FIF
Tours & Travel
Feel Inspired Forever

YOUR JOURNEY STARTS HERE

TANZANIA TRAVEL GUIDE

Everything you need to know before your safari, Zanzibar escape or Kilimanjaro adventure.

ENTRY & VISAS • MANDATORY INSURANCE • HEALTH & SAFETY • SAFARI ESSENTIALS • KILIMANJARO

FEEL INSPIRED FOREVER

Thoughtfully planned journeys. Meaningful Tanzanian experiences.

Practical guest information | Entry requirements checked 12 November 2026

FIF (T) Tours and Travel Limited • Tanzania

01 / PLAN WITH CONFIDENCE

Your pre-travel essentials

Use this simple checklist in the weeks before departure. FIF Tours will confirm the services specifically included in your booking.

Before you fly

- Check your passport validity (at least six months) and at least one blank visa page.
- Confirm whether your nationality requires a visa; apply using the official Tanzania eVisa system where relevant.
- Arrange the mandatory inbound travel insurance for your FIRST point of entry: NIC for Mainland Tanzania or ZIC for Zanzibar.
- Consult a travel-health professional about routine vaccines, yellow fever rules and malaria prevention.
- Confirm flight times, luggage allowances, hotel details and all pick-up arrangements.
- Share the passport details requested for reservations, air tickets and national-park permits, using secure channels.
- Save offline copies of your itinerary, insurance certificate / QR code, visa approval and important contacts.

Inside this guide

GET READY	ON YOUR JOURNEY
01 Pre-travel essentials	06 Safari experience & responsible travel
02 Entry, visas & passports	07 Safari pricing & what is included
03 Mandatory inbound insurance	08 Kilimanjaro climbing overview
04 Health & personal wellbeing	09 Kilimanjaro equipment & preparation
05 Safari packing & practical tips	10 Reference links & final checklist

A NOTE ABOUT CHANGING RULES

Entry rules, air schedules, park regulations and insurance terms may change. Check the official links provided and your final booking confirmation immediately before departure.

02 / ENTERING TANZANIA

Entry, visas & travel documents

The United Republic of Tanzania includes Mainland Tanzania and Zanzibar. Most international visitors use one Tanzanian visa for both destinations.

Passport and entry requirements

- Travel with a passport valid for at least six months and at least one unused visa page.
- Keep your return/onward travel ticket, accommodation details and evidence of sufficient funds available for immigration checks.
- Visa rules depend on nationality, passport type and reason for travel. Some visitors are exempt; others need an ordinary, multiple-entry or referral visa.
- Visitors requiring a visa are encouraged to use the Government of Tanzania eVisa portal well before travel. Visa on arrival is not suitable for all nationalities.
- United States passport holders travelling for tourism are generally required to obtain the multiple-entry visa rather than an ordinary tourist visa.
- Referral-visa applicants should follow special instructions and are advised by Immigration to apply at least two months ahead. Do not assume approval upon arrival.

Applying online

1. Check the visa guidelines and your eligibility. 2. Complete the application accurately, including your first Tanzania destination. 3. Upload the specified documents and pay through the official system. 4. Track the application and save your visa grant notice.

Official Tanzania eVisa: visa.immigration.go.tz

Travelling with children

Each passport holder, including a minor, may require a separate visa application. Children travelling with one parent, a guardian or unaccompanied should carry supporting parent/guardian consent and relevant birth or relationship documents where applicable; verify the requirements with the airline and immigration authorities.

AVOID OUTDATED VISA LISTS

Nationality-based lists can change. The long country tables in earlier editions of this guide have been removed; use the official Immigration guidelines for the current position.

03 / IMPORTANT ENTRY REQUIREMENT

Mandatory inbound travel insurance

This government-required cover applies to eligible foreign visitors. It is separate from your visa and from any personal travel insurance you already hold.

