

East Africa
PRE-DEPARTURE
INFORMATION

East Africa (Kenya, Tanzania, Rwanda and Uganda) is the best place on earth to see great numbers of large animals. Experiencing the birds and animals, ecology, natural drama, spectacular setting and the cultures that coexist with the animals may be the greatest trip of your life. You have to see this region for yourself, and even then it is hard to believe the wonders you will witness.

WILDERNESS ZONES

SAFARIS operates trips to East Africa. There are many styles of safaris, lodging and leadership. This booklet will prepare you for what to expect, what to bring and how to get the most out of your safari. Please read this booklet carefully to enhance your experience



GETTING READY FOR YOUR TRIP

Passports

Passports are required to enter Tanzania, Kenya, Rwanda & Uganda, and MUST be valid for at least 6 months after your trip – if not, apply or renew immediately!

- Keep a copy of the picture page of your passport in a separate place while traveling.
- Carry an extra passport photo in case you need to apply for a quick replacement.

Visas

- Tanzania, Kenya, and Uganda all require a visa. It is possible to obtain all of these visas at the airport or border of entry, however if you would prefer to obtain it before your departure you will need to send the information listed below.

Rwanda does not require a visa for Americans. Please check with us if you are not traveling on an American Passport for visa requirements.

Kenya

- ◆ Signed application
- ◆ 2 passport size photos
- ◆ Letter from our company (will be sent when flight itinerary is confirmed)
- ◆ Money order for \$50 made out to the Embassy of the Republic of Kenya

Tanzania

- ◆ Signed application
- ◆ 1 passport size photo
- ◆ Letter from our company (will be sent when flight itinerary is confirmed)
- ◆ Money order for \$50 made out to the Embassy of the United Republic of Tanzania

Uganda

- ◆ Signed application
 - ◆ 2 passport size photos (print your full name on the back of one of them)
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- ◆ Money order for \$50 (single entry) or \$90 (multiple entry), made out to the Uganda Embassy
- ◆ Proof of a Yellow Fever vaccination

Health, Immunizations

- Yellow Fever vaccination is required for entry into Rwanda and Uganda, and may be required for Tanzania and Kenya, if you are traveling from an infected area (i.e. another country in East Africa).
- Recommended immunizations: Hepatitis A & B, Typhoid Fever, Rabies, MMR, Polio, Tetanus, Malaria prophylactic is also recommended for many areas.



SEEK INDEPENDENT MEDICAL ADVICE from your physician or local travelers' health service

For the latest recommendations for immunizations or malaria prevention contact the Center for Disease Control in Atlanta, Georgia: 800-311-3435, or visit their website: <http://www.cdc.gov/travel>

Travel Insurance Requirements

- Kili climbs: You must have proof of valid medical insurance to be shown on arrival before the start of the trek. Any clients without such insurance will not be allowed to climb and will not be entitled to a refund.
- Gorilla treks: You must have proof of valid medical insurance for the duration of the tour. Such insurance should fully cover personal injury; medical expenses; repatriation in the event of accident, illness or death; cancellation or curtailment of the tour by the company or client; and loss of, damage to, or theft of your personal property. Activities with a greater inherent risk, such as animal tracking on foot, should also be covered. Please ask us for a recommended policy.

Time Difference

- Kenya, Tanzania, and Uganda are 3 hours ahead of Greenwich Mean Time (+3 GMT) which is 8 hours ahead of Eastern Standard Time (EST)

- Rwanda is +2 GMT, which is 7 hours ahead of Eastern Standard Time

*These countries do not observe Daylight Savings Time

- When it is 6 PM in Nairobi, it is 5 PM in Rwanda, 10 AM in New York City and 7 AM in Los Angeles

Electricity

- Kenya & Uganda: 240 V, 50 Hz, Uses the Rectangular blade plug

- Tanzania: 230 V, 50 Hz, Uses the Rectangular blade plug and the Round pins with ground (3 prong)
- Rwanda: 230 V, 50Hz, Uses the Round pin attachment plug, very common in "universal" adaptor sets

ARRIVAL

- Upon arrival at the airport, you will be welcomed by Wilderness Zones representatives, after passing immigration transferred to the Nairobi Hotel where there will be a briefing on your safari.

