Out of Africa: Botswana, Zambia, Zimbabwe, Kenya & Tanzania

Plus optional extensions in

**Thornybush: Kruger's Northern Gateway**

2015
# Table of Contents

1. **TRAVEL DOCUMENTS & ENTRY REQUIREMENTS** ................................................................. 2
   - Your Passport .......................................................................................................................... 2
   - Visas Required ....................................................................................................................... 3
   - Emergency Photocopies ......................................................................................................... 4
   - Overseas Taxes and Fees ....................................................................................................... 4
   - Airport Transfers .................................................................................................................. 4

2. **HEALTH** ............................................................................................................................ 5
   - Is This Adventure Right For You? .......................................................................................... 5
   - Steps to Take Before Your Trip ............................................................................................ 6
     - Yellow Fever Vaccination—Documentation Required ......................................................... 6
   - Jet Lag Precautions ............................................................................................................. 9
   - Staying Healthy On Your Trip .............................................................................................. 9

3. **MONEY MATTERS** ............................................................................................................. 11
   - How Much Should I Budget? ............................................................................................... 11
   - How To Carry Your Money ................................................................................................... 11
   - Currency .............................................................................................................................. 13
   - Tipping .................................................................................................................................. 14
   - Shopping .............................................................................................................................. 14

4. **OPTIONAL TOURS—RESERVE EARLY** ........................................................................ 16
   - Serengeti Balloon Safari Optional Tour ............................................................................... 16

5. **CLIMATE: A WORD ABOUT THE WEATHER** ................................................................. 17

6. **PACKING JUST WHAT YOU NEED** ................................................................................ 22
   - Your Luggage ....................................................................................................................... 22
   - Clothing Suggestions ........................................................................................................... 24
   - Traveler’s Checklists ........................................................................................................... 25
   - A Word About Electricity ...................................................................................................... 28

7. **LEARN ABOUT YOUR DESTINATIONS** ....................................................................... 30
   - Botswana At A Glance ......................................................................................................... 30
   - Kenya At A Glance ............................................................................................................... 32
   - Tanzania At A Glance ......................................................................................................... 33
   - Zambia At A Glance ............................................................................................................ 35
   - Zimbabwe At A Glance ........................................................................................................ 37
   - South Africa At A Glance—Optional Extension ................................................................... 39
   - Culture & Points To Know .................................................................................................. 41
   - Safety & Security ............................................................................................................... 43
   - Communications ................................................................................................................. 44
   - Responsible Safari Travel .................................................................................................. 45

8. **ADDITIONAL RESOURCES** ............................................................................................ 46
   - Suggested Readings ............................................................................................................ 46
   - Suggested Movies ............................................................................................................... 50
   - Useful Websites .................................................................................................................. 51
1. Travel Documents & Entry Requirements

Your Passport

Please take a moment to confirm that your passport meets all of these requirements:

- It should be valid for at least 6 months after your scheduled return to the U.S.
- It should have the recommended number of blank pages (see below for details).
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable.

Recommended number of blank pages

Know that this recommendation is based on a “worst case” scenario. When you are on this adventure, you might use fewer pages, depending on the whims of the Immigration official on duty that day. Since the consequence of having too few pages can be severe—you could be denied entry into a country—we at OAT feel that in this case, safe is better than sorry, and we strongly recommend that you follow these guidelines.

- **Main trip only**: If you are taking only the main trip, you will require 15 blank pages for entry into South Africa (4), Botswana (1), Zambia (2), Zimbabwe (2), Kenya (4), Tanzania (1) and re-entry into the U.S. (1). At least 4 of these 15 pages need to be consecutive—the front and back of two sheets—because this is sometimes required by local officials in South Africa. The U.S. State Department reports that there have been U.S. citizens turned away at the border for not having 2 consecutive pages for each entry into South Africa.
- **Optional pre-trip extension to Thornybush Game Reserve**: No additional pages needed.

If you need to renew your passport or get extra pages

Contact the National Passport Information Center (NPIC) at 1-877-487-2778, or visit their website at [www.travel.state.gov](http://www.travel.state.gov) for information on obtaining a new passport, renewing your existing passport, or for additional pages. You may also contact our recommended visa and passport service company, PVS International, at 1-800-556-9990 for help with your passport.

**TIP**: When updating your passport, it is worthwhile to check the prices on all the different services that might apply to you. For example, it might be less expensive to get a new passport than to have pages added, depending on the number of pages you need.
Visas Required

We’ll be sending you a detailed Visa Packet with instructions, application forms, and fees about 100 days prior to your departure. In the meantime, we’re providing the information below as a guideline on what to expect. This info is for U.S. citizens only. All visas and fees are subject to change.

- **Botswana and South Africa**—no visas needed: U.S. citizens do not need visas for stays of less than 90 days in these countries.

- **Zambia and Zimbabwe**—visas required. These visas may be obtained upon arrival or in advance. Due to changes made to the application process, obtaining a visa on arrival is a reliable and more cost-effective option.