FIRST ARRIVAL INTO TANZANIA	MANDATORY POLICY	OFFICIAL PURCHASE PORTAL
Mainland Tanzania (e.g., JRO, DAR or land border)	National Insurance Corporation (NIC)	inbound.nicinsurance.co.tz
Zanzibar (ZNZ / Zanzibar entry point)	Zanzibar Insurance Corporation (ZIC)	inbound.visitzanzibar.go.tz

The key rules to know

- The Mainland requirement began on 1 October 2026; Zanzibar has required its inbound policy since 1 October 2024.
- Buy the policy that corresponds to your first point of entry. For a single trip covering both Mainland Tanzania and Zanzibar, a valid applicable policy is generally enough: you should not pay twice.
- The standard adult premium is USD 44, covering up to 92 days. NIC indicates a 50% reduction for ages 3–17 and free cover for ages 0–2; check each portal for the applicable price.
- Qualifying EAC/SADC travellers may be exempt from the Mainland requirement, but this does not automatically exempt them from Zanzibar insurance. Confirm status on the official portal.
- Carry a digital or printed insurance certificate and QR code throughout the journey, including when travelling between Mainland Tanzania and Zanzibar.
- Government inbound insurance provides defined emergency assistance (including medical emergency, evacuation, repatriation and certain baggage losses), subject to policy limits and exclusions.

STILL BUY COMPREHENSIVE TRAVEL INSURANCE

We strongly recommend separate, suitable insurance for medical treatment, evacuation, cancellation, trip interruption, personal belongings and your specific activities. The government-mandated inbound policy is not a substitute for full travel or climbing cover.

04 / STAY WELL

Health, vaccinations & personal safety

Arrange a medical consultation before departure, especially if travelling with children, taking regular medication or climbing Kilimanjaro.

Yellow fever: when is a certificate needed?

Yellow fever vaccination is generally not an entry requirement when arriving directly from countries without yellow fever transmission risk. Proof is required for qualifying travellers arriving from a yellow-fever-risk country, including certain airport transits of more than 12 hours. Rules can depend on your complete routing, age and health status; discuss vaccination or medical exemption with your clinician.

Malaria prevention

Malaria occurs in parts of Tanzania, including many areas below 1,800 metres. Ask your travel-health professional whether prophylactic medicine is suitable. Use mosquito repellent, cover exposed skin in the evening and sleep under a net where provided. Fever during or after travel needs urgent medical assessment, with your travel history disclosed.

Protect your wellbeing

- Stay up to date on routine immunisations; discuss hepatitis A, typhoid and other destination-specific vaccines with your clinician.
- Pack regular medicines in original containers, a copy of prescriptions and enough supplies for potential travel delays.
- Drink safe bottled or treated water, wash or sanitise hands regularly and use sun protection even on cloudy days.
- Notify FIF Tours of important dietary needs, allergies and mobility considerations before travel so arrangements can be reviewed.
- For medical emergencies, tell your guide or lodge team immediately; they can assist with the nearest suitable care and insurer contact.
- Wildlife is unpredictable. Never leave the vehicle or approach an animal unless your guide explicitly says it is safe.

KILIMANJARO HEALTH WARNING

Altitude illness can affect anyone regardless of fitness. Symptoms such as persistent severe headache, vomiting, confusion or breathlessness at rest require immediate attention and may require descent. A summit is never guaranteed.

05 / PACK SMART

Safari packing & practical tips

Pack light layers. Early mornings on the crater rim and in highland areas may be cold even when afternoons are warm.

CLOTHING & COMFORT	HEALTH, TECH & DOCUMENTS
Neutral-coloured tops; long sleeves and light trousers	Passport, visa/insurance copies and final itinerary
Warm fleece, windproof and light waterproof jacket	Prescription medicines, compact first-aid essentials
Comfortable closed shoes; sandals for lodge time	Insect repellent, sunscreen, SPF lip balm
Hat, sunglasses and sleepwear	Camera, binoculars, charger and power bank
Socks, underwear and optional swimwear	Type G travel adaptor (230 V / 50 Hz)
Small daypack and reusable water bottle	Light scarf/buff for dust and hand sanitiser

What you can expect on safari

- Game drives often start early. Roads to national parks can be long, dusty and uneven; allow flexibility for wildlife sightings and weather.
- A well-maintained safari vehicle and an experienced driver-guide are provided when included in your itinerary; vehicle arrangements vary for private and shared trips.
- Your specific proposal confirms meals, drinking water, park fees, transfers and accommodation. Avoid assuming that every package includes every service.
- Domestic and bush flights may have strict baggage limits and require soft-sided luggage. Follow the allowance printed on your ticket.
- Use Tanzanian shillings for day-to-day purchases when possible. Cards are accepted at many hotels but may not work everywhere; carry a little small-change cash.
- Tipping guides and lodge staff is appreciated but voluntary. Ask us for context-appropriate guidance if you would like to budget for it.

