

LOWIS & LEAKEY

• A F R I C A •

Preparing for your East African safari

This document is compiled to cover a wide range of activities for a variety of safaris to different African countries. Some of this information may not be relevant to your particular safari. Please read it carefully and ignore those sections relating to baggage, clothing and visas that do not apply to your safari.

This is intended as a guideline for your preparation, we will do our best to be as up to date as possible but unfortunately we cannot guarantee the correctness of the information contained below.

Baggage

It is important to travel light, and luggage not required on safari can be stored (at your own risk) at either your Nairobi hotel or at the Lewis & Leakey offices if you are traveling back through Nairobi before your departure. Duffel type bags are most suitable, and absolutely necessary if travelling in light aircraft. In EAST Africa Fifteen Kilos, (33 lbs.) is the maximum per person, including cameras, if your safari includes flying in light aircraft. This may be negotiable depending on the aircraft being used so please check with us. Please also let us know if you are above average weight or height as this may affect the baggage allowance.

Most air operators will only accept soft duffel/tog type bags – no frames or rigid structures. Wheels on a bag are only permissible if they are not part of a solid frame or rigid structure. This applies to camera bags as well.

Whilst these weight and size allowances appear minimal, please bear in mind the following:

- Most safari camps/lodges and hotels provide basic toilet amenities.
- Laundry is provided on a daily basis (weather permitting) at most properties.
- More formal attire is usually required only when staying in the more prestigious city hotel establishments or on any of the luxury trains.
- On safari, casual clothing is the order of the day.

Packing

On safari, dress is informal with outdoor comfort the essence. Loose fitting cotton clothes are best for game viewing. You will need a warm sweater or fleece for the early mornings and evenings when it can get surprisingly cool in some areas. “Layers of clothing” is the best system. A waterproof rain jacket can double as a windbreaker. There is a same day laundry service in most camps, lodges and hotels, (weather permitting), so don’t over-pack.

*Please note that for cultural reasons undergarments will not be laundered, most camps and lodges will provide detergent in your tent or room. Tip from past guests: bring along enough for the duration of the safari to save you the bother!

It is best to avoid avoid blue and dark colours in areas that have Tsetse flies (this includes parts of the Mara, Serengeti, Tarangire and southern Tanzania).

White clothes should be avoided when hiking. White is fine in camp or while out on game drives.

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We recommend the following:

- 5-6 cotton shirts/T-shirts including 1-2 with long sleeves for evenings.
- 3-4 pairs cotton shorts or skirts.
- 1-2 long trousers or jeans.
- 1 warm jacket (lightweight down puffer, fleece jacket, puffer, lined windbreaker, or similar).
- Light rain gear
- 2 sweatshirts or sweaters.
- 1 sleeveless fleece (gilet) or sleeveless puffer
- Swimming costume.
- Hat for sun protection. (Wide brimmed is best)
- Comfortable shoes - running shoes that can also double as a hiking shoe (some people like ankle protection so bring the shoe you are most comfortable wearing when walking on rough ground)
- Flip flops, or Tevas.
- sunglasses
- Underwear and Cotton socks
- Sports bra (roads can be bumpy!)
- Jacket and tie (only if desired for Nairobi dinners).

Don't forget:

- Visas, tickets, passports, money, credit cards, insurance details, etc.

Specialist clothes

- Comfortable hiking boots (Rwanda/Uganda Gorilla Safari)
- Gardening gloves - good for preventing nettle stings (Rwanda/Uganda Gorilla Safari)
- Gaiters and waterproof trousers (Rwanda/Uganda Gorilla Safari)
- Should your safari include a Mt Kenya Trek we will send you a separate list of mountain equipment and a packing guideline.

