



Hekima Safaris heritage & Car Rental Ltd

P. O. Box 16928 Arusha, Tanzania

Email: [bookings@hekima-safaris.com](mailto:bookings@hekima-safaris.com)

Phone: +48793239083

Website: [www.hekima-safaris.com](http://www.hekima-safaris.com)

## *Mount Kilimanjaro Travel Guide*

### **Hekima Safari**

#### **Kilimanjaro Climbing Guide**

During the preparations for your climbing adventure, you may surely have lot of important queries. Many other climbers do so as well. Here you will find the answers to the most popular questions about your climbing adventure on Kilimanjaro with Hekima Safaris Heritage

The information below reflect the climbing practices of Hekima Safaris Heritage, we hope that these insights will assist you in planning your African dream vacation.

If there is no answer to your question - feel free to contact us anytime at [bookings@hekima-safaris.com](mailto:bookings@hekima-safaris.com) Our Kilimanjaro adventures experts are always on duty to assist you with any questions about your adventure of a lifetime.

- **Prepare and training for mountain climb.**
- **Climbing equipment's.**
- **Rainy seasons and the weather on the mountain.**
- **The climb.**
- **Camping conditions.**
- **Trekking.**
- **Summiting.**
- **Safety and medical services on the mountain.**
- **Climbing crew.**
- **Booking and paying for your trip.**

- **Getting to Tanzania.**
- **Accommodation in Tanzania.**
- **Security in Tanzania.**

## **Preparing and training for mountain climbs**

### **I have never climbed a mountain before – can I make it up Kilimanjaro?**

While Kilimanjaro is a great way to climb for the first time – it is always best to be in reasonable physical shape. A moderate amount of exercise prior to the period leading up to the climb will make the 6-12 kilometre daily marches up the mountain easier. That said, the climb should not present any problems to anyone not leading a sedentary lifestyle. Most of those climbing Kilimanjaro are first-time climbers and the overall success rate is 95%.

### **What is the necessary level of physical fitness?**

You do not need to run marathons for a successful climb. However, being able to jog 5-6 km would make life easier on the mountain.

### **Who should not climb Kilimanjaro under any circumstances?**

Climbing is not recommended to those with chronic lung and cardiovascular diseases. Despite this, we do regularly have such climbers among our clients. However, it is important that your Tour Manager knows about any such conditions in advance in order to work out the climb programme that will bring you to the top of the mountain safely. You should also consult your physician before climbing.

### **Can children climb Kilimanjaro?**

The Kilimanjaro National park regulations only allow children under the age of 10 up to the altitude of 3,500 meters. We have, however, had children of 9 and 8 ascend to the summit with special Park permits and following tailored climb programmes. Since children may need more time for acclimatization, we would recommend that you only consider 7-9-day programmes for climbs with them.

## **Climbing Equipment**

### **What equipment is necessary for the climb?**

You can find the list of equipment necessary [here](#).

### **What equipment does your company provide free?**

The cost of your climb includes the following:

- Sleeping tents – The North Face VE-25 or similar
- Mess tents– Eureka
- Mattresses for added comfort
- All cutlery and crockery
- Chairs and tables
- First-aid kits
- Emergency oxygen tanks and ox meters

### **Can I rent the missing equipment and what quality is available?**

Yes, you can rent what you may be missing at our offices after arriving in Tanzania. We offer quality climbing gear and renew our stocks every 6-8 months.

## **Rainy seasons and the weather on the mountain**

### **What is the best season for climbing?**

Both dry and rainy season have their own advantages. April-May and November are generally the two rainy seasons on Kilimanjaro, which does not mean that no expeditions are undertaken in those months. These are the months with the greatest snow cover on the top of the mountain, providing the most scenic shots of it. There are, also, fewer climbers at this time, making for a more private experience. If you prefer sunny weather, then consider climbing in June-September or January-March when the chances of rain are far smaller.

