommended for very high risk travellers given that it is completely preventable if medical attention is received within 7 – 10 days of an animal bite.

Malaria Prevention:

While not a vaccination, antimalarial medications are highly recommended for travellers visiting areas where malaria is prevalent, including many parts of Tanzania. Consult a healthcare provider for the best options based on your itinerary. (We recommend Malarone tablets due to their minimal side effects.)

Additional Health Considerations:

Travel Insurance: Always consider obtaining travel insurance that covers health-related issues and emergency evacuations.

Insect Protection: Use insect repellent to protect against mosquito bites, which can transmit malaria and other diseases. Long-sleeved clothing can also be beneficial.

Food and Water Safety: Drink bottled or treated water, and be cautious about consuming raw or undercooked foods.

Wet tissues: Pack wet tissues to freshen up before and after a picnic lunch and after using public restrooms.

Conclusion

Planning for vaccinations is an essential part of preparing for a trip to Tanzania. It helps safeguard your health while you enjoy the breathtaking scenery, rich wildlife, and vibrant cultures. Always consult with a healthcare professional or travel medicine specialist at least 4-6 weeks before your trip to ensure you receive the necessary vaccines and medications based on your specific travel plans.