Handy Items

- Flashlight and spare batteries. LED flashlights give off a powerful light. A head torch might be a useful addition to a handheld flashlight. The flashlight on your iPhone is not adequate.
- Insect repellent e.g. Tabard, Rid, Jungle Juice, etc
- Basic medical kit. Please consult with your travel clinic with regards to appropriate medication to include (aspirins, medications in case of upset stomach, plasters, antiseptic cream and antihistamine cream, etc.)
- Personal medications – please carry copies of prescriptions.
- Rehydrate/ ORS drink sachets
- Personal toiletries (basic amenities are supplied by most establishments)
- Sun block and after sun lotion.
- Blistex for lips
- Lightweight backpack to carry essentials on walking/hiking excursions.
- Waterproof/dustproof bags, to protect your camera and binoculars such as dri bags.
- 1 or 2 12 Volt chargers for your camera equipment, ipod, ipad etc should you wish to charge them in the car.
- External power banks are always useful.
- If you wear contact lenses, we recommend that you bring along a pair of glasses in case you get irritation from the dust as well as a spare set of lenses in case you lose them.
- Charging cables and spare camera batteries
- Good quality sunglasses - preferably polarized. Tinted fashion glasses are not good in strong light.



Binoculars

While game viewing, binoculars will become the most important piece of equipment in your possession. The best field binoculars are lightweight with central focusing, and good light-gathering capability. Here are a few points to consider:

Every person should have his or her own pair of binoculars as no one wants to share when something exciting is happening.

The best magnification is between 7 and 10.

The bigger the objective lens diameter, the brighter the image.

As most of our game viewing will be done in low light conditions at dusk and dawn, the recommended minimum objective lens diameter should not be less than 35 mm. Opera glasses are not suitable.

The best combination binoculars are therefore anywhere between 7 x 35 and 10 x 50.

Photography, Cameras and iPhones

Do bring a camera including spare batteries, chargers, spare SD cards or film, flash cards, memory sticks, etc. iPhones are pretty incredible and fantastic for landscape and people shots but for wildlife photography a good telephoto lens is necessary. Unless you are a professional photographer, where just about all your luggage will be photography equipment, we recommend something like a compact digital camera or a bridge camera. A bridge camera can be easy to place in your hand luggage on the airplane and then once you are actually on safari, it is easy to carry with you. If you would like further detailed advise on what equipment to bring, please don't hesitate to contact us as we can talk you through the best options.

For the enthusiast, two camera bodies would be ideal. A Go-pro can be fun for action shots and video.

Make sure that you are fully conversant with all your equipment before coming on safari and that you have the instruction manuals with you.

Photographic Restrictions

Before taking photographs of any people in Africa, obtain their permission (often only given for a fee). Your guide will help with this. Taking photographs of airports, military installations, policemen, or the President is strictly prohibited in most African countries.

Drones

Many countries in Africa strictly prohibit the use of drones for photography. Do please check on the regulations of each country you are visiting to ensure that they are permitted by law before arriving with or using any drones. Even if the law permits their use, you may find that the parks, reserves, conservancies and properties that you will be visiting have a no drone policy.

Electricity

Electricity is 220 - 240 volts AC at 50 cycles per second in most Hotels and Lodges. In camp we use gas, kerosene, or solar units for lighting and cooking. If you need to charge camera batteries or other electric items we can provide 110v or 240v on request in camp from inverters.

Visas

All passport holders should verify with their travel agent or relevant consulate concerning visa entry requirements.

Visas may be needed for each African country you expect to visit, please ask your ticketing agent to obtain them from the nearest Embassies well in advance of your departure. Passports should be valid **for at least 6 months beyond the planned visit** together with onward travel documents, proof of accommodation and sufficient funds for the duration of their stay. In addition, each country being visited **generally requires at least two consecutive/side by side blank pages on entry for both visas and stamps (some ask for 3 or 4)**. Should an itinerary include more than one country, excluding the country of departure and return, please ensure that sufficient number of blank visa pages (not endorsement pages) are available in said passport, i.e. if visiting three countries, a total of six blank



visa pages may be required. Should there be insufficient blank pages in said passport then entry into or exit from a country could be denied.