- **Tanzania**—visa required. We recommend you obtain this in advance. Although this visa may be obtained upon your arrival, we recommend you obtain it in advance. Entry requirements can change at any time; obtaining your visa in advance decreases the likelihood that you will encounter problems at the border and may protect you if entry requirements subsequently change. Tanzania also requires documentation about the yellow fever vaccine. Please see “Yellow Fever Vaccination—Documentation Required” on page 6 for details.

- **Kenya**—visa required. This visa can only be obtained in advance; you cannot obtain it upon arrival.

Embassy contact information

If you are staying longer in any of these countries, you should check with their embassy for the applicable regulations:

- Botswana: 202-244-4990  
  South Africa: 202-232-4400  
  Tanzania: 202-939-6125

- Kenya: 202-387-6101  
  Zambia: 202-265-9717  
  Zimbabwe: 202-332-7100

Traveling without a U.S. passport?

If you are not a U.S. citizen, or if your passport is from any country other than the U.S., it is your responsibility to check with your local consulate, embassy, or a visa services company about possible visa requirements. For your convenience, we recommend the services of PVS International, a national visa service located in Washington D.C.; they can be reached at 1-800-556-9990 or www.pvsinternational.org.

If you are traveling with a minor

Both the South African government and Botswana government require certain documentation for minors to enter and depart from either country. For further detail on the required documentation, please contact the South African Embassy at 1-202-232-4400, and the Embassy of the Republic of Botswana at 1-202-244-4990.
Emergency Photocopies
The smartest and easiest security precaution you can take is to carry photocopies of key documents: the photo page of your passport plus any applicable visas, your air itinerary, and credit card numbers. Add emergency phone numbers like your credit card company and the number for your travel protection plan. Store copies separate from the originals. This can save you time, money, and bother if your documents are lost during your trip.

Overseas Taxes and Fees
This tour may have taxes and fees that cannot be included in your airline ticket price because you are required to pay them in person onsite. All taxes are subject to change without notice and can be paid in cash (either U.S. or local currency). If applicable, you will receive a list of these fees with your Final Documents.

Airport Transfers

Please note: If you plan on booking your own international flights or arranging with our air department to arrive/depart on an earlier/later date than standard for your program, airport transfers will NOT be included in your program price. Transfers must be purchased separately, as an optional add-on, and are subject to availability. To learn more, or purchase airport transfers, please call our Traveler Support team at 1-800-221-0814.
2. Health

Is This Adventure Right For You?

We’ve worked closely with our local Trip Leaders and regional associates to identify the aspects of this adventure that you should be aware of, from physical requirements to cultural factors. Please carefully review the information below prior to departing on this adventure. We reserve the right for our Trip Leaders to modify participation, or in some circumstances send travelers home, if their condition would adversely affect the health, safety, or enjoyment of themselves or of other travelers.

Pacing
- 14 locations in 33 days with two 1-night stays
- Early morning game-viewing drives on safari days, rising as early as 5am

Physical requirements
- Not appropriate for travelers using wheelchairs, walkers, other mobility aids, or CPAP machine
- You must be able to walk unassisted while carrying hand luggage; expect 2-4 hours of physical activities on some days
- You will need to access vehicles by ladder without aid

Climate
- The hottest months are October-February; mid-day temperatures can reach more than 100°F
- Daytime temperatures between May-August can be 70-80°F, and as low as 50°F at night
- December-March brings heavy rain and thunderstorms

Terrain
- Travel on roads in poor condition can cause problems for travelers with leg or back issues
- During game-viewing excursions, we’ll travel over bumpy, dusty terrain and walk on sandy, uneven terrain in the Okavango Delta and at our camps

Transportation
- On game-viewing drives, we travel overland in open-sided safari vehicles with bench seating and no air-conditioning; in closed Land Cruisers with roof hatches; and in dugout canoes and motorized boats
- 1-2 guided walks of up to 1 hour each; and 5 internal flight on 5- to 14-seater aircraft; 1 internal flights (1-2 hours long), several 8-10 hour days in safari vehicles

Accommodations & Facilities
- We spend 32 nights in comfortable but basic lodges and tented camps with private baths
- Our lodges use generator electricity and lantern lighting at night, and do not have air-conditioning

Special Factors
- The second half of this trip has a 33-pound maximum luggage limit.
Steps to Take Before Your Trip

Before you leave on your adventure, there are at least four health-related things you should do. We’ll outline some of these steps in more detail in the following pages, but for now, here’s the short list:

- **Step 1:** Check with the CDC for their recommendations for the countries you’ll be visiting. You can contact them online at [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) or by phone at 1-800-232-4636.
- **Step 2:** Have a medical checkup with your doctor.
- **Step 3:** Pick up any necessary medications, both prescription and over-the-counter.
- **Step 4:** Have a dental and/or eye checkup. (Recommended, but less important than steps 1-3.)

Yellow Fever Vaccination—Documentation Required

Travelers on this adventure will need to bring EITHER proof of a yellow fever vaccination OR an official vaccination waiver in order to meet Tanzania’s entry requirements.

