

# Is it safe to bring an outdoor power bank to Sao Tome and Principe



## Overview

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uses 120V, but the voltage in São Tomé is different, meaning your electronics won't work safely without one. Always check your device's voltage rating before packing for an international trip. Hygiene is an important consideration when traveling to Sao Tome and Principe. While the country is generally safe, it's always good to take precautions. Be mindful of food and water safety; it's best to stick to bottled water and avoid street food, especially if you have a sensitive stomach. Check our Traveler Information Center for more information if you are a traveler with specific health needs, such as travelers who are pregnant, immune compromised, or traveling for a specific purpose like humanitarian aid work. To help you holiday with some peace of mind and to cut through the boring technical jargon, I've put together this guide that breaks down exactly what you need to know for safe travels. Crime in São Tomé and Príncipe In keeping with its laid-back nature, crime is not something widely experienced by visitors, but exercising common sense should keep you out of trouble. Crimes such as burglary and pick-pocketing are infrequent and serious crimes such as armed robbery or rape, are. There is a high threat of terrorist attack globally affecting UK interests and British nationals, including from groups and individuals who view the UK and British nationals as targets. There is a risk that the flight between the islands cannot take off/land as scheduled in case of bad weather/sight.

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### Is São Tomé and Príncipe Safe? 5 Travel Safety Tips

Is São Tomé and Príncipe safe for travelers? Here's our help, advice and support for planning a trip and traveling safely in São Tomé and Príncipe.

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### Is Sao Tome and Principe Safe for Tourists? Travel Safety Tips

Yes, Sao Tome and Principe is generally a very safe and welcoming destination for tourists. Its tranquil atmosphere, low crime rate, and friendly locals make it an appealing choice for ...

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### I'm a power bank nerd and here are the airline rules ...

It's not just the skies - your power bank can cause havoc in a hot car or even at home if you ignore basic safety.

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### Is It Safe to Travel to Sao Tome and Principe: A Guide to Enjoying ...

Safety in São Tomé and Príncipe remains a moderate concern. While violent crime is rare, petty crimes like pickpocketing can occur in crowded areas. Exercise caution, especially at night, and ...

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### Is it safe to use outdoor power supply in Sao Tome and Principe

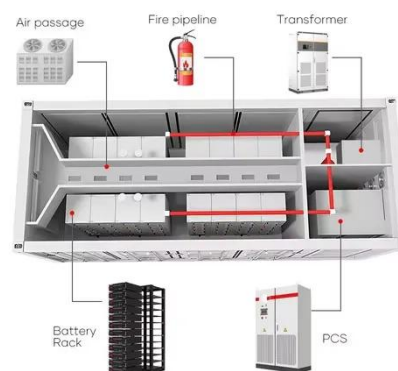
LIWANAG SOLAR - Only type F power points are permitted because they are grounded and therefore significantly safer. The only exception to this rule is that an old type C outlet should be ...

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### Power Plugs and Outlets in São Tomé , Need a Travel Adapter?

Always check your device's voltage rating before packing for an international trip. If the label says "100-240V, 50/60 Hz", it can safely run on both 120V and 220-240V power sources without a converter. ...

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### Sao Tome & Principe

The roads are of worse quality on the Southern part of Sao Tome and most of Principe. As in most parts of tropical Africa, you should therefore be careful in

planning itineraries during the rain season to ...

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## Is São Tomé and Príncipe Safe? 5 Travel Safety Tips

Crime in São Tomé and Príncipe Vaccinations and Health Tips For São Tomé and Príncipe Jungle Safety in São Tomé and Príncipe Transport Safety in São Tomé and Príncipe Visas For São Tomé and Príncipe In keeping with its laid-back nature, crime is not something widely experienced by visitors, but exercising common sense should keep you out of trouble. Crimes such as burglary and pick-pocketing are infrequent and serious crimes such as armed robbery or rape, are extremely rare. Keep your belongings with you at all times and don't leave valuables See more on worldnomads Author: Aoife O Riordain GOV.UK



## Safety and security - Sao Tome & Príncipe travel advice

Although there's no recent history of terrorism in São Tomé and Príncipe, attacks cannot be ruled out. Economic difficulties and political rows over the

handling of investments in São

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### Ultimate Sao Tome and Principe Packing List: What To Pack In 2026

While the country is generally safe, it's always good to take precautions. Be mindful of food and water safety; it's best to stick to bottled water and avoid street food, especially if you have a ...



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### São Tomé and Príncipe

It may be needed if you spend a lot of time outdoors. Clothing can also be treated at home in advance. (SPF 15 or greater) with UVA and UVB protection. See Sun Exposure. Wear for additional sun ...

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