It is important that you verify with the relevant Consulate concerning visa entry requirements and, if extending your journey to other countries, visa entry requirements for those countries need to be established as well. Kindly ensure that you have all necessary visas prior to departure from your home country (unless these can be obtained on arrival) as Lowis & Leakey, its staff, agents and operators cannot be held liable should entry be denied.

In addition, it is your responsibility to ensure that the duration of stay in each of the countries visited on your itinerary is correctly noted on your visa/arrival paperwork or communicated to the Immigration Official, so that the appropriate number of days is stamped in their passport. If this is not done, there is a risk of being detained or charged for the number of days that guests have “overstayed” in the relevant country/ies.

If you are extending your journey to other countries, please establish entry requirements for those countries as well.

Please ensure that you have all the necessary visas prior to departure (unless available on entry). **Its best to travel with the correct amount of money to pay for visas if you plan on getting them on arrival, some places will claim not to have change.**

Food and Drink

On safari, we recommend that you drink bottled water, which is provided in camp and in all our vehicles while out on game drives. In some hotels and lodges safe drinking water is also provided in flasks. Best to ask if you are unsure. Some lodges may give you your own refillable re-usable water bottle, which are filled from a central large clean water point. Do ask for your bottle to be washed regularly on a daily basis. It is very important that you drink plenty of water. It is generally recommended that guests drink at least 2 to 3 litres (4 to 6 pints) of water per day to limit the effects of dehydration. This excludes tea, coffee and alcoholic beverages, which act as diuretics and can, actually contribute to dehydration.

Please let us know if anyone in the group has food dislikes or allergies. We will alert the camps who will do their best try to cater for your special dietary requirements. (If you need any dietary supplements, please bring these with you as we cannot always get hold of specialist products locally).

Currency

Exchange your foreign currency through a bank, or other authorized dealer. Credit cards such as American Express, Diners, and Visa are widely accepted in most African countries, sometimes a fee is added for the service. Personal checks are not usually accepted. Reserve an adequate amount of \$ cash for visas if you have not got them prior to travel. Small bills work best in rural areas for trading of local goods. Please bring US dollar bills printed after the year 2003. Bills printed prior to this will not be accepted.

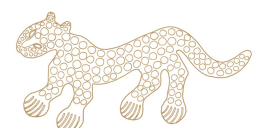
Tips

Tipping is entirely at your discretion and while not expected, tips are always welcomed. If you feel that you have received good service and would like to show your appreciation with more than a simple thank you, please follow the lodge or camp suggested guidelines.

Health (Malaria, Diabetics and Allergies)

There are a few basic health matters that require care and attention. We are obviously not medical practitioners and the following points are recommended guidelines only. Please consult your doctor and also check with your health department prior to departure in the event that there have been any changes in the health regulations of the country (s) you are visiting.

We carry a basic first aid kit, but please bring any prescription drugs or other usual medicines you might take for colds, infections, upset tummy, and the like.



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Vaccinations

Inoculation requirements vary from country to country, and change periodically. Check with your Doctor, the Tropical Medicine Center or Public Health Office what you need.

We cannot advise you on inoculations. Please seek advice from your medical practitioner or travel health advisor.

Yellow Fever

Please check specific requirements for the countries you will be visiting and remember the vaccination must be done a minimum of two weeks prior to travel. Yellow Fever Inoculations must be had at least 10 days before travel, as it is not effective within 10 days. You receive a Yellow Card which you have to carry with you when you travel. Failure to produce the card during travel could result in penalties by immigration or refusal to enter the country.

People Exempt: Pregnant women, HIV Positive, anyone undergoing Chemotherapy or with a suppressed immune system. You still need to go to a clinic/medical practitioner for a consultation and to be given an exemption certificate that will still allow you to travel without having had the injection. Babies under the age of 9 months and people over the age of 60 can qualify for an exemption also, but this is at the discretion of the medical practitioner.

Malaria

Both chloroquine-resistant and normal strains of malaria are prevalent in Africa although it does not occur everywhere.