While the CDC offers a wide range of vaccination and medication suggestions, there is one in particular that we’d like to draw your attention to—the yellow fever vaccine. For some countries, the yellow fever vaccination is a legal entry requirement, like a passport. For other countries, it is a health recommendation to protect you from getting sick. On this adventure, this vaccination is a legal entry requirement for one of the countries we’ll visit—Tanzania—but fortunately, this country accepts a doctor’s waiver in place of getting the actual shot.

For Tanzania, the requirement applies to us because we’ll be entering Tanzania from Kenya, which is considered an endemic country. This means there is at least one instance in which you might be asked for documentation on the vaccine—when you first enter Tanzania. **Therefore EITHER proof of a yellow fever vaccination OR an official vaccination waiver is a requirement for this trip.**

You should discuss the vaccine with your doctor to see if he or she recommends it and if your health allows for it. (He or she can offer a suggestion tailored to your personal medical history.) If you and your doctor decide the vaccination is right for you, then he or she will issue you a Yellow Fever Card, also called an International Certificate of Vaccination. This is your proof of vaccination; you should bring it with you on the trip.

If you and your doctor decide the vaccination isn’t right for you, then have your doctor issue an official vaccination waiver. An official waiver is a letter that meets these requirements:

- It must be on business letterhead paper.
- It must be signed by a doctor.
- It must be stamped using the same stamp that the doctor uses on a Yellow Fever Card.
- It must give the medical reason why you cannot get the vaccine, say how high the risk is, and cite an authority. (For example: Mr. Smith cannot receive the yellow fever vaccine due to a high risk of side effects as outlined in the Center for Disease Control’s guidelines for people over the age of 65.)

**Remember, you may not be asked to show anything at all when you cross the border from Kenya to Tanzania—it all depends on the local official. But if you are asked, you must be able to produce EITHER your Yellow Fever Card OR your waiver.**
Medical Checkup
After checking the CDC’s recommendations, we strongly recommend that you have a medical checkup with your doctor at least six weeks before your trip. (We suggest you check with the CDC first so that you can have an informed conversation with your doctor about vaccines and such.)

Topics to discuss during your checkup are:

- **The CDC recommendations.** The CDC makes suggestions based on the destination, but that doesn’t mean the suggestions are right for you. Your doctor will be able to advise you on what is best considering your unique medical history.

- **Advice on what medicines (if any) to bring.** For our suggestions of what types of medications to ask your doctor about, see the section titled “Medications” that follows. Remember to get a copy of any prescriptions—written as a generic drug name—so you can replace your medications if they are lost during the trip.

- **Your fitness for this adventure. This is a must if you have any medical conditions or physical limitations.** Use the “Is This Adventure Right For You?” section on previous pages as a guideline. Make certain to review any medical condition you have, particularly cardiac or respiratory disease or diabetes, and discuss the details of the trip itinerary as it pertains to your health. Remember, your trip may take you into remote areas, with no nearby medical facilities.

Please notify us in writing about any medical condition that may require special attention. If your report is normal, you don’t need to send it to us. If you send us a medical report, we don’t use it to determine if you should take this trip, or if you are likely to enjoy it. Those decisions are up to you and your doctor.
Medications

Prescription medication suggestions
Of course, you’ll need to bring an ample supply of any prescription medications you happen to be taking. You’ll also want to talk to your doctor about any medications suggested by the CDC. In addition, we suggest you ask about prescriptions for:

- An antibiotic medication for gastrointestinal illness
- A pain medication. You might need this in the unlikely event of an injury in a location where medical attention would be delayed.
- Motion sickness medicine, if you are susceptible. (The roads are very bumpy, and our seat rotation policy means that you will have a turn in the back of the vehicle).
- The roads can also very dusty, which can trigger asthma, allergies, or other breathing complaints that may require prescription medications.
- At time of writing, the CDC did recommend discussing anti-malaria medication with your doctor for Zambia, Zimbabwe, Kenya, and Tanzania. **TIP:** Anti-malarial medication can have strong side effects, so be certain to ask your doctor first.

**Reminder from our Trip Leaders:** Don’t forget to pack your medications in your carry-on luggage, especially your prescription medications.

Over-the-counter medication suggestions
When traveling, keep in mind that not every country has approved every medication. Most major brands are OK, but some medications we take for granted are not allowed in other countries. Fortunately, the U.S. State Department offers advice on restricted medications online at [http://travel.state.gov/content/passports/english/go/customs.html](http://travel.state.gov/content/passports/english/go/customs.html). (Look under the “Criminal Penalties” and “Special Circumstances” sections of each country you'll be visiting. If you don’t see anything mentioned, then major U.S. brands should be fine.)

**TIP:** At time of writing, the State Department did have a warning that travelers should not bring over-the-counter drugs with the ingredient diphenhydramine or anti-histamines (like Benadryl) to Zambia. These medications are considered controlled substances in Zambia, and while the Zambian authorities have stated you can bring them with a doctor’s prescription, the State Department recommends leaving them behind. For more information, please see the State Department website. At time of writing, the State Department did not have any special warnings about American over-the-counter medications for the other countries on this itinerary.