### **How stable is the weather on the mountain? Does it affect my chances of summiting? Can I “get stuck” before summiting because of weather?**

The volcano is situated at the equator, which tends to make for stable weather. Climbs are underway year-round and, in our experience, there have not been a day when climbing would be out of the question. Yes, winds can get strong and the temperatures sometimes drop to -18 C°, but would this really stop a true adventurer?

### **What is the rainy season on Kilimanjaro and how does it affect my chances of successful summiting?**

The long rains fall on April-May and the short ones – November to beginning of December. You should

be prepared to walk through rain and along washed-out (but totally negotiable) trails when climbing in those months. Extra changes of clothing come in handy at such times! However, experience shows that the climb success rates during dry and rainy seasons are about the same

### **When are there the smallest numbers of climbers on the mountain?**

During rainy season: April-May and November to beginning of December.

### **What are the average daytime temperatures?**

The average daytime temperature at altitudes over 3,500 meters is about +20 C°. This said, you should keep in mind that some of the camps are shaded by outcrops of the mountain and the temperatures here may drop significantly lower, especially when heavy clouds are involved.

### **Is it cold at night?**

Average night-time temperature at camps is about 0 C°. However, they tend to drop as one nears Uhuru Peak. There is snow cover at altitudes of 4600+ meters during rainy season and the temperatures may drop to -18 C° at night and +5 C° in daytime.

### **Does it get hot in mountains?**

Yes, the temperature may soar to +30 C° in the mountains. Keep in mind that the effects of direct and reflected sunlight are far more serious the higher you climb. Make sure to bring or rent proper sunglasses or goggles to avoid snow blindness and CSPF 30+ sunscreen is also a must.

## **The climb. General questions**

### **How is climbing Kilimanjaro different from climbing other mountains?**

Kilimanjaro is one of the least-demanding mountains under 6,000 meters for a first-time climber. In addition, unlike other mountains, Kilimanjaro can be climbed year-round.

### **How long is the climb?**

Kilimanjaro climbs take 5-10 days. The shorter 5-day programmes can only be done on Marangu and Rongai Routes. If, on the other hand, you want to have a night overnight in the Kilimanjaro crater at the altitude of 5,700 meters, then be prepared for a 10-day climb.

### **Where can I leave my luggage and valuables while I am in the mountains?**

You can leave everything you do not need on the mountain at our offices. The luggage store is video monitored and all your valuables are inventoried before being stored in our safe.

### **What is the difference between the climbing Routes?**

At the end of the day, there is no difference between the Routes as they all lead to the journey's goal – Uhuru Peak. Still - the journey being at least as important as the destination – here are brief descriptions of the Routes to help with your choice.

**Marangu** – the only Route equipped with sleeping huts (4-20 people, depending on the camp).

This is one of the shortest Routes and takes between 5 and 7 days of climbing. However, we would not recommend the shorter 5-day programme to anyone who does not have extensive prior climbing experience as the time frame does not provide adequate altitude acclimatization leading to a success rate of 40% as opposed to 85% for the 6-day programme.

The route starts in the rain forest at 1,800 meters above sea level. Passing through different climate zones as the altitude increases, it goes on to join the Rongai Route at Kibo Camp. The final ascent to the summit is somewhat longer than on Lemosho and Machame Routes as it takes 30 to 60 minutes to

traverse the distance between Gillman's Point (which is considered to be the 3rd peak of Kilimanjaro) and Stella Point (the 2nd peak). The latter is where all the Routes join before the final push to the highest point of Africa – Uhuru Peak, at 5,895 meters. The descent takes you back to the starting point following the already-traversed path.

Being a very popular Route, Marangu tends to be crowded. We, therefore, recommend taking this Route only off-season when the numbers of climbers drop due to rains and having huts, as opposed to tents to sleep in comes in handy. (Rainy seasons in Tanzania: April, May, November).

**Lemosho** – also called Shira Route – starts off on the western slopes of Kilimanjaro and climbs up to the Shira Plateau at 3,500 meters. It traverses Kilimanjaro's Southern side to wind up on the East.

This is one of the least frequented Routes on Kilimanjaro despite offering great views and better acclimatization than other Routes as one spends more nights at higher altitudes.

