

What is the inverter voltage in Sao Tome and Principe





Overview

Do I need a travel adapter in Sao Tome & Principe?

The electrical outlets and power plugs in Sao Tome and Principe are of types C & F (see images). If your country uses the same electrical outlets and power plugs, you don't need a travel adapter. However, you may still need a voltage converter if the voltage is different.

Do I need a voltage converter in Sao Tome & Principe?

The voltage used in Sao Tome and Principe is 220V and the frequency is 50Hz. If this is the same in your own country, you don't need a voltage converter when travelling to Sao Tome and Principe. If the voltage and/or frequency in your country is different, you should check if your devices are dual voltage.

What is the standard power socket voltage in Sao Tome & Principe?

All power sockets in Sao Tome and Principe provide a standard voltage of 220V with a standard frequency of 50Hz. You can use all your equipment in Sao Tome and Principe if the outlet voltage in your own country is between 220V-240V. This is the case in most of Europe, Australia, the United Kingdom and most countries in Africa and Asia.

Does a laptop charger work in Sao Tome & Principe?

In Sao Tome and Principe, the standard voltage is 220V and the standard frequency is 50Hz. Most laptop chargers are designed to be compatible with a range of voltages (dual voltage), so they should work with outlets in Sao Tome and Principe without any issues.



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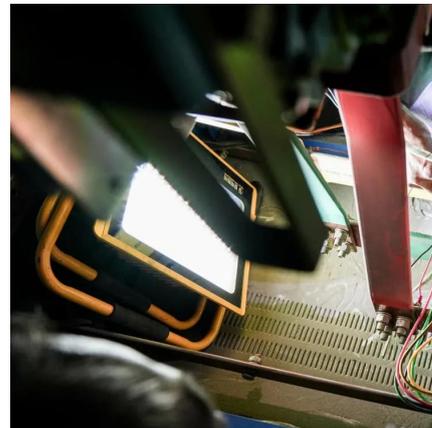


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Sao Tome and Principe - power plug and socket
In Sao Tome and Principe, electrical sockets and plugs are type C or F. Type C has two round pins and type F has two round pins with two ...



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São Tomé and Príncipe

However, if your devices use a different plug type or are not compatible with the voltage in São Tomé and Príncipe, you will need a power adapter and/or a voltage converter/transformer. ...



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Sao Tome and Principe

Dec 1, 2025 · The power sockets in Sao Tome and Principe are of type C and F. The standard voltage is 220 V at a frequency of 50 Hz. Check your need for a power plug (travel) adapter in ...



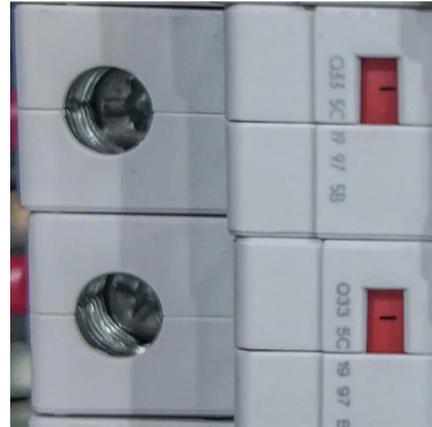
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Plugs in Sao Tomé and Príncipe

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São Tomé and Principe Electric Outlets & Plugs

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Voltage in Sao Tome and Principe

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[Sao Tome and Principe Voltage Standards and Power Plug ...](#)

Sao Tome and Principe's voltage standards may differ from your device requirements. For devices not supporting wide voltage ranges, we recommend using dedicated voltage converters to ...



Power Plugs, Outlets & Electricity in São Tomé and Príncipe

Need a travel adapter for São Tomé and Príncipe? Find out everything about plugs, outlets, and voltage differences. Avoid charging issues!

[Sao Tome and Principe electrical outlets & plugs](#)

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