PLASTIC BAG RESTRICTIONS

Mainland Tanzania prohibits many plastic carrier bags. Bring reusable shopping bags and water bottles; small resealable toiletry bags used as personal containers are generally treated differently.

06 / MAKE THE MOST OF YOUR SAFARI

Wildlife, seasons & responsible travel

Your guide's knowledge and your patience make the difference. Wildlife moves freely and sightings can never be guaranteed.

Explore at the right pace

DESTINATION	WHAT MAKES IT SPECIAL
Serengeti	Vast plains, predators and the Great Migration; timing and location vary with rainfall.
Ngorongoro Crater	A remarkable highland caldera with excellent wildlife opportunities; the rim is often cool.
Tarangire	Elephants, baobab landscapes and striking seasonal wildlife concentrations.
Lake Manyara / Arusha	Birdlife, forest scenery and a varied introduction to northern Tanzania.
Zanzibar	Beaches, Stone Town and coastal culture; suitable as a post-safari extension.

Safari etiquette

- Remain inside the vehicle unless your guide identifies a permitted and safe location to get out.
- Keep noise low, observe animals from a respectful distance and never feed or try to attract wildlife.
- Avoid flash photography of animals at close range; ask permission before photographing local people.
- Respect park speed limits, designated tracks and conservation rules. Do not remove plants, rocks or natural objects.
- Support responsible cultural visits. Follow local customs; dress modestly in villages, towns and religious sites.
- Carry any personal waste back to the appropriate disposal point and minimise single-use plastics.

When to travel

June–October is generally drier in northern Tanzania, while the wetter seasons can offer lush scenery and fewer crowds. Serengeti migration experiences are seasonal, but never fixed to a guaranteed date. January–March often attracts travellers interested in southern Serengeti / Ndutu calving-season activity. Conditions vary from year to year.

07 / UNDERSTAND YOUR QUOTE

Safari costs & inclusions

Every FIF Tours itinerary is customised. Your final proposal and invoice—not a general guide—define the confirmed services and payment terms.

What shapes your safari price?

Duration and route. Number of nights, travel distances and the parks or conservation areas visited.

Accommodation level. Budget, mid-range, premium or luxury lodges and tented camps.

Group size. Private travel generally allocates vehicle and guide costs across the travelling party.

Season and flight availability. Park seasons, room demand and fares for domestic or bush flights.

Activities and extras. Optional walking safaris, balloon trips, village visits, special experiences and additional transfers.

Commonly included - when listed in your itinerary

Driver-guide, vehicle and game drives; agreed park and crater fees; accommodation and meal plan; specified airport transfers; and drinking water in the safari vehicle. Exact inclusions depend on the package and itinerary.

Frequently excluded - unless your quote says otherwise

International flights, visa fees, government inbound insurance, comprehensive personal insurance, recommended vaccinations, personal purchases, tips, optional activities, and transport not specifically included. Domestic flights may be quoted separately.

PAYMENT AND BOOKING

A deposit is commonly required to secure your tour; FIF Tours typically requests 30% to confirm, with the balance payable before departure as stated on your invoice. All payments should follow your issued invoice or verified secure payment instructions.

08 / MOUNTAIN ADVENTURES

Kilimanjaro climbing guide

Mount Kilimanjaro rises to 5,895 metres. Good planning, realistic pacing, appropriate gear and a qualified mountain crew are essential.

Choosing your climbing season

PERIOD	GENERAL CONDITIONS
January–February	Often clearer and relatively warm by mountain standards; popular for climbing.
June–October	Generally drier; clear views possible, with very cold nights and summit conditions.
March–May	Often wet, with rain and lower visibility; trails can be muddy.
November–December	Short-rain period with variable weather; climbing remains possible.