Traveling with medications
To avoid loss and to have them handy, pack medications in your carry-on bag. For quicker security screening at the airport—and a better experience if you get stopped by customs while overseas—keep medicines in their original, labeled containers. To be prepared for any unforeseen loss of your medications, you should also bring copies of the prescriptions, written using the generic drug name rather than a brand name.
Jet Lag Precautions

You will feel better on the first days of your trip if, shortly before you leave home, you start to adjust to the different time zone of your destination. Since you will cross several time zones to reach your destination, you may lose many hours of regular sleep. On arrival, your body then will have to suddenly adjust to new sleeping and eating patterns. The result is jet lag. Its symptoms are fatigue—often compounded by insomnia and general restlessness—irritability, and vague disorientation. You cannot totally avoid jet lag; but you can minimize it. Here's how:

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane. Attempt to sleep and eat according to the new schedule.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight. Drink plenty of water and/or fruit juice while flying.
- Stretch your legs, neck, and back periodically while seated on the plane, and make an effort to get up and walk about the cabin a few times to keep your blood circulation normal.
- After arrival, avoid the temptation to nap.
- Don’t push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner

Staying Healthy on Your Trip

Safe Water

Tap water is usually safe to drink in Botswana and South Africa, but always use caution. If in doubt, ask your Trip Leader about the water. In Kenya, Tanzania, Zambia, and Zimbabwe tap water is not safe to drink. Bottled and/or filtered water is provided at most of your hotels, lodges, and tented camps, as well as on your game drives. At most lodges it is safe to use ice in your drinks, but check with your Trip Leader first.

During your adventure, you will receive one complementary bottle of water each day at your lodgings, and during safari days, you'll also receive a second complementary bottle of water in your safari vehicle. Additional bottled water is available for sale in the lodges. Prices vary, but generally fall in the $3-4 range for a one-liter bottle.

**TIP:** Our Trip Leaders suggest that you bring some rehydration sachets with you (the type that help to replace lost electrolytes). They will make you feel much better if you get dehydrated.
Safe Food
The food served at our lodges is safe, including salads and fruits. But exercise more caution when eating at small local restaurants or buying food from street vendors. Eat only food that is well done and is still hot. Since the tap water is not safe to drink, you should be mindful about eating salads or fruits outside of our lodges—they may have been washed in tap water. (Fruit that you peel yourself should be OK.) Your Trip Leader will advise you if he/she feels that something is unsafe for you to eat.

TIP: During this adventure you might be offered food that is strange and new to you. If you are offered food that you do not feel comfortable with, no one will feel offended if you politely decline; this is OK even during a home visit.

Electricity Supply
A constant electricity supply cannot be guaranteed during overnight stays. Travelers dependent on electricity supply for health reasons may want to consider a different OAT adventure. Because the tented camps cannot accommodate CPAP machines, this adventure is not recommended for travelers with sleep apnea. Travelers with sleep apnea who chose this adventure must be able to do without their CPAP.

Insects
Besides the usual suspects like mosquitoes, you may encounter uniquely African insects, like tsetse flies. A few decades ago these flies gained notoriety as carriers for sleeping sickness, but on this adventure they aren’t a health hazard. (Sleeping sickness is rare nowadays and largely limited to the Congo.) However, they are a nuisance because they bite. Fortunately, we only encounter them in one location on this trip—Zambia. Wearing bug spray helps, as does avoiding black and blue clothing while you are in Zambia. The flies are most active during the dry season (May-November) but can be present other times of year.
3. Money Matters

How Much Should I Budget?

This is a very personal decision and largely rests on your spending habits. By far the biggest variable in your budget is your taste for souvenirs and meals. An average meal in this region will cost between $15 and $20, including a 10-15% tip, but excluding a beverage. It is also customary to tip others who serve you, such as guides and drivers; see the "Tipping" section in this handbook for guidelines.

In the past, former travelers on this trip tended to carry between $1200 and $1500 per person in cash for expenses on the main trip, and about $300 per person for each extension. If this seems low, take more. If this seems high, remember that you don’t have to spend it all. You know yourself best.

TIP: If you are uncomfortable with carrying this much in cash, our regional office suggests bringing enough to get you through the first half of the trip (say $700 to $900 per person). That way, if you do find places that will accept a credit card, you’ll have cash left over for the second half of the trip. And if you don’t find places that use a card, you can replenish your reserve in Nairobi. Just know that if you get money in Nairobi you might end up with Kenyan shillings rather than U.S. dollars. If you want to withdraw U.S. dollars in Kenya, you’ll have to pay a fee.

How to Carry Your Money

Generally speaking, you’ll want to bring a mixture of different payment methods—some cash to exchange, a couple of cards, and maybe a few traveler’s checks as a last resort—so that you’ll be prepared for any situation. However, on this trip you will want to rely more on cash than plastic.

The overall recommendation for this adventure is: Bring a sufficient amount of cash to pay for your incidentals and expenses throughout the trip. According to our Trip Leaders, credit cards are becoming more and more widely accepted, and ATMs are starting to be available in more areas. However, you can’t rely on these methods of payment alone. For example, in the case of ATMs, the machine might be out of cash, or the electricity may be down, or you might be charged high fees to use it.