GETTING ALONG AS A VISITOR

WILDERNESS ZONES' goal is to provide a vigorous, small group experience that increases your interaction with animals, local people, and other aspects of the natural environment. Please keep in mind that you are crossing the boundaries of countries and, more importantly, the boundaries of cultures. Laws and language may vary less than norms, values and behaviors. Attuning your own behavior and appearance to the expectations of your host culture can be the difference between a good trip and a spectacular experience. On WILDERNESS ZONES' trips most participants genuinely want to experience and understand the culture they are exploring. This requires an open mind, ability to listen and a sincere effort to observe and understand.

Accommodation.

- Traveling in Africa can be quite tough and a good rest and meals make a long day feel like a transition to better things. We choose lodges and camps depending on our clients; likes and choices. Some of these



accommodation are dictated by the program that is taken. Some clients prefer to stay in small tented camps while others people prefer large places. Food in all these camps are of high quality and hygiene. That said, on the way, most of the travelers get tempted to buy and eat fruits. We always advice that you ask your driver/ guide or leader just to be sure. The last thing one wants while on safari is a bad stomach!

Food & Water

- Your trip cost includes most meals, as noted on your itinerary.
- Meals are generally well-balanced and consist of food that are familiar to Americans.
- Drink only bottled drinks, and avoid tap water, fountain drinks and ice cubes. Bottled water is readily available to purchase for drinking and brushing your teeth. Most lodges will leave one bottle of water per person, per night, in your room free of charge.

- Eat only foods that are thoroughly cooked, and raw fruits and vegetables that you have peeled yourself.
 - Avoid fresh salads unless the vegetables are washed with purified water, and avoid dairy products that are unpasteurized or may not have been refrigerated properly
 - Most lodges wash vegetables with purified or bottled water, and use the same clean water for ice cubes.
- *Check with the staff before eating these items, just to be sure.
- Restaurants and meals at the lodges are generally safe.
- Special diet or meal requests cannot be guaranteed, but our operators will do their best to accommodate you. Please advise us ahead of time if you have any special dietary requirements.

Money and Currency Exchange

- Cash is the most convenient form of currency to exchange in East Africa. Traveler's checks are often difficult to cash and generally have a larger fee.
- *Please make sure your US dollars are in good condition and newer than 2000, as many banks and lodges/ camps will not accept dirty, damaged, marked, or torn currency.*
- Credit cards are accepted in major cities and hotels, however please note that the credit card companies charge an additional 2-5% fee, of the total purchase, for charges made outside the United States. These charges are in addition to surcharges sometimes added by merchants at the point of purchase. Check with your credit card company before you travel as the charges change frequently without notice and vary with card and destination.
- Basic additional expenses on your trip may include any meals not provided (usually in larger towns or cities), drinks, snacks, liquor, laundry, gratuities for your guides, airport departure tax, taxis, and souvenirs. The total of all of these expenses seldom exceeds \$400.

Kenya

- Kenyan currency is the Kenya Shilling (KES). Visa is the most commonly accepted credit card in Nairobi, at some lodges and curio shops.
- Most people will exchange around \$300 prior to leaving Nairobi, as it is difficult to exchange money once on safari.
- You are required to present receipts if you need to change Kenya currency back to US dollars.
- It is illegal to take more than 100 Kenya Shillings out of the country.

Tanzania

- Tanzania's currency is the Tanzania Shilling (TZS)
- Once you have changed money you will not be permitted to change it back into US dollars.
- It is advisable to exchange only about \$20-30 per person for a one week safari, which should cover any meals or drinks you wish to buy.
- US dollars are widely accepted around the country.
- Credit cards are generally not accepted, however Visa and MasterCard are accepted by some lodges

Uganda & Rwanda

- Uganda's currency is the Uganda Shilling (UGX), and Rwanda's currency is the Rwanda Franc (RWF)
- The recommended place to exchange cash to local currency is at the airport bank.

- Only high denomination US dollar bills (\$20 or higher, post-2000), in good condition with no tears or markings, will be accepted and/or exchanged.
- Traveler's checks generally have the worst exchange rate.
- Most people will exchange a minimum of \$3-5 per person, per day of the trip for extra costs.

