

Health

It's really important to visit your GP before coming to Tanzania to find out about medical requirements. Travel appointments can be hard to book in the lead up to summer so get in touch to arrange an appointment 3 months before departure.

Vaccinations – information from <http://www.fitfortravel.nhs.uk/>

Courses or boosters usually advised: Hepatitis A; Typhoid.

Other vaccines to consider: Hepatitis B; Rabies; Tetanus.

Yellow Fever

A yellow fever vaccination certificate is not a requirement to enter Tanzania, unless you are travelling through a country at risk of yellow fever (e.g. Ethiopia or Kenya). We recommend that you do get a yellow fever vaccination as you *may* be asked on arrival to show proof that you have been vaccinated. When you get your yellow fever injection you will be given a vaccination certificate; you must bring this with you in your hand luggage as they'll check your certificate on arrival at the airport.

If your GP is unable to give you the vaccination for medical reasons you must then get an exemption certificate to show instead. Your GP will tell you more about this process.

Malaria

Tanzania is a malarial zone. Please speak to your GP about anti-malarials.

Insurance

You must get travel insurance that includes medical cover for the time you will spend in Tanzania. Make sure your insurance will cover you at 4000 metres plus and for manual building work.

Anza are affiliated with World Nomads Travel Insurance. World Nomads Travel insurance has been designed by travellers to cover everything you need. They can provide cover for more than 200 activities, so you can get insurance to cover you even on the top of Kilimanjaro. If you choose to buy your insurance with World Nomads, Anza will receive up to 10% of the cost back as a donation from World Nomads. Please use the following link if you wish to purchase your insurance with World Nomads:

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