Cash

So we know that bringing cash is a good idea on this adventure—does that mean U.S. dollars or local currency? There is no need to obtain local currency before your trip. In fact, your U.S. bank may not carry it. You can change money when you arrive at the airport, or at banks, most hotels, and money exchange offices. In some countries you do not even need to exchange money at all—you can use U.S. dollars. For more information on what type of currency can be used on this trip, see the “Currency” section. Torn, dirty, or taped U.S. bills may not be accepted for exchange or payment.

Whether exchanging for local currency or paying in U.S. dollars, you should use bills that are in good condition. Even the smallest tear can cause a bill to be rejected. Torn bills, dirty bills, or bills with writing on them will not be accepted, not even by banks. In Zimbabwe, U.S. bills that are older than the year 2000 are not accepted. In both Kenya and Tanzania, U.S. bills that are older than the year 2003 are not accepted. When exchanging money, please be aware that large bills ($50s and $100s) will receive a better exchange rate, but when paying with dollars, a mix of smaller bills is useful.
ATMs
On this adventure, PLUS, Cirrus, and other international ATM networks are typically available in the larger cities. (On your trip Johannesburg and Nairobi will be the only large cities visited. Most of this adventure is in the bush, were you will not have access to ATMs.) Throughout Africa, local ATMs may only accept cards from local banks and usually will not allow cash advances on credit cards; therefore it is best to bring a cash reserve large enough to pay for most expenses.

Many banks charge a fee ranging from $1 to $5 for every time you use a foreign ATM. Others will charge you a percentage of what you withdraw. We recommend that you check with your bank before you depart. You’ll also want to notify your bank that you’ll be out of the country—that way when they see foreign ATM withdrawals, they won’t put a fraud alert on your account. Lastly, don’t forget to memorize the actual digits of your card’s PIN number (many keypads at foreign ATMs do not include letters on their keys—they only display numbers.)

Credit Cards
Although credit cards are becoming more common throughout Africa, they are still not as widely accepted here as in the U.S. It depends on the country: credit card payment is actually quite common in South Africa, and is becoming more common in Tanzania and Kenya. But payment by plastic is only somewhat available in Zimbabwe, and rare in Botswana or Zambia. Many camps, lodges, and shops just don’t have the facilities to run a credit or debit card, so they will be cash only. Businesses that can process cards tend to use a slow approval process that may involve calling your credit card company to get authorization. This is not to say that a credit card won’t be useful on this adventure—in some situations it will—but you cannot rely on a credit card the same way that you would in the U.S. or in Europe.

Even if you do not plan on using them, we suggest you bring one or two credit or debit cards as a “backup” or for optional tours. We also suggest that you bring more than one brand of card (Visa, MasterCard, American Express) if possible, because not every shop will take every card. For example, although the Discover card is now accepted in some countries outside the U.S., it is not widely adopted, so other brands will work at a much larger range of stores, restaurants, etc.

TIP: Many credit card companies have fraud alert departments that will freeze your card if they see suspicious charges—such as charges from another country. To avoid an accidental security block, it is a good idea to notify your credit card company you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure.

You should also double-check what phone number you could call if you have a problem with a card while you are abroad. Don’t assume you can use the 1-800 number printed on the back of your card—most 1-800 numbers don’t work outside of the U.S.!

Some of the lodges you will stay at do not accept credit cards for purchases. After your arrival, your Trip Leader can advise you as to which lodges do and do not accept credit cards, so that you can plan in advance. And speaking of credit cards, please keep in mind that optional tours with OAT can only be purchased with a credit or debit card (if it has a credit card logo and allows you to sign for purchases). Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as "OPT Boston" (depending on your credit card company).
Currency

For current exchange rates, please refer to our website www.oattravel.com, your bank, or the financial section of your newspaper.

**TIP:** Many of the local foreign exchange bureaus in East Africa take their rates from www.xe.com which also has an app that you can download to an iPhone or iPad.

**Use of U.S. dollars for payment:** In most of the countries on this itinerary—Botswana, Zambia, Zimbabwe, Tanzania, and Kenya—it is often OK to pay or tip in U.S. dollars, so you won’t need a lot of local currency. This is especially true in Zimbabwe, where all businesses will accept U.S. dollars because the Zimbabwean dollar is no longer in use. However, there is one country where U.S. dollars aren’t readily accepted: South Africa. In South Africa, you will need rands instead of dollars.

Where dollars are accepted, small-denomination bills ($1, 5, 10, and 20s) in very good condition are strongly preferred. Bills that are worn, torn, or even folded might be rejected. Because of issues with counterfeiting the age of the bill also matters. In Zimbabwe, U.S. bills that are older than the year 2000 are not accepted.