Tipping

- Gratuities should be in local currency in most cases.
- Anytime you especially appreciate someone particularly informative or helpful, an extra tip is always gratefully accepted.

Recommendations for good service are as follows:

Uganda & Rwanda

◆ Gorilla Trekking:

National Park Guide & trackers while viewing gorillas: \$10 per person/trek (the head guide will divide it among the staff),
Porters in park while viewing gorillas: \$2-3 per person/trek

Kenya & Tanzania

◆ On Safari:

Driver/Guide: \$5-10 per person/day
Guide during hike: \$5-10 per group/day
Day trips or special services: \$2-6 per person (depending on quality & exclusivity of service, and number of people in your group)
Baggage porters: \$1 per bag
Camp staff: \$3 per person/night (mobile & fly camps)
Restaurant service: about 10% of bill ◆ On Safari:
Driver/guide: \$5-10 per person/day
Baggage porter at hotels/lodges: \$1-2 per person/stay
Lodge/camp staff: \$3-5 per person (for 1-3 day stay)
Restaurant service: 3-5% of the bill

◆ Mt. Kenya and Mt. Kilimanjaro climb:

Guide: \$80-100 per group
Assistant guide: \$60-75 per group
Porters: \$35-50 per porter/per group

Emergency Services

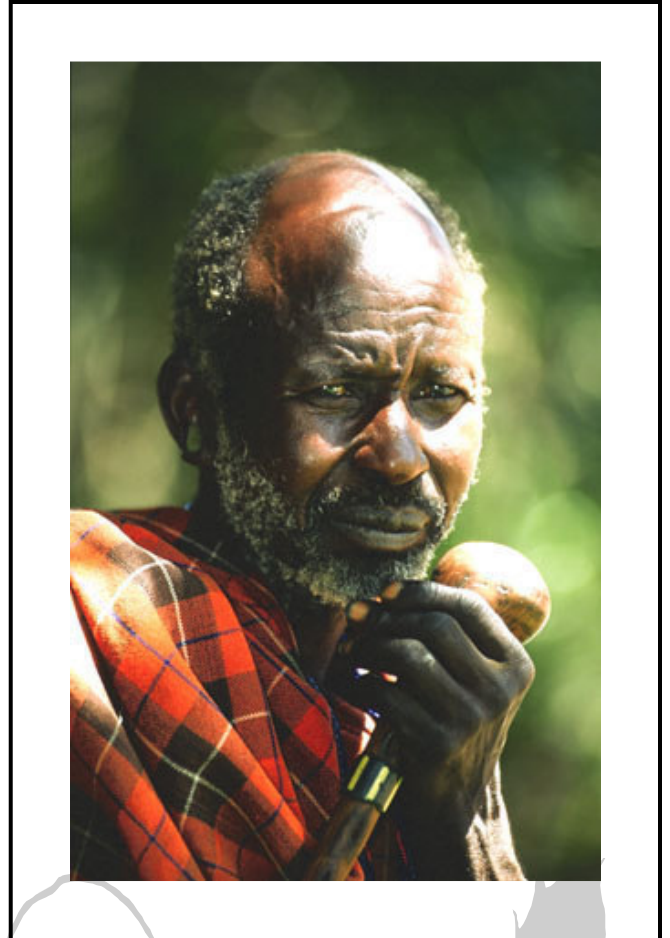
- Emergency services and care for major medical illnesses may be limited outside the major cities
- Prevention of injury is always the best policy
- Your guide will advise you in the case of urgent medical need during your tour

During the gorilla hikes, we normally advise our clients to respect these unique creatures that if given lots of space, they would 'pose' for you!!