Lemosho joins Machame and Umbwe Routes at Barranco Camp and descends via the Mweka

trail, thus taking only 6-8 hours between the start of the final ascent to Uhuru Peak and exiting Kilimanjaro National Park.

Tents are the only accommodation available on this – as well as all other but Marangu – routes. We, therefore, ensure maximum comfort for our clients by providing either The North Face - VE 25 tents, or the newly-arrived Altezza brand Pod Tents for those seeking a more social experience. This Route offers high-altitude drop off at 3,500 meters for 6 and 7-day Lemosho programmes.

**Machame** – also called Wiskey – is the classic Kilimanjaro climb route.

It starts off in the rain forests of the Southern slopes of Kilimanjaro and takes 2 days to leave the forest belt. As, arguably, the logistically easiest and, therefore, cheapest in terms of transfers due to its proximity to the town of Moshi, this route is very popular.

Sleeping accommodation is tents-only, and these are provided by your tour operator.

The Route joins Lemosho and Umbwe Routes on the 3d after climbing the Lava Tower. The final Ascent to Uhuru Peak starts off at 4,600 meters, climbs to the crater rim at Stella Point and descends via Mweka trail.

**Umbwe** – parallels Machame Route and is – up to the point where it joins Lemosho and Machame Routes – the least used of all the Routes on the mountain. This Route has the undeserved reputation of being difficult, despite affording the climber the most optimal acclimatization regime of all the 6-day programmes. Umbwe was the route taken during a record-setting speed-climb of Kilimanjaro.

This Route climbs up to Barranco and then traverses westward to Barafu Camp for the final ascent to Uhuru Peak. The descent is via Mweka Route.

**Rongai** – the Northern Route up Kilimanjaro used only by a very moderate number of climbers. This trail provides great views of both Kibo and Mawenzi volcanoes.

Sleeping arrangements on this route are “tents only” including Kibo Camp, where those taking Marangu Route are provided with accommodation in huts. This route does not present any nuances or particular difficulties during the climb apart from the possibility of running into wild animals on the first day.

The descent is via Marangu Route.

### **What happens when one or more members of a group wish or have to discontinue the climb?**

In these cases the climber(s) in question will be escorted by at least one crew member on their descent to the park gate, where a vehicle will await them for the transfer to Hekima Safaris Heritage offices and, subsequently, their hotel.

### **Can I continue the climb if all members of my group discontinue the climb?**

All climbing crews are organized in a manner that guarantees every climber in the group a chance to ascend to Uhuru Peak. Whatever the numbers of climbers turning around and carrying on with the trek, there always are professional crew members who can guide those continuing with the climb to the summit.

### **Are mobile networks and Internet available during the climb?**

Mobile networks, though rather unreliable, are generally available at camps. We recommend buying a local SIMcard as this ensures communication by SMS at the least.

## **Camping conditions**

### **Times for wake-up and breakfast?**

The wake-up is usually at 7:30 and breakfast at 8-8:30. This can be reasonably adjusted to your wishes.

### **Who sets up camp and cooks' meals?**

Camp Master and crew pitch all the tents and a mountain chef is responsible for cooking.

### **Are showers available during the climb?**

The crew can warm up enough water to wash your head and face and showers are available for an extra fee upon prior arrangement. One should keep in mind that hair dryers are not available on the mountain and climbing in cold with wet hair could lead to colds. We, therefore, recommend, carrying a sufficient supply of wet wipes.

### **What are the sleeping arrangements?**

Our tents sleep 2-3 people. Single accommodation can be provided for an extra fee of US\$150 for the duration of the climb upon prior arrangement. The tents we use are The North Face VE 25 и Marmot Limelight 3P. Permanent huts are available on Marangu Route, though Kilimanjaro National Park regulations and the number of places available preclude individual accommodation.

### **Are camp fires allowed on the mountain?**

It is prohibited to make fires in Kilimanjaro National Park.

### **How can one pass free time on the mountain?**

Acclimatization walks are the most productive way of passing your free time on Kilimanjaro, while reading, board games and socializing with fellow climbers form a natural part of any climb.

