

SENEGAL KNOW-B-4-U-GO”

Passport & Visa: You must have a valid passport with at least four (2-4) blank pages and must not expire before 6 months after the date of return. For U.S. passport holders, **a visa is not required for stays of less than 90 days**. Current yellow fever vaccination is mandatory to enter Senegal and meningitis vaccination is highly recommended if the traveler is arriving from or has recently traveled to an endemic area. Check with a vaccination specialist. Please, we recommend you carry a copy of your Passport with you and leave one home with your loved ones

POST COVID: It is not mandatory to show proof of being fully vaccinated for COVID-19, however, it is highly recommended. You may have to show proof of a negative covid test at least 48 hours before boarding your international flight. These terms could change in 2024. Stay update with the CDC recommendations. <https://www.dcd.gov> and Senegal travel advise. <https://www.dfa.ie/travel/travel-advice/a-z-list-of-countries/senegal/>

Packing: Average Senegal temperatures in May can range in the high 70's & 80's. We recommend you pack your clothing in layers, for easy peel off or put on! Clothing type recommended is cool breathable clothing .comfortable walking shoes, sandals, sunglasses and hat for the sun. *Best clothing type is cotton and linen, or purchase outfits from the African venders.* For flying, we also recommend you bring any medication and or medical supplies needed, in its own containers. A “Neck-Roll” may make your flight more rewarding! Pack smart so that you are not over-burdened with lugging too many pieces of luggage. We want you to have an easy-breezy journey! PLEASE ALERT CST OF ANY DIETARY OR MEDICAL NEEDS. Carrying medical equipment on the airplane has to be approved. If carrying equip, please advise our office a min. 30 days prior to departure.

Country Time Zone: Senegal is 4 hours ahead of US-EST

Carrying Money: It is the personal choice of each traveler to carry the amount of money you wish for meals not mentioned in itinerary, shopping, etc.; recommendation- minimum \$50 per person per day should be sufficient, only a suggestion; you may wish to spend more or less. *Most major credit cards are accepted in establishments.*

Money Exchange: The official currency in Senegal is CFA Franc XOF (Franc of West African Communities) and is only available in West Africa. **The euro and the US dollar can be easily changed in big cities, banks and some hotels.** Although US dollars may be accepted by street venders, they prefer CFA. You will have opportunities to exchange your US\$. When exchanging money upon arrival, make sure to keep the receipt so that you can exchange any leftover CFA back to US\$ at the end of your trip, or even better, spend everything while you're there so you can avoid being hit twice for fees.

Using your Credit Card in Senegal: **American Express is the most commonly accepted credit card in Senegal, but Visa, MasterCard, and Diner's Club cards are also sometimes accepted.** Many ATMs do not accept foreign cards, and ATMs are generally hard to find outside of Dakar. When it's possible to pay for goods and services by **credit card**, MasterCard and Visa are accepted, but rarely **American Express**. Diners Club and Discover **cards** are not accepted in Senegal.

Gratuity: It is customary as a group to offer gratitude for our Tour Guides, Drivers & Land handlers. The recommended amount for tipping is \$12 per person per day (12-days on ground & handling = \$120 per person... *we ask that you place your \$US-Dollars in a sealed envelope with your name and amount on the outside of envelope for collection upon arrival OR you are welcomed to pay in advance.*

Eating food & Drinking water in Senegal: Most all foods in Senegal are safe to eat, especially their cooked foods, peeled fruits & vegetables. Uncooked foods, like salads are not recommended, due to it being washed in their tap water. Drink only bottled water. Bottled water is widely available throughout Senegal and is relatively very cheap. We recommend you brush your teeth with bottled water.

Do I need Vaccinations?

Yes, some vaccines are recommended or required for Senegal. The [CDC](#) and [WHO](#) recommend the following [vaccinations](#) for Senegal: [hepatitis A](#), [hepatitis B](#), [typhoid](#), [yellow fever](#), [rabies](#), [meningitis](#), [polio](#), [measles, mumps and rubella \(MMR\)](#), [Tdap \(tetanus, diphtheria and pertussis\)](#), [chickenpox](#), [shingles](#), [pneumonia](#) and [influenza](#). [COVID-19 vaccination](#) is recommended for travel to all regions, both foreign and domestic. Check with your [local Passport Health clinic](#) if immunization is offered in your area. We highly recommend consulting with a specialist!

Phone Adapters & Power Converters: Do I need Power Adapters (USA to Senegal)?

Yes, Electrical Power Adaptors are needed for Senegal; In Senegal the power plug sockets are of type C, D, E and K. Check out the following pictures. When living in the United States of America you need a power plug adapter for sockets type C, D, E and K.



Invest in an international Adaptor



Make sure to invest in a Universal Adaptor; can be purchased online, Walmart, Staples and or most electronic stores. The cost is minimal.

How do I dial an International Phone Number from the USA? *(This information is best left for your family at home)*

Senegal Country Code: 011 +221 + City Code + Local Number

Your Cell Phone: You may be able to use your own cell phone while in Senegal. Check with you cell phone provided for international usage, activation and per minute rates.

Purchasing a rental phone in this country may be expensive. FYI: there is a new "AP" that is also FREE, called WhatsApp Messenger. It lets you message and call friends and family.

Switch from SMS to WhatsApp to send and receive messages, calls, photos, videos, documents, and Voice Messages. Cell phone to cell phone... you and your loved ones will have to download this app to your cell phone to communicate... check it out.

What do I dial in an Emergency?

Senegal Police: dial 17 from mobile phones. See also US Embassy phone numbers below

US Embassy Senegal:

Address: B.P. 49, Rte des Almadies, Dakar, Senegal

Phone #: +221 33 879 4000

Extra Spending Money:

- Meals not included in itinerary, average \$15 & up depending on selection and location
- Shopping & personal purchases are at your own discretion
- Extra pieces of luggage outside of the allowed included, cost is subject to change per airlines discretion
- Bottled water & selective beverages outside of what will be provided to us in the country on our tour and dining days.

WEATHER CHART FOR SENEGAL >>>>>>>>>

(Average temperature 70- 80)

A KNOW-B-4-U-GO will be updated as needed