Altitude Sickness

- PLEASE NOTE: The information below is provided to increase awareness of symptoms that some travelers experience, and is not meant to be alarming. Most people experience few, if any, symptoms.
- Altitude sickness is caused by abrupt change from low elevations to high altitudes. Mild symptoms include: headache, shortness of breath, light-headedness, difficulty sleeping, loss of appetite, mild nausea or vomiting, and fatigue.
- Take it easy the first day or two upon arrival at high altitude. Be sure to drink fluids, avoid alcohol, eat regularly and get plenty of rest. Your body will soon acclimatize and you will feel fine.
- Trekkers hiking up to high elevations may feel the continuing effects of altitude as they make their ascent. Our itineraries are planned to allow for a slow pace and plenty of time for acclimatization to minimize these effects. Local guides will not allow you go too high too fast and are prepared to adjust the pace if necessary, so the risk of Acute Mountain Sickness (AMS) is extremely low. On rare occasions, extreme symptoms may manifest themselves. If this occurs in yourself or if you notice symptoms in a fellow trekker, please tell your guide immediately.
- The first response to severe symptoms should be a quick descent to a lower altitude. Most cases, if they occur, are mild, and symptoms improve promptly with a return to lower altitude.
- Some travelers ask us about Acetazolamide (Diamox), which can help to speed acclimatization and reduce minor symptoms. Be aware that some people have a severe reaction to Diamox. Consult your physician for further information about this drug.



SPECIAL REMARKS

People

- You will find the people in East Africa very friendly and welcoming.
- It is best to ask permission before taking portrait photos. If in doubt, ask your guide.
- Do not take photographs of the President, police, soldiers, military installations, prisons or prisoners.

Time

- Do not expect everything to happen on time; remember that in East Africa time is not as important as it is back home.

- Despite best efforts, departures and arrivals could be a little before or after the time given. This applies particularly to aircraft movements. Operating requirements, weather and terrain sometimes present problems, and on these occasions, to ensure your safety, flight times may vary.

Roadwork

- Although the East African states are trying to fix the road network, be prepared for some long rides on some of the backroads. These roads will re-define the meaning of off roads. Sometimes short distances can be quite "long" due to the road networks especially during the rainy season. Although we do not operate trips during the rainy season, sometimes, the rains come "early" "stay late" and as such we can be caught in the muddy season. We normally use specially designed 4x4 landrovers/ cruisers that enable u to access some areas that would otherwise be considered out of our way.



Safety

- The national parks are secure and generally very safe from crime
- Observe the same precautions taken at home. Do not flaunt a bulging wallet, always lock unattended vehicles, do not leave baggage unattended in public areas.
- Be sure to take malaria suppressant, if your doctor agrees, and protect yourself as much as possible from the bites of insects, many tropical diseases are borne by insects.
- Never leave a campsite on foot without notifying your guide, and always hike with a partner and during daylight hours.
- Do not tease or distract wild animals. This is not only bad etiquette, it is very dangerous and against the law. Lions, leopards, buffalo, rhino, and hippo may look docile, but each year they cause death and serious injury to tourists. You are especially vulnerable on foot. They really are wild animals.
- It is highly recommended that you buy travel insurance that covers your baggage before you leave.
- Don't take anything you can't afford to lose or can't replace.

Restroom Facilities

- It is a very good idea to carry your own small supply of toilet paper or tissues.
- Most bathrooms in the National Parks will neither look nor smell as sanitary as those you are used to.
- Restroom facilities at lodges have western style flush toilets and are kept clean.

Shopping

- Bartering is a way of life in East Africa. A good guideline is to negotiate about half the asking price. You may ask your guide privately how much you could expect to pay for an item, but do not ask him in front of a salesperson. It is not appropriate for your guide to bargain for you. Your guide will be happy to assist you in translation, although most people you will encounter will speak English.
- Souvenirs of handicrafts include: baskets, soap stone carvings of animals and vases, jewelry, Makonde carvings in Tanzania or Wakamba carvings in Kenya, Malachite carvings, bracelets, and many others.
- Tribal artifacts also make good souvenirs, including: spears, shields, masks, cow bells, etc.

Seasons & Weather Conditions

Kenya & Tanzania

- Central Kenya and Tanzania have a temperate climate
- Northern Kenya is hot and dry
- Coastal regions are generally hot and humid
- Rainy periods occur twice a year: short rains, Nov/Dec, last about one month. The long rains occur April to early June. A virtue of traveling during or just after the rainy season is the absence of dust and the relatively cooler daytime temperatures. It is also very green on the savannas, and is bird nesting season.
- Dry periods on safari are likely to be warm and sunny most of the time, though mornings & evenings can be quite cool and you will want a warm sweater or light jacket. Many people underestimate how cool East Africa can be. Prepare for temperatures down to 40°F and colder on Mt. Kenya and Kilimanjaro.