### **What is the diet during climbs?**

Three hot meals a day are provided during climbing expeditions. Fresh fruit and vegetables, meat, fish, eggs, rice, potatoes, pasta and bread are all part of your daily diet. Hot beverages, juice and water are always available. Make sure you inform your Tour Manager in advance of any dietary requirements or restrictions, such as vegetarian, allergic, etc.

### **What are acclimatization walks?**

Short (2-3 hours) walks from campsites are undertaken on a regular basis. These walks take you to higher altitude for a short period in order for your body to get acclimatized and prepare you for the next day's climb.

## **Trekking**

### **How long are the treks between camps?**

Distances between camps are generally covered in 4-5hrs. Some routes and- especially- shorter (5-6 days) programmes include longer daily treks of up to 7 hours.

### **What is the average distance covered in a day?**

Standard programmes generally involve 6-11 km daily treks.

### **What if I cannot keep up with the rest of the group?**

Group members can maintain the pace most comfortable for them. Your climbing crew make sure that no climber is left unaccompanied regardless of their pace.

## Summiting

### What does “summiting” mean?

Summiting is the final trek from the summiting camp at 4,600 m above sea level to Uhuru Peak, which lies at 5,895 m. Summiting usually starts around midnight and takes between 6 and 10 hours.

### What is the “summiting camp”?

The last Camp before reaching Uhuru Peak.

### What does one see on Uhuru Peak?

Uhuru Peak offers fantastic views of glacier walls and the Kilimanjaro Crater. The spectacular sunrises, as seen from the highest point in Africa- Uhuru Peak at 5,895m, are worth the effort of kicking off the summiting attempt at midnight.

### Can one visit the glaciers?

The walk from the highest point on the mountain to the nearest glacier is a mere 5 minutes and offers an extra photo opportunity.

### Can one descend into the Kibo Crater (Kilimanjaro)?

The descent into the crater, while possible, is undertaken only with the head guide’s approval, based on the physical and mental condition of the climbers. An extra tip of US\$ 30-50 per person is also expected for craterwalks.

### How long does the descent to the Park gate take? Can I descend to the Park gate in one go after summiting?

Our programmes include one night at a camp at 3,800m after summiting. However - the climber’s condition permitting - the descent can be made in one day, provided the climber reaches the Gate before 18:00hrs, when the National Park closes. The descent takes 7-8 hours.

## Safety and medical services on the mountain

### How safe is climbing Kilimanjaro?

Climbing Kilimanjaro is safe, provided an appropriate acclimatization schedule and all the guide’s instructions are strictly adhered to. Our professional team will ensure the safety of all the participants, providing the highest chances of reaching Uhuru Peak.

### **What's "altitude sickness" and how does one prevent and treat it?**

Altitude sickness is not a disease but, rather, a set of symptoms occurring at high altitude due to low oxygen levels. Altitude symptom prevention consists of adhering to the rules of acclimatization (gradual ascent and acclimatization walks to altitudes higher than that of the planned overnight) as well as ensuring sufficient hydration and appropriate walking pace.

### **Must one have climbing insurance?**

Mountain climbing insurance is not a must, but highly recommended. Your Tour Manager can always help you choose and purchase such an insurance.

### **What happens in cases of injuries during a Kilimanjaro climb?**

In case of an injury, our guides will administer first aid, for which all of them are trained, and immediately transport the injured climber to the Park gate for the transfer to a hospital for further treatment.

### **Have accidents happened during a climb?**

We, at Hekima Safaris Heritage, have so far had no accidents or injuries. All our guides are professionals with extensive training and regular refresher courses in rescue and first aid. In addition, having more than 7 years of climbing experience is a mandatory requirement for all candidates applying for work at Hekima Safaris Heritage.

Each expedition is outfitted with emergency oxygen supplies and well-stocked first-aid kits, all of which are thoroughly inspected before every climb.

### **Do your guides have first aid training?**

All our guides are "Rescuer" and "First Aid" certified and have no less than 7 years of experience, giving them the perfect combination of theoretical knowledge and practical experience.

