

# LOWIS & LEAKEY

• A F R I C A •

## Preparing for your safari in Southern Africa

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. Duffel type bags are most suitable, and absolutely necessary if travelling in light aircraft. In **SOUTHERN Africa Twenty Kilos (44lbs)** (unless we inform you otherwise) is the maximum per person, including hand luggage and 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 in Southern Africa 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. The maximum dimensions of all bags which can be accommodated are as follows: 25 cm (10 inches) wide x 30 cm (12 inches) high and 62 cm (24.4 inches) long.

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. More formal attire is usually required only when staying in the more prestigious city hotel establishments or on any of the luxury trains. 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.**

Please avoid white when walking/hiking - white is fine when you are in camp or on gamedrives

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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, 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.
- Underwear and Cotton socks
- Sports bra (roads can be bumpy!)
- Jacket and tie (only if desired for city hotels or trains).

Don't forget:

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

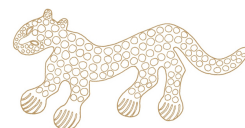
Specialist clothes

Warm Anorak or Parka, beanie and scarf / gloves for the cold winter months (May to September in Southern Africa)

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, plasters, antiseptic cream and antihistamine cream, etc.)
- Personal medications – please carry copies of prescriptions
- Rehydrate 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
- Good quality sunglasses - preferably polarized. Tinted fashion glasses are not good in strong light

The Lewis & Leakey Safari Shop offers hand-selected gear and apparel from Tilley, Patagonia, Outdoor Research and other fine brands. Quality and comfort are key. Many of the items are waterproof, windproof, insulating, sun-protective, easy-packing, and quick-drying. Operated by our partner, New Headings, we participate in green shipping and other efforts to help reduce our carbon footprint and care for our planet. To begin shopping, simply [click here](#).



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## **Climate**

The weather in Southern Africa is generally pleasant throughout the year – warm to hot days, and cool to warm nights. During the winter months however (May to September), it can get really cold at night and in the early morning, particularly when on safari, so we would like to suggest that you pack some very warm clothing.

Summer is from November to the end of March and usually brings very high temperatures. It is also the rainy season and cloud coverage and rain can cool things down, although only usually for a short period of time. The winter season begins in May and ends in August. This is also the dry season when virtually no rainfall occurs. Winter days are invariably sunny and cool to warm; however, evening and night temperatures can drop below freezing point in some areas. The in-between periods - April/early May and September/October - still tend to be dry, but the days are cooler than in summer and the nights are warmer than in winter.

## **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.
- A good pair of binoculars will last a lifetime.

## **Photography, Cameras and iPhones**

Do bring a camera including spare batteries, chargers, spare SD cards, film (if you are old fashioned), 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.**

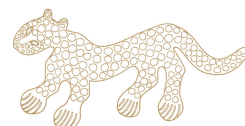
Make sure that you are fully conversant with all your equipment before coming on safari and that you have the instruction manuals with you.

## **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**

The use of drones for photography is strictly prohibited by many parks and reserves in East and Southern



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Africa. Do please check on the regulations of each country you are visiting to ensure that that they are permitted by law before 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. Each camp will have its own arrangements for power so please check with your guide or camp management

### **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 Lewis & 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.

**Revised Child Travel Regulations SOUTH AFRICA:** The department of South African Home Affairs has confirmed that Unabridged Birth Certificates for most foreign minors, entering into South Africa, are no longer required.

While additional documentation is still required for all South African children entering into and exiting from the Republic.

**Only passports are necessary for foreign minors in the following situations:**

Child/ren accompanied by both parents.

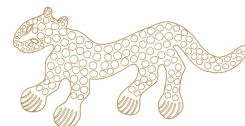
Child/ren accompanied by one parent.

Child/ren travelling with a person who is not his/her biological parent.

The one exception is an unaccompanied child/ren, where additional documentation is required for a foreign minor. Please refer to the website for further details:

<http://www.dha.gov.za/index.php/statements-speeches/621-updated-advisory-new-requirements-for-children-travelling-through-south-african-ports-of-entry>

**Important BOTSWANA AND NAMIBIA:** All passengers under 18 years will need to present an Unabridged Birth Certificate, as well as a valid passport when entering, departing or transiting Botswana and Namibia (as advised by The Ministry Of Nationality, Immigration & Gender Affairs Tourism).



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This is a requirement of The UN: Convention On The Rights Of The Child, which states that every member country that has acceded to, or signed it, should introduce some measures of control.