**In Botswana**
The official currency of Botswana is the Pula (P), which is divided into 100 thebe.

- Bills come in denominations of 5, 10, 20, 50, 100 Pula
- Coins come in denominations of 5, 10, 25, thebe and 1, 2 and 5 Pula

**In Kenya**
The official currency of Kenya is the Kenyan shilling (KSh), which is divided into 100 cents. One shilling is written Shs.1/-. Banknote and coin denominations are as follows:

- Bills: 10, 20, 50, 100, 200, 500, and 1000 shillings (written Shs.1000/-)
- Coins: 50 cents and 1, 5, and 10 shillings

**In South Africa**
The official currency of South Africa is the Rand (R), which is divided into cents

- Bills come in denominations of 10, 20, 50, 100 and 200 R
- Coins come in denominations of 5, 10, 20 and 50 cents and 1, 2 and 5 R

**In Tanzania**
The basic unit of currency in Tanzania is the Tanzanian Shilling (TSh), which is divided into 100 cents.

- Bills: 500, 1,000, 5,000 and 10,000 shillings
- Coins: 1, 5, 10, 20, 50, 100 and 200 shillings

**In Zambia**
The official currency of Zambia is the Kwacha (ZMK) or (K), which is divided into 100 ngwee

- Bills come in denominations of 50, 100, 500, 1,000, 5,000, and 10,000 ZMK
- Coins come in denominations of 50 ngwee and 1, 2, 5, and 10 ZMK

**In Zimbabwe**
The Zimbabwean dollar (ZWD) is no longer in general use. Only U.S. dollars or South African Rand are accepted in Zimbabwe. In Zimbabwe, U.S. bills that are older than the year 2000 are not accepted.
Tipping

Of course, whether you tip, and how much, is always at your own discretion. For those of you who have asked for tipping suggestions, we offer these guidelines. Listed below are our recommendations for the tips that are not included in your tour price. All tips are quoted in U.S. dollars; tips can be converted and paid in local currency or in U.S. dollars. Do not use personal or traveler's check for tips.

- **OAT Trip Leader**: It is customary to express a personal "thank you" to your OAT Trip Leader at the end of your trip, especially if he or she has provided you with individual assistance. As a guideline, many travelers give $7-$10 per person, per day.
- **Housekeeping staff at hotels**: $1-2 per room, per night
- **During the optional trip extensions**: Gratuities are not included on extensions due to operational limitations and are at your discretion.

Your tour price includes gratuities on the main trip for local guides, drivers, lodge and camp staff, driver-guides, and luggage porters that may assist you during the scheduled activities on your adventure.

Shopping

It is Overseas Adventure Travel's goal to identify and provide you with shopping opportunities that highlight unique, locally-produced products with good value from reliable vendors. For this reason there may be scheduled visits to local shops during your adventure. There is no requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor’s terms of purchase. Overseas Adventure Travel cannot be responsible for purchases you make on your trip or for the shipment of your purchases.

Crafts & Souvenirs

Each region has its own specialties:

- **Southern Africa**: Botswana, Zimbabwe, and Zambia offer many fine craft items at good prices. Traditional souvenirs include gems and gemstone jewelry, batik artwork, traditional African woven cloths, stone and wood sculptures, leather goods, beadwork, and fine basketry.
- **East Africa** offers many fine craft items at good prices. Traditional souvenirs include woodcarvings, gems and gemstone jewelry, batik artwork, traditional African woven cloths, hand-woven carpets and mats, leather goods, Maasai beadwork, fine basketry, and excellent coffee and tea.
- **Mokonde**: The authentic woodcarvings called mokonde are made only in Tanzania, and are prized by collectors worldwide. Usually made of ebony, traditional mokonde art depicts spirit gods, ancestors, and half-human, half-animal figures. Today mokonde has been adapted to include figures of wildlife. You can find smaller figures for less than $20. Depending on size, style, and quality, larger pieces cost from $50 to $500.

*Please Note:* Starting in 2015, you will have to pay a tax on any mokonde statue, or other wood carving, each time you pass through customs in Tanzania. The grid below outlines the tax based on the value of your item. Taxes are instated by the government of Tanzania and are subject to change.

<table>
<thead>
<tr>
<th>Tax Required</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inspection Certificate – Items Valued Under $300</td>
<td>$16.00</td>
</tr>
<tr>
<td>Inspection Certificate – Items Valued Over $300</td>
<td>$70.00</td>
</tr>
<tr>
<td>Royalty (per kilogram)</td>
<td>$2.50</td>
</tr>
<tr>
<td>Export Permit – Items Valued Under $300</td>
<td>$21.00</td>
</tr>
<tr>
<td>Export Permit – Items Valued Over $300</td>
<td>$70.00</td>
</tr>
</tbody>
</table>
Bargaining
Some shops have fixed prices. In other places, merchants enjoy negotiating prices. You will get the best prices if you pay in U.S. cash. If this is your first experience at bargaining, don’t worry—you’ll quickly find your own style. Your opening offer should be well under the asking price. The only rule is that, if you make an offer, you should be prepared to buy at that price. And remember, whatever price you pay is okay, as long as the item is worth that price to you.

U.S. Customs Regulations and Shipping Charges
For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, www.cbp.gov has the answers to the most frequently asked questions. Or you can call them at 1-877-227-5511.

The top three points to know are:
• At time of writing, your personal duty-free allowance is $800 for items brought with you. Items totaling more than $800 are subject to duty fees.
• Items shipped home are always subject to duty when received in the U.S. Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the export duties—not door-to-door shipping or payment of the import duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
• It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins.