### **Do guides provide monitoring of the well-being of climbers?**

Our guides conduct medical checks of all the climbers twice a day (morning and evening). Blood oxygen levels, heart beat rate (HBR) and temperature readings are taken and recorded in personal medical sheets. The guides also monitor every climber's general mental and physical state. All of this helps the guides diagnose existing-and/or prevent – possible health problems.

### **How does your office monitor the expeditions?**

All our groups are equipped with GPS trackers, which allow online monitoring of the position of each group with 15-minute intervals. This also provides your family and friends the opportunity to keep up with your progress during the climb.

All the tracking devices have SOS-buttons as well as an emergency messaging function. Moreover, mobile networks are available almost everywhere on the slopes of Kilimanjaro and Park Rangers are equipped with VHF radios allowing for communications should such a need arise.

We, at Hekima Safaris Heritage, base our safety standards on prevention through meticulous logistical planning and crew professionalism, rather than the resolving of emergency situations. We dedicate the extensive low tourism seasons to refresher theoretical courses and mountain training, during which we are forced to simulate emergencies, as – in the absence of real-life emergency situations in our practice – that is the only way for our guides to maintain a state of readiness for all and any eventualities :)

### **What medications do the first-aid kits contain?**

The mountain aid-kits include everything necessary to deal with general ailments, such as nausea, headache, fever, diarrhoea, coughing, etc. We also carry Diamox, which speeds up high-altitude acclimatization and relieves its symptoms.

### **Can I use my own medications?**

Any climber can use medications prescribed by their own physician. However, the Head Guide and, preferably, Tour Manager need to be made aware of all such medications in advance.

### **Is it necessary to take Diamox (Acetazolamide) during a climb?**

Taking Diamox is not mandatory, but can be recommended as a preventative. Our experience shows that there is a higher success rate amongst those who do take it during a climb.

### **Why do you need oxygen systems?**

Most symptoms associated with high altitude occur due to low oxygen levels. The two ways of dealing with low blood oxygen are: descent to lower altitude; using oxygen to raise blood oxygen levels without descending

### **What do I do if I feel sick in the mountains?**

The thing to do immediately if you start feeling unwell during a climb is to inform your guide who will determine the source of the problem and find the optimal solution to the problem. Most

symptoms that occur in the mountains are due to acclimatization and can be dealt with by the use of either Diamox or oxygen systems for breathing.

You should keep in mind that ignoring minor isolated symptoms can lead to complications. Some cases (rare on Kilimanjaro) require immediate descent to lower altitudes or evacuation. Do not hesitate to inform your guide, as constant monitoring of each climber's physical state is part of his or her job and not "bother". All our guides are Wilderness First Responder-qualified, which puts them in position to determine the best course of action in any situation.

### **What cases require evacuation from Kilimanjaro?**

Evacuations are resorted to in those cases, where other measures fail to restore the climber's fitness for further ascent. The patient is brought to the gate on a stretcher or – his or her state allowing – descends on foot. A vehicle is provided at the gate for a further transfer to hotel or hospital.

## **Climbing crew**

### **Do your guides speak English?**

All our guides (and many of the support crew) speak English.

### **How are your climbing crews staffed?**

Every climbing crew includes guides (one guide for every two climbers), a Chef, Camp Master (responsible for setting up camp and logistics) and porters (the number of porters depends on the number of climbers in the group).

### **What is a porter?**

Porters carry all the expedition equipment and supplies (from tents to cutlery and coffee).

### **Are crew tips expected after the climb?**

Giving the crew tips for the climb are an industry standard, which not only serve to augment the crew's incomes, but gives an added incentive to constantly raise the level of service. The tips, of course, depend on your satisfaction with the crew's performance.

### **What is the recommended number of tips?**

If the team has performed to your total satisfaction, then we recommend that each climber contribute

\$200-250 towards the tips for the whole climb. (The sum recommended for Premium climbs is \$300-400, as the size of the crew is considerably larger). The tips are given at the end of the climb at our offices and the head guide divides the total sum amongst all the crew staff according to each member's position and scope of responsibility. Please inform your head guide if one or more members of the crew have been especially helpful to you during the climb and they will be rewarded accordingly.

