GALLIVANTERS | STORIES FROM TANZANIA

East Africa Slow-Travel Planning Checklist

A grounded guide for traveling with more intention and fewer avoidable mistakes.



TAP CHECKBOXES AND TYPE INTO THE NOTES AREAS

Download, open in a PDF app that supports forms, and save your copy.

Choose the rhythm before the route

Slow travel starts by deciding how you want to feel, not how many places you can fit into one trip.

YOUR INTENTION

- [ ] Write one sentence about why you are taking this trip.
- [ ] Choose your ideal pace: one base, two bases, or a gentle loop.
- [ ] Name three non-negotiables: rest, nature, community, work, culture or adventure.
- [ ] Protect at least one unscheduled day after every major transfer.

MY INTENTION

I want this journey to feel...

MY PACE & THREE NON-NEGOTIABLES

Documents, money & connection

Prepare the boring details once so they do not take over your trip later.

BEFORE YOU BOOK

- [ ] Check passport validity and blank-page requirements.
- [ ] Confirm current visa and entry rules from official sources.
- [ ] Buy travel insurance that fits your activities and health needs.
- [ ] Save digital and paper copies of important documents.

MONEY & CONTACT

- [ ] Carry more than one payment method and a small cash reserve.
- [ ] Tell your bank your travel dates if needed.
- [ ] Save local emergency, lodging and transport contacts offline.
- [ ] Create a simple daily budget in TZS and your home currency.

MY DAILY BUDGET & IMPORTANT CONTACTS

Connectivity kit

- [ ] Unlocked phone and SIM/eSIM plan
- [ ] Power bank and universal adapter
- [ ] Offline maps and important addresses
- [ ] Backup authentication method for work accounts

Build a calm, redundant workspace

A beautiful view is not a work plan. Prepare a second option for power, internet and concentration.



- [ ] Test Wi-Fi before committing to a long stay.
- [ ] Keep mobile data ready as your backup connection.
- [ ] Confirm time-zone overlap with clients or your employer.
- [ ] Use a VPN and avoid sensitive work on open networks.
- [ ] Back up essential files before leaving home.
- [ ] Plan one quiet work location beyond your accommodation.

MY BACKUP PLAN

If Wi-Fi or power fails, I will...

Dress for coast, city, rain & safari

Choose breathable layers and a few respectful, practical pieces you can repeat.

CLOTHING

- [ ] Lightweight tops and bottoms that mix easily.
- [ ] One modest outfit covering shoulders and knees.
- [ ] Light rain layer, warm safari layer and swimwear.
- [ ] Comfortable closed shoes plus sandals.

HEALTH & COMFORT

- [ ] Personal medicines, basic first aid and prescriptions.
- [ ] Sunscreen, hat, mosquito protection and refillable bottle.
- [ ] Small laundry kit and quick-dry towel.
- [ ] Only the tech you will truly use.

MY PERSONAL PACKING NOTES

The 24-hour rule

Pack what you need for the first day in your personal item: medication, documents, one change of clothes, chargers and essential toiletries.

Build a gentle coastal and wildlife loop

Use this as a starting point, then remove something. Space is part of the itinerary.

ARRIVE

Dar es Salaam

Recover, connect and handle essentials.

SETTLE

Mbezi Beach + Bagamoyo

Coastal days, history and a softer pace.

WANDER

Tanga + Pangani

Palm-lined roads, quiet beaches and time to exhale.

RESET

Mikumi

A grounded wildlife break without racing north.

BUFFER

One unplanned day

Let weather, transport and your body have room.

MY ROUTE, DATES & REST DAYS

Travel with cultural humility

Curiosity, patience and respectful observation will take you farther than perfect plans.

GROUNDING PRACTICES

- [ ] Greet people before asking for help or starting business.
- [ ] Ask permission before photographing people.
- [ ] Dress with awareness of the place and occasion.
- [ ] Allow extra time; pushing harder rarely creates ease.
- [ ] Listen to local context before assuming your usual system applies.

Useful Swahili

SWAHILI	ENGLISH
Habari	Hello / How are you?
Asante	Thank you
Tafadhali	Please
Samahani	Excuse me / Sorry
Pole pole	Slowly, gently
Karibu	Welcome

WORDS, PEOPLE & MOMENTS TO REMEMBER

Leave room for the real journey

Confirm the essentials, then let go of the need to control every detail.

48 HOURS BEFORE

- [ ] Documents saved offline
- [ ] First stay confirmed
- [ ] Airport or arrival plan
- [ ] Insurance details accessible
- [ ] Payment backup ready

BEFORE YOU LEAVE

- [ ] Data and power backup
- [ ] Health kit packed
- [ ] Emergency contacts saved
- [ ] Rest day protected
- [ ] Someone has your itinerary

MY LAST NOTES BEFORE I GO

When you want local context

Read the Gallivanters Journal, explore locally guided safari journeys, or book a practical Tanzania consultation with Kibwana.

Read the Journal — GALLIVANTERSHOSTEL.COM

Explore safari journeys — GALLIVANTERSTOURSANDSAFARIS.COM

Book with Kibwana

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