Mountain weather changes quickly. The route passes through different vegetation and climate zones, from humid rainforest to alpine desert and freezing summit terrain. Summit attempts can encounter strong wind, snow and sub-zero temperatures at any time.

Common routes - an overview

ROUTE	CHARACTER
Machame	Scenic, varied and often undertaken over 6–7 days.
Lemosho	Western approach with broad scenery; commonly 7–8 days.
Marangu	Hut-based route; 5–6 days, with limited acclimatisation on shorter trips.
Rongai	Northern approach; often quieter and generally 6–7 days.
Northern Circuit	Longer itinerary, often 8–10 days, with more time for acclimatisation.

PRIORITISE ACCLIMATISATION

Longer, well-paced itineraries often improve acclimatisation opportunities. Summit percentages from the old guide were removed because they are not reliably comparable across operators, routes and seasons.

09 / REACH HIGHER, SAFELY

Kilimanjaro preparation & equipment

Start building hiking endurance well in advance, and break in all essential equipment before arriving in Tanzania.

Prepare your body and mind

- Progressively increase walking distance, hills, stairs and time on your feet; include strength and aerobic sessions.
- Train with a daypack and the boots you will wear on the mountain. Allow rest and recovery.
- Discuss fitness, chronic conditions and any high-altitude medications (including acetazolamide) with your doctor.
- Walk slowly, communicate symptoms early and follow your guide's advice on food, fluid intake, rest and altitude safety.
- Check that your separate specialist insurance explicitly covers high-altitude trekking, rescue, medical evacuation and the summit altitude.

Mountain-specific packing checklist

LAYERING / CLOTHING	GEAR / DAYPACK
Moisture-wicking base layers; thermal leggings	Waterproof daypack cover and dry bags
Insulating fleece/down layers and summit jacket	Waterproof/windproof jacket and trousers
Warm hat, sun hat, neck gaiter and balaclava	Head torch + spare batteries
Light liner gloves and warm insulated gloves	Trekking poles and broken-in boots
Thermal socks, spare socks and camp clothing	Sunglasses, sunscreen and SPF lip balm
Warm-rated sleeping bag; confirm rental options	Refillable bottles / hydration system
Gaiters and water-resistant over-trousers	Personal medication, snacks, hand hygiene

BAG PLANNING

Typically you carry a daypack and the porter crew carries an additional soft duffel. Verify your trip-specific weight allowance and hire options before purchasing gear; the original guide mentioned an approximate 15 kg porter allowance.

10 / READY TO DEPART

Final checks, useful links & support

Keep this page handy during the last 48 hours before your journey.

Your final departure check

- Passport, visa (if needed), return ticket and hotel/tour confirmation are saved offline.
- The correct NIC or ZIC inbound travel insurance certificate and QR code are accessible.
- Personal travel insurance includes the activities and medical/evacuation protection you need.
- Any required yellow fever documentation and your prescribed medicine are packed.
- Your FIF Tours meeting point, arrival details and airport pick-up instructions are confirmed.
- You have suitable layers, comfortable footwear and all essentials in cabin luggage.

Official information and purchase links

- **Tanzania Immigration / eVisa:** https://visa.immigration.go.tz/
- **Visa guidelines and nationality requirements:** https://visa.immigration.go.tz/guidelines
- **NIC mandatory insurance - Mainland first entry:** https://inbound.nicinsurance.co.tz/
- **ZIC mandatory insurance - Zanzibar first entry:** https://inbound.visitzanzibar.go.tz/
- **NIC insurer information and child premium rules:** https://www.nicinsurance.co.tz/
- **ZIC official Mainland/Zanzibar clarification (7 Oct 2026):** zic.co.tz
- **CDC Tanzania travel health advice:** https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania

Contact FIF Tours & Travel

For trip-specific questions, dietary or mobility needs, safari arrangements and practical support, contact our team through the details on your booking confirmation.

EMAIL info@fiftours.com

WEBSITE www.fiftours.com

Information verified 12 November 2026. This general guide does not override immigration or insurance rules, your issued policy wording, public-health advice or the services on your confirmed itinerary.