Uganda & Rwanda

- Both countries are near the equator; as a result, the climate does not change much throughout the year.
- Rainy seasons tend to be from March to April and October to November, but this varies in different areas and it can rain any time of the year, especially in the gorilla park areas.
- In the rainy season travel can be slow, but the views are often better. Gorilla tracking can also be muddier.
- In the mountainous areas it is much colder than on the plains and the rainfall is greater
- Temperatures on the plains tend to be from 70°F - 85°F, and in the mountains can drop to 50°F in August.

Equipment & Packing

- Pack personal gear in a single piece of soft luggage such as a duffel bag (hard luggage is difficult to fit into the back of vehicles).
- Your name and address should be indelibly affixed both outside and inside your luggage.
- Your luggage should lock, although you should carry your valuable and fragile items in your day pack.
- While on safari, you may want the following items in your day-pack: water, film, camera, binoculars, jacket, etc. You can also use your day-pack as your carry-on bag during flights.
- Charter/in-country flights have a weight limit of 20 kg (about 44 lbs).

- Lightweight & light colored clothes will help keep you cooler. Also keep in mind that synthetic fabrics dry faster than natural fibers like cotton, especially in humid areas, so you can pack less if you are able to wash and dry your clothes easily.
- Some lodges offer laundry service, for a fee, if you are staying more than 1 night.
- Casual clothing is appropriate at all times.
- You may want to bring an extra smaller, collapsible (lockable) duffel, to leave items in a city hotel while you are on an excursion or to use on your return for souvenirs.

CLOTHING & EQUIPMENT SUGGESTIONS CHECKLIST

Please note: There is a separate packing list provided for Kilimanjaro climbs and gorilla tracking safaris.

Pre-Departure Tasks

Obtain or renew passport

Evaluate and obtain trip cancellation, baggage and medical insurance

Consult with physician for immunizations and prescription medicine recommendations

Break-in primary footwear

Make final payment to Wilderness Zones at least 60 days before trip departure

Clothing

Comfortable lightweight walking shoes, well broken-in

Lightweight walking sandals (Tevas, Chacos, Straps, etc.)

Pants (and socks, should be worn in the evening to avoid contact with mosquitoes)

Shorts and t-shirts for the daytime

Warm sweater or sweatshirt

Long-sleeved shirt, for sun protection

Swimsuit

Wind breaker or poncho (water repellent)

Bandana

Sun hat or cap with wide brim

Socks

Sleep-wear

Under clothes

Note: Lightweight, quick drying synthetic fabric is great, and khaki-green is a practical all-around color

Personal Items

Water-resistant, side zippered, durable duffel and lock

Day pack (can also serve as an airline carry-on bag)

