

Cameroon

Travel Facts



US State Department Travel Advisory

The US State Department currently recommends US citizens exercise increased caution in Cameroon due to armed violence, civil unrest, crime, health, kidnapping, and terrorism. Some areas have increased risk.

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

Passport/Visa Requirements

For the latest passport and visa requirements for this country, please consult the US State Department's "Learn About Your Destination" search tool, available through the link below.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

US Embassy/Consulate

[237] 22220 1500; US Embassy in Yaoundé, Avenue Rosa Parks, Yaoundé, Cameroon; <https://cm.usembassy.gov/>;

YaoundeACS@state.gov

LGBTQIA+, Women, and Special Needs Travelers

Additional travel considerations can be found on the US State Department's International Travel page.

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html>

Telephone Code

237

Local Emergency Phone

Police 117, Firefighters 118, Medical Assistance 119

Vaccinations

The CDC and WHO recommend the following vaccinations for Cameroon: hepatitis A, hepatitis B, typhoid, cholera, yellow fever, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia, influenza, and COVID-19

<http://www.who.int/>

Climate

Varies with terrain, from tropical along coast to semiarid and hot in north

Currency (Code)

Cooperation Financiere en Afrique Central francs (Central African CFA franc, XAF)

Electricity/Voltage/Plug Type(s)

220 V / 50 Hz / plug types(s): C, E



Type C



Type E

Major Languages

24 major African language groups, English, French

Major Religions

Roman Catholic, Protestant, other Christian, Muslim, animist

Time Difference

UTC+1 (6 hours ahead of Washington, DC, during Standard Time)

Potable Water

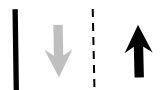
Opt for bottled water

International Driving Permit

Suggested

Road Driving Side

Right



Tourist Destinations

Yaounde; Limbe; Douala; Waza National Park; Bamenda; Foumban Palace; Lake Nyos

Major Sports

Soccer, tennis, boxing, basketball, cycling

Cultural Practices

Cameroonians are somewhat formal and believe good table manners demonstrate respect. In traditional homes, men eat first, then women, and then children. A foreign woman will generally be invited to eat with the men since she is a guest.

Tipping Guidelines

Tipping \$2-5 (USD) per service rendered is considered acceptable for porters and waiters; \$8-15 (USD) per person per day is considered normal for guides and safari drivers.

Souvenirs

Pottery, carved wooden tribal masks and animal sculptures, native beadwork dresses, woven mats and rugs, jewelry, tree sap paintings, spices

Traditional Cuisine

Ndolé — stewed nuts, ndoleh (bitter leaves), and fish, beef, or shrimp traditionally eaten with plantains or bobolo (fermented ground manioc or cassava wrapped in leaves)

