

Packing List for Tanzania & Zanzibar

Everything you need for a comfortable and respectful travel experience

Must-Haves (Essential Items)

Travel Documents & Money

- ✓ Passport (valid for at least six months beyond your travel dates)
- ✓ Visa (available upon arrival or online before departure)
- ✓ Yellow Fever Certificate (required only if arriving from a country where yellow fever is present)
- ✓ Travel insurance with medical coverage
- ✓ Mandatory Zanzibar travel insurance (ZIC)
- ✓ Cash in U.S. dollars (preferably bills issued after 2006)
- ✓ Credit card (Visa or Mastercard)
- ✓ Digital and printed copies of your passport, visa, and insurance documents

Clothing

- ✓ Lightweight, breathable clothing (cotton or linen)
- ✓ Clothing that covers your knees and shoulders when visiting villages and local communities
- ✓ Swimwear
- ✓ Light sweater or lightweight jacket for cooler evenings
- ✓ Rain jacket or poncho (especially during the rainy season)
- ✓ Comfortable walking shoes or sandals
- ✓ Flip-flops for the beach
- ✓ Quick-drying clothes for easy hand washing

Health & Hygiene

- ✓ SPF 50 sunscreen
- ✓ Insect repellent containing DEET
- ✓ Personal medication and a basic first-aid kit
- ✓ Hand sanitizer
- ✓ Wet wipes and toilet paper
- ✓ Reusable water bottle
- ✓ Malaria medication (consult your doctor or a travel clinic before departure)
- ✓ Spare glasses or contact lenses with lens solution
- ✓ Thermometer

Electronics & Accessories

- ✓ Universal travel adapter (Types G and D)
- ✓ Power bank
- ✓ Headlamp or flashlight
- ✓ Camera or smartphone with plenty of storage space
- ✓ Waterproof dry bag or waterproof phone case
- ✓ Offline maps (such as Google Maps or Maps.me)

Additional Items (Depending on Your Activities)

Beach Essentials

- ✓ Snorkeling gear (often available for rent)
- ✓ Water shoes
- ✓ Beach towel or sarong
- ✓ Sun hat or cap
- ✓ Sunglasses with UV protection

Safari & Adventure

- ✓ Binoculars
- ✓ Neutral-colored clothing (avoid black and dark blue, as these colors attract tsetse flies)
- ✓ Long pants and long-sleeved shirts for protection against mosquitoes
- ✓ Small daypack
- ✓ Seat cushion (optional)
- ✓ Notebook and pen

Important Tips

- ✓ Plastic bags have been banned in Tanzania since 2019. Please bring reusable bags instead.
- ✓ Zanzibar is predominantly Muslim. Dress modestly when visiting towns, villages, and other public places.
- ✓ Take appropriate precautions against malaria and other tropical diseases before traveling.
- ✓ Power outages can occur. Charge your devices whenever electricity is available, and bring a power bank.
- ✓ Drink only bottled or purified water. Avoid ice cubes and uncooked vegetables unless you are certain they have been properly washed.