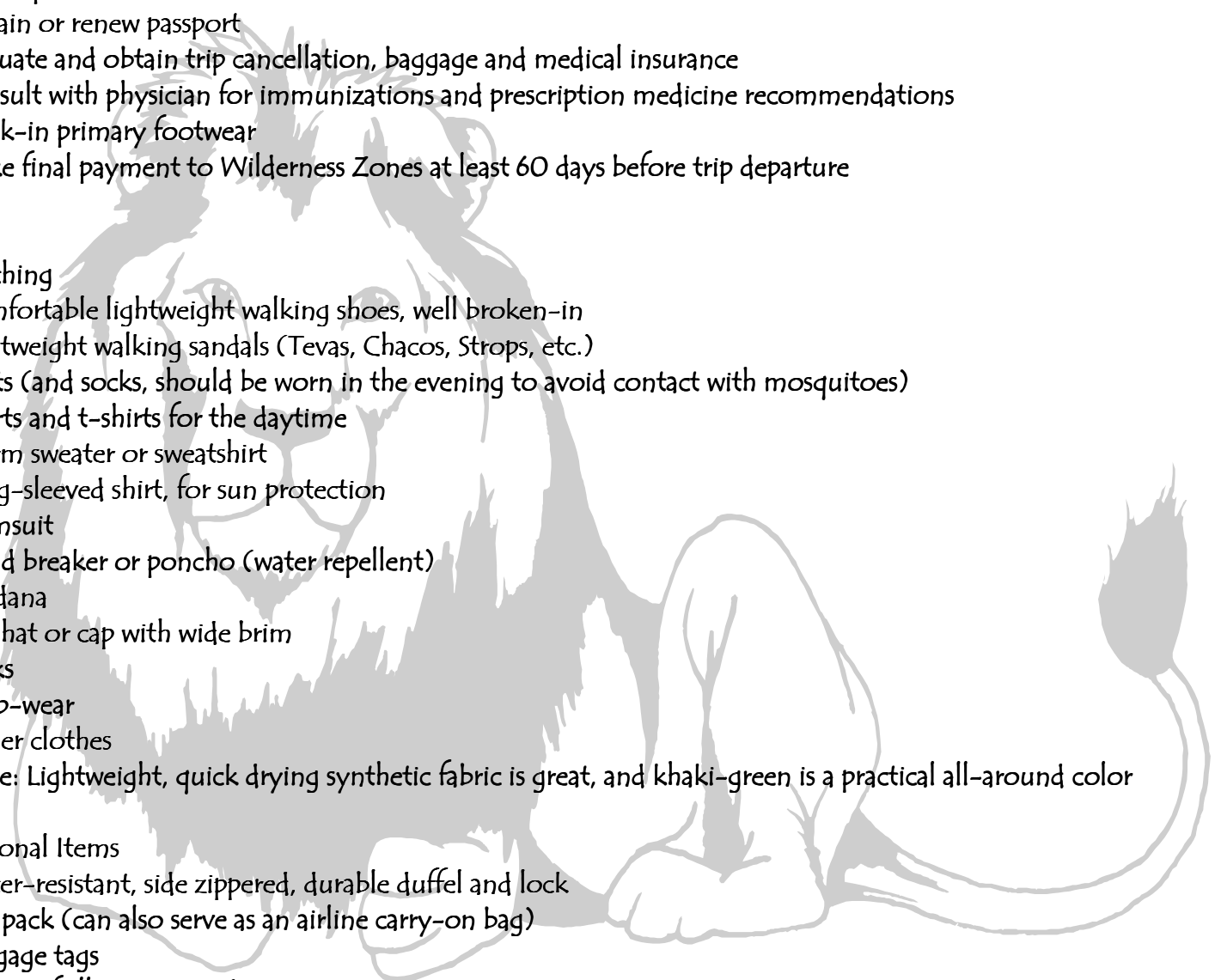
Luggage tags

Copies of all important documents

2 spare passport photos (in case of lost passport)

Ziploc-type bags for packing shampoo or other liquids

Stuff sacks or plastic bags for organizing inside luggage (also useful for dirty laundry)



Sleeping bag (down or synthetic) rated to 25–50 de ♦ On Safari:

Driver/guide: \$5–10 per person/day

Baggage porter at hotels/lodges: \$1–2 per person/stay

Lodge/camp staff: \$3–5 per person (for 1–3 day stay)

Restaurant service: 3–5% of the bill

grees Fahrenheit and small pillow (camping trips)

Therma-rest (camping trips)

Field binoculars

Sunblock (waterproof, high SPF)

Lipbalm with SPF

Insect repellent with DEET content

Wrist watch and/or travel clock

Sunglasses (with strap, case)

Extra eyeglasses/contacts

Money belt or pouch for valuables

Camera, memory cards, film, batteries, charger. NB: If you have any “extra” memory card, please carry it!