## After the climb

### When do I receive my Certificate of Achievement?

Certificates of Achievement are issued to successful climbers at our offices after the climb.

### Will I receive a Certificate of Achievement if I do not reach Uhuru Peak?

Kilimanjaro National Park issues Certificates of Achievement to those who reach the following three points:

- Uhuru Peak – 5,895 meters – «gold» certificate
- Stella Point - 5,745 meters – «silver» certificate
- Gillman's Point – 5,685 meters – «bronze» certificate

### What can I do with my spare time before flying back home?

Various trips and excursions are available in the Kilimanjaro Region. Or these, **Materuni Waterfalls** and **Chemka Hot Springs** are amongst the most popular. Otherwise, town walks and souvenir shopping are an option and, of course, one can always simply enjoy rest and relaxation at the hotel swimming pool.

## Booking and paying for your trip

### Does the price of a tour include flights to and from Tanzania?

Our standard rates do not include the cost of international flights. Our clients include travelers from all over the world, which makes establishing a universal rate including international air travel impossible. However, our Manager organizing your individual tour can always help with choosing and booking your air tickets.

### Do advance payments for the tour need to be made and if so, then what is the latest date before the commencement of the tour when this can be done?

Yes, pre-payment is expected in order to facilitate hotel bookings and expedition logistics. Classic

tours incur a 30% advance payment, while Luxury and Premium require 50%. Flights within Tanzania as well as accommodation and excursions in Zanzibar require advance payments in full.

Generally, advance payments are made no later than 60 days before the commencement of the tour. However, if you intend to visit Tanzania in high season (around Christmas holidays and July through August) hotels are best booked well in advance, as the demand for quality tourist accommodation in Tanzania far outstrips the supply. Therefore, your Tour Manager may request that payments for tours falling on those periods be made 4-6 months in advance, especially if a photographic safari is part of the package. When booking larger corporate groups (upwards of 20 pax), payments should be made 6-8 months in advance. This ensures our being able to book your accommodation in quality hotels where the number of rooms available is limited, especially in the run-up to the tourist season.

### **Can I make full advance payments for the tour, and if so- then how?**

Yes, full advance payments can be made to our Tanzanian bank accounts. Please, keep in mind that transfers generally take 3-5 days. All transfer commissions and charges are payable by the client.

### **What costs, apart from the actual price of the tour, could I expect to incur?**

Your tour price does not include the following:

- Visa fees;
- Alcohol at hotels, unless specifically stated under all-inclusive rates;
- Tips for climb crews and safari driver/guides. Crew tips for a Kilimanjaro climb average USD 250 per client. USD 30-50 per vehicle per day are the accepted norm.

## **Getting to Tanzania**

### **Should I get a Tanzanian tourist visa in advance?**

Citizens of the EU and USA can acquire entry visas at international airports in Tanzania as well as other bordercrossings. Visa costs: generally, USD 50 (USD 100 for the citizens of USA).

Citizens of the following countries should receive a so-called referred visa in the nearest Tanzanian diplomatic institution before coming to Tanzania:

(Data according to the Immigration (Visa) Regulations, 2016)

1. Afghanistan;
2. Abkhazia;
3. Azerbaijan;
4. Bangladesh;
5. Chad;
6. Djibouti;
7. Ethiopia;
8. Eretria;
9. Equatorial Guinea;
10. The Republic of Kazakhstan;
11. The Republic of Kyrgyzstan;
12. Lebanon;
13. Mali;
14. Morocco;
15. Mauritania;
16. Niger;
17. The State of Palestine;
18. Senegal;
19. Somalia;
20. Somaliland;
21. Sri Lanka;
22. Tajikistan;
23. Turkmenistan;
24. Sierra Leone

### **Which Tanzanian airport should I choose for my arrival?**

There are 3 International Airports in Tanzania: Zanzibar, Dar es Salaam and Kilimanjaro. Your Tour Manager will recommend the most convenient of these depending on your itinerary.

