

Tanzania Information Pack

1. Visa requirements

UK citizens require a visa to enter Tanzania. Most people now obtain this on arrival in Tanzania but if you have an onward flight do check you have enough time to obtain your visa. Visa fee is US\$50 cash. You can also obtain a visa prior to travel. Contact the Tanzania High Commission in London at Tanzania House, 3 Stratford Place, London W1C 1AS. Tel: 020 7569 1470. Forms can be downloaded from their website at: www.tanzania-online.gov.uk. Passport should have at least six months validity. Please read the notes carefully. US passport holders should apply to the Tanzanian Embassy, 2139 R Street NW, Washington DC 2000, USA.

A Kenyan Transit Visa is only required if you leave the airport and enter Nairobi. You will not need a Kenyan transit visa if you flying to Tanzania with Kenya Airways and are simply changing aeroplanes.

2. Tickets, flight protection, check-in

a) Tickets

Confirmation of your flight reservation will already have been sent to you or will be sent shortly. Your full ticket will be sent to you shortly before departure and when we have received your final payment.

b) Flight and holiday protection

Gane and Marshall International Ltd. is a fully licensed and bonded company. Your holiday is protected by our ATOL Licence No. 3145. This ATOL is issued by the CAA and ensures your money is safe before departure, and your safe repatriation. For your part you must strictly observe the conditions attached to your flight tickets, and the conditions given with your booking form.

c) Airport Check-in

Most airline now allow on-line check in which is strongly recommended. Otherwise check-in before departure is normally 3 hours ahead of flight time. We do not send a representative to UK airports; but you will be met at your destination by a G&M agent. For KLM and Kenyan Airways flights check-in is London Heathrow Terminal 4 or your regional airport. For BA check-in at Heathrow Terminal 5. All above airlines allow 20kgs baggage allowance per passenger travelling economy.

d) Airport taxes

The UK taxes will be included in the cost of your ticket. If flying out from Zanzibar there is a departure tax of US\$30 payable locally.

e) Baggage

On light aircraft within Tanzania the luggage limit is usually 12-15kgs. For flights with Precision Air or Coastal between north Tanzania and Zanzibar the luggage limit is 15kgs. Luggage should be carried in a soft sided bag as hard suitcases will not fit into the aircraft. Please observe these restrictions as they are solely for your safety. If you turn up with heavy luggage your luggage may not be allowed on the flight or you may be made to pay for an extra seat if available.



3. Health requirements and health information

At the time of writing the following immunisations are advisable but not essential:- Tetanus (if not vaccinated in the last 10 years), Polio (as above), Typhoid, Meningitis A and C, Hepatitis A & B. MMR vaccination (two doses) is recommended for travellers born after 1956 if not previously given. As of 01 February 2011 Yellow Fever is essential for entry to Zanzibar and we strongly recommend visitors to Tanzania mainland also have the vaccination.

Malaria tablets are a strict requirement and some types of anti malarial must be started at least 2 weeks before leaving the country. Most importantly - insect bite precautions e.g.. insect repellent containing DEET (Autan or Jungle Formula or Pure DEET). Most GP's will give these vaccinations. A minimum of 10 days is required between most vaccines and arrival in Tanzania.

On safari it is advisable to avoid wearing blue as this attracts tsetse fly which is found in some regions. See also DSS leaflet "Health Advice for Travellers". You will need good sun cream at any time of year.

We must stress that our suggestions for medical protection are purely advisory and you should consult your GP or travel clinic for the latest information.

It must be remembered that Tanzania is a third-world country. Strict observance of all medical requirements are a must and we strongly recommend that you obtain a medical kit to carry with you. It is also very important to remember not to swim in rivers or lakes. Otherwise general hygiene is merely common sense i.e. wash hands before preparing food and eating, avoid ice in drinks etc. Medical services are underdeveloped and only Dar Es Salaam and a few other major centres have anything that would be considered adequate. Medical supplies are also limited and visitors should carry an adequate supply of all medicines they may need with them.

4. Comfort on the journey

Sitting still for long periods frequently leads to swollen ankles and sometimes muscle cramps in the legs can occur. Try not to sit down for too long. Rotate your ankles at regular intervals to help avoid swelling. Wear loose fitting clothing and have something warm to wear, as the air-conditioning can be very cold. When it is convenient, get out of your seat and move around the cabin, to avoid traveller's thrombosis. Whilst on the flight, if you have a headache it is probably due to dehydration, so drink plenty of fluids (non alcoholic). Set your watch to your destination time as soon as possible before take-off and mentally try to do the 'right' things at the right time. On arrival, try your hardest to fit in with the new time and resist the temptation of going to sleep too early or getting up too early. We can request special meals with the airline and alert them to any allergies you may have but we must advise that this is on a request basis and cannot be guaranteed. Please let us know as soon as possible, if you have not already, if you require a vegetarian meal as we need to inform the airline at the latest one week before departure.