Lead bag/containers to protect film in X-ray machines

Lightweight binoculars

Plug adapter (if needed)

Thread, needles, safety pins for minor repairs

Small packable umbrella

Field guides (the vehicles will be carrying a library of books for group usage/ reference)

Good quality headlamp or flashlight with extra batteries

Personal First Aid Kit (there will be a general first AID kits for the group)

Aspirin or other pain killer

Cold relief tablets, antihistamine, cough drops

Band-aids, gauze pads

Antibiotics

Prescription medicines

Aloe gel or lotion in case of sunburn

Anti-diarrhea medicine

Antibiotic cream/ointment

Supply of feminine hygiene items

Motion sickness tablets

Earplugs

Anti-malarial medication (if doctor

Recommended)

Essential Items for Your Carry-On Bag

Passport

Domestic and international air tickets

Travelers checks, money and credit cards

Insurance certificates

Address and telephone number of emergency

contact

Prescription medicines

Extra set of underclothes

Toiletries in small leak-proof bottles

Camera gear, film and other valuables

Extra glasses / contact lenses

Travel entertainment (book, ipod, exc.)

Optional Items

Address book, writing paper, or journal, pen/ pencil

Small washcloth

Wet wipes/moist towelettes and Kleenex
Favorite snack foods (pre-packaged)
Pictures of your house and family
Map
Silica bags for moisture (protect camera equipment)
Video camera
Phrase book

TERMS OF PAYMENT:

- 30% deposit payable upon confirmation of tour. 70% balance payable 45 days before commencement of services.

CANCELLATION TERMS AND PENALTIES:

- Notification of cancellation must be given to Wilderness Zones in writing;
- If cancellation notification is received by Wilderness Zones 45 or more days prior to commencement of services, a cancellation fee of \$100.00/person will be charged;
- If cancellation notification is received by Wilderness Zones between 44 days and 30 days prior to the commencement of services, a cancellation fee of 25% of the total cost for land arrangements will be charged;
- If cancellation notification is received by Wilderness Zones between 29 days and 14 days prior to the commencement of services, a cancellation fee of 50% of the total cost for land arrangements will be charged.
- If cancellation notification is received by Wilderness Zones within 14 days of departure, 100% of the total cost for land arrangements will be charged.

ALTERATIONS TO TOURS:

The right is reserved to change any route or arrangements should conditions so necessitate, to offer substitutes of equal value, or to cancel the operation of any scheduled tour. The right is also reserved to decline to accept or retain any person as a member of any tour at any time, in which event an equitable amount will be refunded.

LIMIT OF LIABILITY:

Wilderness Zones is a sole proprietorship operating under the laws of Kenya. Wilderness Zones is able to offer travel services to its clients within its sphere of operations. Wilderness Zones operates only to make travel arrangements with carriers, hotels and other suppliers, which are independent contractors, and in no way represents, warrants or guarantees their performance. As independent contractors, none of the above are agents, employees, or servants of or joint venturers of Wilderness Zones. All certificates and other travel documents for tour services issued by Wilderness Zones are subject to the terms and conditions specified by the supplier and to the laws of the countries in which the services are supplied.