Malaria is transmitted by a very small percentage of female Anopheles mosquitoes. They are only active in the early evening and throughout the night, at the times when one is usually sleeping or sitting around the campfire. The best prevention is not being bitten, so bring a good insect repellent, and wear long sleeves and trousers during the evening.

Malaria prophylaxis is strongly advised. Check with your doctor for the most current information; ask about the highly effective anti-malarial drug MALARONE, which has recently been approved by the FDA. Most USA doctors have prescribed a Lariam-based prophylactic in the past, which sometimes has extremely negative side effects.

A good source of information on [Malaria can be found at the CDC's web site.](#) If you become ill on your return, while still on prophylaxis or even once you have stopped taking them, ensure that your doctor does everything to establish that your illness is not malaria.

Diabetics

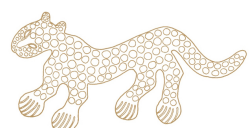
Please make sure that you tell us if you or anyone in your group is diabetic. Remember to carry your medication with you at all times. We can provide refrigeration for medications if it is required. You should also drink more water than you normally do, as it is easy to become dehydrated.

Allergies

Should you have a history of anaphylaxis or other allergic reactions please make sure to let us know. It is advisable to carry an epi-pen and any other allergy medications with you for emergencies.

Narcotics and Prescription medications

Drug enforcement policies in the East and Southern Africa are strict. Possession of any amounts of narcotics, including substances such as marijuana, LSD, or amphetamines, can lead to arrest. If found guilty, drug offenders are subject to lengthy prison sentences. The definition of 'narcotics' varies from country to country, so learn the laws of the countries you are going to visit, and obey them while you are there. Keep all prescription drugs in their original containers clearly labeled with the doctor's name, pharmacy and contents. In addition, if you take an unusual prescription drug, carry a letter from your doctor explaining your need for the drug and a copy of the prescription.



Driving conditions

When visiting remote areas or national parks and reserves, the roads can be rough and bumpy, and occasionally we will travel "off road", where it is possible that injuries may occur if for example a hidden pothole is struck.

Insurance

Travelling in Africa contains inherent risks of illness, injury, death, or the loss and damage of property. Lowis & Leakey does not offer travel insurance, as specified in our Terms & Conditions that apply to your booking, you are responsible for ensuring that you and your travelling group are adequately covered by comprehensive travel and medical insurance for the duration of your safari (including but not limited to travel in light aircraft, helicopters, boats and hot air balloons (if applicable)). **Cover that includes a cancel for any reason clause is strongly recommended.** If you are not covered by travel insurance, it is presumed that you are aware of any risk that may occur and accept personal liability for any circumstance that may arise, indemnifying all other parties in doing so. Guests will be charged directly by the relevant service providers for any emergency services they may require and may find themselves in a position unable to access such services should they not be carrying the relevant insurance cover.

a) Medical Care and Evacuations

It is important to make sure your health insurance plan provides coverage overseas. Most care providers overseas only accept cash payments.

It is compulsory to have full medical, emergency evacuation and repatriation cover for the period of time on safari. This should cover Emergency evacuation expenses, all medical and hospitalisation expenses including emergency assistance, accidental death and disability, personal injury and repatriation expenses.

Kenya, Tanzania and Rwanda: There are good hospitals and doctors in Nairobi. Whilst you are on safari, we will automatically register you with the Flying Doctor Service in case of an emergency evacuation from the bush to Nairobi in daylight hours. However, it does not cover your hospital costs or the costs of evacuating you from Nairobi onwards. Please ensure you have adequate medical insurance.

b) Cancellation and Curtailment

You might have to cancel or curtail your journey due to unforeseen circumstances. If for any reason you cancel a trip you could lose the entire cost of your holiday. Should you have to leave before your holiday is finished, we cannot refund you the cost of the portion of the package you do not complete. In the eventuality of this happening, insurance may cover you, depending on the reason for cancellation and curtailment. You should ensure cancellation and curtailment cover is sufficient, in the event that you have to cover additional costs incurred as a result of changes to arrangements beyond the control of Lowis & Leakey, such as the cost of a private charter should you miss your connecting flights for any reason whatsoever.