5. Insurance

It is a condition of your agreement with Gane & Marshall that you have adequate travel insurance (see booking conditions). Do ensure that the policy you take out is adequate for the type of holiday you have chosen. Whether trekking, climbing Kilimanjaro or scuba diving, you must declare the details to your insurers.



6. Currency

Currency is the Tanzanian Shilling. Yet the tourist works mainly in US dollars. US dollars are the most widely accepted currency. For some local shops you may get a better deal with Tanzanian Shilling, so it may be worth buying a small amount of TShillings at the exchange office at the airport, when you arrive. Approximately USD20 in TShillings should be adequate. A good supply of one dollar bills, obtained before leaving the home helps with tipping. All offers of foreign currency exchange are against the law and should be avoided. Tanzanian currency cannot be exported and any surplus, up to a maximum of 4,000 shillings, should be reconverted against your currency declaration form. Major credit cards are accepted at the larger hotels but be prepared to be charged a handling fee. Very few lodges in Tanzania will accept travellers cheques.

7. Climate

There are minimal temperature changes throughout the year. Coastal areas are hot and humid with an average day temperature of 30c (86f) The Monsoon winds bring most of the country's rain. The "long rains" are from March to May with occasional rain between October & December. The hottest months are between October & February. July & August should be hot and dry. Separate kits lists are attached for mountain climbs & safaris.

8. High Commission

It is useful when travelling to have details of your nearest High Commission. Do remember they normally only open between the hours 9000am to 1230pm and even this is not guaranteed! The address of the UK High Commission in Tanzania is: High Commission in Tanzania is: Umoja House, Garden Avenue, PO Box 9200, Dar es Salaam Tel: 255 (0) 22 229 0000.

The address of the Irish High Commission in Tanzania is: Msasani Road, Dar es Salaam Tel: 666211

9. Tipping

For Kilimanjaro and other climbs, we publish a fact sheet drawn up with guidance from the Kilimanjaro Porters Assistance Project. For safaris we recommend \$8 per client per day. For bush treks with mobile camps we recommend \$15 per person per day. In restaurants etc. 5% is reasonable if service is good, otherwise pay as you see fit. You do not normally tip in lodge and camp restaurants. Instead you leave a tip in the tipping box at reception at the end of your stay.

10. General

Language

The official languages are Kiswahili and English, although there are over 100 tribal tongues

Religion

There is freedom of worship in Tanzania. Approximately 32% of the population adheres to traditional beliefs. Christians account for 33% and Muslims make up the other 35%. On the islands of Zanzibar and Pemba the populations are predominantly Muslim. Some Zanzibari hotels (such as Tembo) do not serve alcohol or allow alcohol on the premises

Time

Tanzania is three hours ahead of Greenwich Mean Time.

Daylight

The sunrise and sunset start at around 06.30 & 18.45 respectively ensuring a constant 12 hours of daylight.

Energy

The local electricity supply is 230 volts 50 cycles AC. Do take a universal adaptor with you. The electricity services in Tanzania are currently being updated but a few lodges still use the old two pin sockets. In some camps solar power and small generators are used. Therefore don't take electrical appliances with you. If the weather is overcast you may need to ask the camp staff to heat some water for you for a 'bucket shower'. This is part of the bush experience and a small price to pay for helping to conserve our planet.



11. Personal Possessions

There is a small amount of petty theft in Tanzania. It is not advisable to take expensive items such as jewellery with you.

If possible keep passport and return airline tickets in hotel safe throughout the trip. It is also advisable for those climbing Kilimanjaro to wear your trekking boots and carry waterproofs onto the plane when travelling out. Luggage can and does go astray but if you have these items with you, you can begin your climb whilst our ground handlers contact the airline to trace your luggage for you. You should be aware that any extra transfers, portage or other extra costs will be charged to you in Tanzania and must be paid by you in Tanzania and reclaimed against your insurance if you are covered for this. Please note that very few clients lose luggage, and for those that do we endeavour to supply temporary climbing kit. Theft from luggage during baggage handling is common throughout the world. We recommend that all valuables are removed from suitcases, and suitcases locked prior to submitting them at the check-in desks. We further recommend that visitors take advantage of airport shrink-wrap facilities (where available) to discourage tampering once the baggage is out of your control.

12. Rescue Costs - Kilimanjaro, Meru and trekking itineraries

You should be aware that, if you have to leave the mountain or trek before the official end of the climb or tour, you will have to pay in Tanzania any extra transfer, rescue, medical, and accommodation costs. Do ensure your insurance covers this.