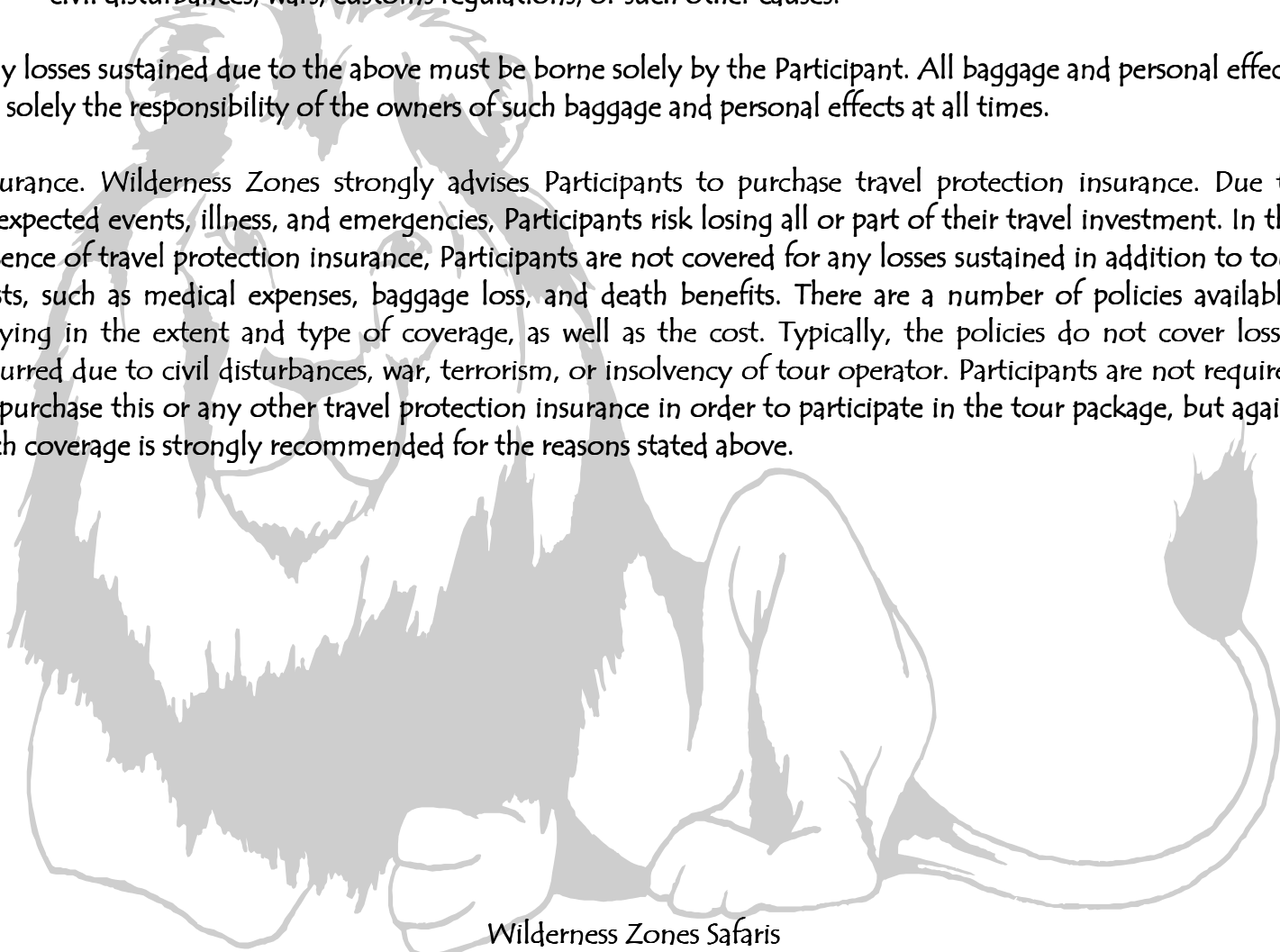
As such Wilderness Zones:

- Does not have the right to control the operations of the above-mentioned entities;
- Cannot guarantee the financial stability of the above-mentioned entities;

- Does not have the right to set the prices charged by the above-mentioned entities;
- Cannot control certain cancellation restrictions and penalties imposed by the above-mentioned entities;
- Cannot be responsible for any airline cancellation penalty incurred by the purchase of a non-refundable ticket;
- Cannot be responsible for any damage, loss, accident, injury, delay, or other irregularity which may be caused by any vehicle or the negligence or default of any company or person engaged in carrying out or performing any of the services involved;
- Cannot be responsible for severe injury or death due to participation in certain travels which have inherent risks including, but not limited to, attacks by wild animals, hot air ballooning, sightseeing flights in small planes, mountain climbing and rafting;
- Cannot be responsible for losses or expenses from sickness, quarantine, weather, Acts of God, strikes, civil disturbances, wars, customs regulations, or such other causes.

Any losses sustained due to the above must be borne solely by the Participant. All baggage and personal effects are solely the responsibility of the owners of such baggage and personal effects at all times.

Insurance. Wilderness Zones strongly advises Participants to purchase travel protection insurance. Due to unexpected events, illness, and emergencies, Participants risk losing all or part of their travel investment. In the absence of travel protection insurance, Participants are not covered for any losses sustained in addition to tour costs, such as medical expenses, baggage loss, and death benefits. There are a number of policies available, varying in the extent and type of coverage, as well as the cost. Typically, the policies do not cover losses incurred due to civil disturbances, war, terrorism, or insolvency of tour operator. Participants are not required to purchase this or any other travel protection insurance in order to participate in the tour package, but again, such coverage is strongly recommended for the reasons stated above.



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