If You Have a Problem with a Purchase
The best way to address a problem with a purchase is to not have one in the first place! So don’t forget to examine merchandise before paying for it, check contracts or agreements before signing, and review your receipt before leaving the shop. For major purchases, don’t hesitate to ask in advance about the return policy—local practice may vary from U.S. standards, so don’t assume that you have a certain number of days after the purchase to speak up.

But what if you do discover an issue with an item later on? In that case, your best recourse is to contact the vendor directly. For this reason we recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop’s contact information. Expect that any resolution will take longer than it would in the U.S. due to delays in communication, the complexities of international shipping/customs duties, and even cultural differences in how business is conducted.
4. Optional Tours—Reserve Early

During your trip, you will have the opportunity to join optional tours to further your discoveries. Most of these tours may only be booked during the trip with your Trip Leader, but due to limited space we strongly recommend that you pre-book the following optional tours. Occasionally, space will be available for booking onsite, but this is not guaranteed. All optional tour costs are subject to change without notice.

**Serengeti Balloon Safari Optional Tour**

The experience of soaring high above the vast savannas of the Serengeti plains in a hot-air balloon has become a classic way to enhance the safari experience. Enjoy astounding scenery as you glide over a natural landscape that includes thousands of acres of grasslands, rivers, and woodlands. The balloon safari takes place at dawn, when the light strikes the vast plains with a golden hue. (Note: Animals can be hard to discern in this light—or may not be active yet at this time of day—so it is best to think of this flight as a scenic one, and not an animal-viewing opportunity.) After the flight, join your fellow adventurers for a special breakfast out on the plains.

The cost of this optional tour is $520 per person.

We operate this Serengeti Balloon Safari during our stay in the Serengeti National Park. The schedule varies seasonally, so the tour is only available on certain select departures, and the day of the week on which the tour occurs may vary.

*Notes on the balloon tour:* Pre-bookings for the balloon tour must be made by 45 days prior to departure. Occasionally space will be available for booking onsite, but there is no guarantee of availability or price. Scheduling is subject to change, as is pricing. All balloon tours are subject to weather conditions.

For operational purposes, a minimum of two passengers is required for each flight. If you cancel within 48 hours of flight time, there will be no refund from the balloon company. All trips are subject to the discretion of the pilot, who determines if passengers are fit to fly.

These tours require some agility. The balloon begins its departure with the basket tilted on its side. You must crawl into the basket and lean/lay against the basket’s side, close to the floor of the basket. Once the balloon has ascended you are able to stand straight and enjoy the view. Upon the balloon’s landing you will have to sit, with knees bent greater than 90 degrees, on the floor of the basket. Depending on the wind, landings may involve the basket bouncing against the ground.
5. Climate: A Word about the Weather

Climate by Location
You will be in the southern hemisphere throughout this tour. South of the equator, the seasons are the reverse of those in the northern hemisphere; the warmest months are between October and March, and the coldest are between April and September.

Southern Africa (Botswana, Zambia, and Zimbabwe)
- Most of Botswana is considered desert or semi-desert. It is usually comfortably warm, but can get rather hot, especially between October and March, when temperatures at mid-day can get as high as 110-120 °F. Rain is quite rare, but can occur even in the driest months.
- Zambia is warm all year long, but not tropical. It has three distinct seasons; December through April is hot and wet, May through August is cooler and dry, and from September to November it is hot but dry.
- Most of Zimbabwe has a pleasant climate for much of the year; temperatures are generally warm. The hottest month is usually October, when daytime highs can be extreme (as high as 100 degrees F. or more). From May to August, evenings can be surprisingly chilly. Rain is more regular here than in Botswana. The rainy season from November to March brings heavy rains and thunderstorms.
- Winter is another matter. It is dry and cold during the early mornings and evenings and the days are bit warmer in Botswana, Zambia, and Zimbabwe during the winter months (May through August), and you will feel even colder in an open vehicle—especially on those early mornings. Be sure to bring warm clothes for the winter.
- The rainy season (December-March) brings heavy rains and thunderstorms particularly in January and February. You will want good rain gear during this period, and your laundry will take more than a day to be returned dry (most lodges don’t have appliances such as dryers).

East Africa (Tanzania and Kenya)
- East African weather is fairly consistent. Temperatures will typically range from comfortably warm to hot, especially at mid-day. Evenings can be surprisingly chilly. Rain can occur even in the driest months, and heavy rains occur frequently in Tanzania and Kenya from March to May. The “short rains” occur in November and December.
- The varied terrain of Tanzania is what causes the biggest differences in climate—from the almost tropical coastal area, to the comfortable central plateau, to the chilly hills and mountains near the Kenyan border. Since our main itinerary takes us to northern and eastern Tanzania, plan on days that are warm or hot (up to the 70s and the 80s) and nights that are chilly or cold (as low as the 50s or 40s).
Like many countries near the equator, the seasons in Tanzania are best described by rainfall and humidity instead of temperature. The first wet or rainy season in the north runs from March to May. The second wet or rainy season is generally November and December. Although the rest of the year could be called dry season, January and February are especially dry (if you measure by number of days it rains). Humidity is strongest in the mornings during the wet seasons, but because our adventure is in the less humid north, the yearly average for the areas we visit is only about 60% relative humidity—roughly the same as Philadelphia.