Abbreviated versions or baptismal certificates are not accepted. This requirement applies to minors of all nationalities – whether travelling unaccompanied, with both parents, with one parent, an adoptive parent/s or with a legal guardian/s or any another adult/s (e.g. family member, friend, etc.). A sworn translation (certified/authenticated) in English should accompany all documentation that is in a language other than English.

An “Unabridged Birth Certificate” contains the following details:

- Particulars of the child/ren: date and place of birth, gender and name in full.
- Particulars of the parents: full names, date and place of birth and their citizenship at time of birth.

For single parents, or those travelling alone with their child/ren, the following must be provided:

- An affidavit (no more than three months old on the date of travel) in which the absent parent gives consent for the child to travel, or
- A court order granting full responsibilities or legal guardianship of the child, or
- The death certificate of the absent parent.

Note too that documents such as affidavits that are **older than six months** at the time of travel will not be valid.

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**

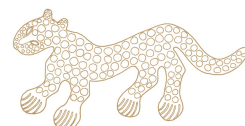
### **Food and Drink**

On safari, we recommend that you drink bottled water, 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 reusable 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 readily 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 try to carry USD bills printed after the year 2003 as bills printed earlier may be rejected as a valid form of currency.



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## 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

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.**

## 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 done 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.

A good source of information on [Malaria can be found at the CDC's web site.](#)

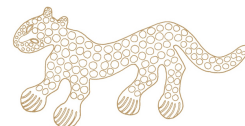
If you become ill on your return, while still on prophylaxis or even once you have stopped taking them, ensure that your doctor does everything to establish that your illness is not malaria.

## 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 with you for emergencies.



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### **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.

### **Restrictions on Taking Non-Prescription Medications into Zambia**

The Zambian Drug Enforcement Commission (DEC) has in the past detained travellers for possession of Benadryl and other over-the-counter medications which have contained small quantities of diphenhydramine, an active ingredient that is on Zambia's list of controlled substances. As a result, any traveller visiting Zambia should consider leaving all non-prescription medications behind.

### **Covid.-19**

As the Covid-19 global situation is in a constant state of flux, please make sure that you check with the relevant authorities including your embassy and the airlines for the most up to date information prior to travel. In addition we will do our best to keep up with changes and will inform you of any regulations pertaining to your safari as we come across them.

### **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 and as specified in our Terms & Conditions that apply to your booking, you are responsible 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 balloons, if applicable). 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. Please ensure that you and your belongings are adequately insured before your departure. It is best to purchase a policy locally, as this will cover repatriation back to your home country.

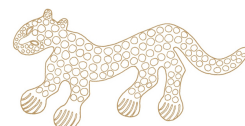
#### *a) Medical Care and Evacuations*

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.

***Many of our providers will not accept guests on safari if they do not have adequate insurance cover issued in their home country.***

A good policy will usually cover the costs of ensuring that the patient (and family) reaches the best hospital with the best medical practitioners. In addition, the policy should take care of all the medical bills and should pay for the cost of repatriation as well. Most scheduled commercial air tickets cannot be changed without incurring expenses and the insurance should cover this cost as well.



No policies issued in Africa will cover this with certainty. If you **do not** have medical insurance, you will probably **not** be admitted to the better private hospitals and will have to accept whatever treatment is received in the public hospitals (many of which are not up to First World standards).

It is recommended that all travellers in your group have the necessary insurance to cover:

*b) Cancellation and Curtailment*

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 Lewis & 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.

By taking out cancellation insurance at the time the deposit is paid, you can usually recover any cancellation fees incurred.

**Lost possessions**

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

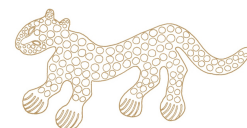
We suggest that you take the following precautionary action for flights: Please pack a small bag with your essentials including any life sustaining medication, which can be carried with you as hand luggage, and pack a second bag containing non-essentials that can be loaded in the aircraft hold. If the 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.

**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.



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**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. Many of the camps in Southern Africa do not have phone networks and though most provide Wifi it tends to be in limited areas of the camp – 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.

**Lewis & Leakey office:**

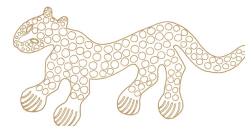
Tel: +254 706 112 976 between 8.30am – 5.00pm Kenya time.

Ninian and Lara Lewis

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

Email: [lara@lowisandleakey.com](mailto:lara@lowisandleakey.com) or [inquiries@lowisandleakey.com](mailto:inquiries@lowisandleakey.com)

We look forward to taking you on safari!



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