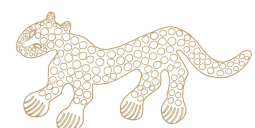
If you are not covered by travel insurance, it is presumed that you are aware of any risk that may occur and accept personal liability for any circumstance that may arise, indemnifying all other parties in doing so. Insurance companies often require insurance to be purchased upon payment of your initial deposit.

c) Baggage & Money Insurance

It is advisable to take out baggage and money insurance especially if you are carrying a lot of cash or expensive and valuable camera equipment. You should always carry such equipment as "carry-on" luggage. Do not put anything of value including any vital medication in your checked-in baggage.

d) Claims

If you anticipate an insurance claim upon your return, be sure to document as accurately as possible any accident, injury or loss. Doctor's notes and police reports will aid any claim.



Lost possessions

Possessions that are lost or go missing are beyond our control.

We suggest that you take the following precautionary action for flights: Please pack a small bag with your essentials including any life sustaining medication, which can be carried with you as hand luggage, and pack a second bag containing non-essentials that can be loaded in the aircraft hold. If the second bag does not arrive, you will still have your essential items on hand to see you through the first couple of days while we try and recover your baggage.

Wildlife trophies and Souvenirs

Being in possession of wildlife trophies while traveling in East and Southern Africa is illegal if not accompanied by a permit issued by the country's local authorities. You may encounter difficulties when crossing international borders even with legally bought items from a different country in Africa. This applies to all wildlife trophies regardless of the origins. A wildlife trophy is any protected animal, game animal, or game bird (alive or dead); and any bone, claw, egg, feather, hair, hoof, skin, tooth, tusk or other durable portion of that animal/bird/fish/ other aquatic life - whether processed, added to or changed by the work of man, or not. Anyone found in possession of such trophies could face fines, imprisonment or both.

Plastic bags

Please note that Kenya, Tanzania and Rwanda have banned the use of single use plastic bags. In light of this we advise our guests to refrain from using all forms of 'disposable' plastic carrying bags in both your main luggage and hand luggage, to avoid any inconvenience and possibly prosecution.

Wild Animals

Please be aware that these safaris may take you into close contact with wild animals. Attacks by wild animals are rare, but no safari into the African wilderness can guarantee that this will not occur. Please note that the camps are all unfenced and animals do amble through the camps, at any time.

Security

This is a matter of common sense, and the same precautions should be taken in African cities as in any major cities around the world. Do not carry large sums of money, do not wear gold jewellery, and keep a close watch on handbags, wallets, and cameras. Avoid walking at night, even close to the hotel (take a taxi), and never leave valuables on show in an unattended vehicle.

Special Requests

We are happy to accommodate your specific needs, organize a special birthday or anniversary celebration during your safari, or send important messages back to your office or home. We want your safari to be everything you anticipated, and a bit more. Do not hesitate to let us know what you will need while you are here.

Contacts and communication while on safari

There is good cell phone coverage in many parts of Africa, this allows you to keep in touch with family. However many people come on safari to "get away from it all", kindly be considerate of this when using personal phones. Most camp provide Wifi although it tends to be in limited areas of the camp and may not be up to the speeds that you are used to at home. There are still a few remote areas in East Africa that do not have phone network, if you think you will require a phone then we suggest that you travel with a Sat phone.

Urgent messages can be relayed via phone or email through us and we will pass a message on to the camps via email. We will provide you with emergency contacts specific to your itinerary separately.

Lowis & Leakey office:

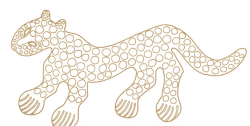
Tel: ++254 706 112 976 between 8.30am – 5.00pm Kenya time.

Ninian and Lara Lowis

Cell: Lara +254 733 239 226 or Ninian +254 733 602048

Email: lara@lowisandleakey.com or inquiries@lowisandleakey.com

We look forward to taking you on safari!



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