### **Which international carriers fly to Tanzania?**

If your comfort during what could be a rather lengthy flight with either tight connections or long layovers outweighs cost considerations, then we recommend that you consult the ratings in the World's Top 100 Airlines 2017.

Otherwise, pick what seems to be the most convenient of the airlines in your price range. Turkish, Emirates, FlyDubai, KLM, Ethiopian are among the airlines with regular flights to Tanzania.

### **Who will meet me upon my arrival in Tanzania and what to do if I arrive at night?**

One of our drivers will meet you with a sign bearing your/your group's name at your airport of arrival regardless of the time of day.

## **Accommodation in Tanzania**

### **Where will I stay before and after my Kilimanjaro climb?**

The Classic Rate provides accommodation at Legendary Lodge Arusha and Mrimba Palm Hotel. The PremiumRate provides accommodation at Pili Pili House Njiro Arusha.

### **Can I choose a hotel not included in the usual programmes?**

If you are booking a tailor-made tour, then you may choose any hotel and your Tour Manager will calculate the cost difference for you.

### **What can I expect from the food in Tanzanian hotels? Will I find familiar dishes on the menus?**

All tourist hotels adapt their menus to suit European tastes, while also including some local dishes. You should have no problems when it comes to food so long as you make your dietary preferences (vegetarian, allergic, etc.) clear to your Tour Manager when booking.

### **What is the currency in Tanzania? Can I pay in foreign currencies?**

The official currency of Tanzania is the Tanzanian Shilling; the Current rate of exchange is about Tshs 2,280/US\$1. You can also make cash payments in US\$. Just keep in mind that notes issued before 2003 may not be accepted or accepted at a lower rate of exchange. You may also change Euros and some other major currencies, though preference is given to US\$ and the rate of exchange for other currencies may not be favourable.

## Security in Tanzania

### Is Tanzania safe for tourists?

In short- Tanzania is absolutely safe for tourists. Tourism provides a large part of the country's foreign income and the local authorities take matters of security very seriously. Moreover, Tanzania is one of the most politically stable countries in the region and Tanzanians are very friendly as a people.

This said, some criminality does exist, just as it does everywhere else. We, therefore, recommend that you exercise common sense and follow the rules below:

Avoid the dangerous parts of any town- these are usually mentioned in most books and your guide will be happy to point them out.

- Do not leave your belongings unattended.
- When planning to take photos in towns, it is best to bring along a guide. This is not so much in the interests of safety, but, rather, in order to facilitate communication with the locals, who are – for cultural reasons – not always happy about being photographed and often do not speak English.
- After dark it is best to avoid walking and use taxis for all your travel within town. These are best organized by your tour operator or hotel reception.

### How can I avoid contracting such tropical diseases as malaria, yellow fever, etc? What vaccinations do I need before travelling to Tanzania?

There have been no recorded cases of yellow fever in the country's tourist regions (most of the country, really) in the last twenty years. However, when planning to visit the less visited parts, it may be recommended that you get yellow fever vaccination two weeks before your planned travel date. This vaccination is effective for ten years. You may read more about Tanzania vaccination requirements in our article.

The problem of malaria in Tanzania is greatly exaggerated. Not all species of mosquito carry malaria to begin with, and contracting malaria is unlikely in most parts of the country. However, if planning on visiting the less visited parts of the country, we would recommend that you read article about malaria prevention.

**Do I need travel insurance?**

We highly recommend that you have your travel insurance regardless of what foreign country you may be visiting. If you are planning a Kilimanjaro climb, make sure that climbing emergencies are covered in your policy at height no less than 6,000 meters. If necessary, your Tour Manager will assist with purchasing such insurance.

**Is the water safe in Tanzania?**

Yes, all the Hotels our company offers provide safe water. Taking showers and brushing your teeth is never a problem and the water is actually potable. However, we still recommend that you only drink bottled water, which is always available at hotels and shops.