Like Tanzania, the climate in Kenya varies with the terrain—the coast is tropical, the interior temperate, and the north is arid. The Masai Mara Reserve, which is in the southwest, is at a moderate-to-high elevation (4,900-7,100 feet above sea level). This makes the climate wetter and more temperate than other parts of the country, with temperatures usually falling in the range of 85-65 degrees. The rainy seasons are April-May and November; the dry season is from July to October.

Climate Charts
The following charts reflect the average climate as opposed to weather conditions. This means they serve only as general indicators of what can reasonably be expected. As your departure approaches you may wish to monitor current weather conditions online. Here is the official data from the weather observation stations closest to our destinations:

### Average Daily High/Low Temperatures (°F), Humidity & Monthly Rainfall

<table>
<thead>
<tr>
<th>MONTH</th>
<th>MAUN, Botswana</th>
<th>LUSKA, Zambia (for Kafue National Park)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Temp. High-Low</td>
<td>% Relative Humidity (avg)</td>
</tr>
<tr>
<td>JAN</td>
<td>90-66</td>
<td>60</td>
</tr>
<tr>
<td>FEB</td>
<td>89-66</td>
<td>60</td>
</tr>
<tr>
<td>MAR</td>
<td>88-63</td>
<td>61</td>
</tr>
<tr>
<td>APR</td>
<td>87-58</td>
<td>52</td>
</tr>
<tr>
<td>MAY</td>
<td>82-49</td>
<td>49</td>
</tr>
<tr>
<td>JUN</td>
<td>77-42</td>
<td>49</td>
</tr>
<tr>
<td>JUL</td>
<td>77-42</td>
<td>45</td>
</tr>
<tr>
<td>AUG</td>
<td>83-47</td>
<td>39</td>
</tr>
<tr>
<td>SEP</td>
<td>91-55</td>
<td>33</td>
</tr>
<tr>
<td>OCT</td>
<td>95-64</td>
<td>36</td>
</tr>
<tr>
<td>NOV</td>
<td>94-66</td>
<td>43</td>
</tr>
<tr>
<td>DEC</td>
<td>91-66</td>
<td>52</td>
</tr>
</tbody>
</table>
### Climate: A Word about the Weather

<table>
<thead>
<tr>
<th>MONTH</th>
<th>HWANGE, Zimbabwe</th>
<th>VICTORIA FALLS, Zimbabwe</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAN</td>
<td>85-65</td>
<td>--</td>
</tr>
<tr>
<td>FEB</td>
<td>84-64</td>
<td>--</td>
</tr>
<tr>
<td>MAR</td>
<td>84-62</td>
<td>--</td>
</tr>
<tr>
<td>APR</td>
<td>82-56</td>
<td>--</td>
</tr>
<tr>
<td>MAY</td>
<td>79-48</td>
<td>--</td>
</tr>
<tr>
<td>JUN</td>
<td>75-41</td>
<td>--</td>
</tr>
<tr>
<td>JUL</td>
<td>75-40</td>
<td>--</td>
</tr>
<tr>
<td>AUG</td>
<td>80-45</td>
<td>--</td>
</tr>
<tr>
<td>SEP</td>
<td>88-54</td>
<td>--</td>
</tr>
<tr>
<td>OCT</td>
<td>90-61</td>
<td>--</td>
</tr>
<tr>
<td>NOV</td>
<td>89-64</td>
<td>--</td>
</tr>
<tr>
<td>DEC</td>
<td>86-64</td>
<td>--</td>
</tr>
</tbody>
</table>

*Data not available.*

<table>
<thead>
<tr>
<th>MONTH</th>
<th>NAIROBI, Kenya</th>
<th>MAKINDU, Kenya (for Amboseli National Park)</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAN</td>
<td>77-58</td>
<td>93-41</td>
</tr>
<tr>
<td>FEB</td>
<td>80-58</td>
<td>89-35</td>
</tr>
<tr>
<td>MAR</td>
<td>80-60</td>
<td>92-38</td>
</tr>
<tr>
<td>APR</td>
<td>76-61</td>
<td>96-52</td>
</tr>
<tr>
<td>MAY</td>
<td>74-59</td>
<td>96-56</td>
</tr>
<tr>
<td>JUN</td>
<td>73-56</td>
<td>94-53</td>
</tr>
<tr>
<td>JUL</td>
<td>71-54</td>
<td>93-52</td>
</tr>
<tr>
<td>AUG</td>
<td>72-54</td>
<td>92-49</td>
</tr>
<tr>
<td>SEP</td>
<td>76-55</td>
<td>92-41</td>
</tr>
<tr>
<td>OCT</td>
<td>78-58</td>
<td>93-40</td>
</tr>
<tr>
<td>NOV</td>
<td>75-60</td>
<td>96-51</td>
</tr>
<tr>
<td>DEC</td>
<td>75-59</td>
<td>96-49</td>
</tr>
</tbody>
</table>
### KARATU, Tanzania

<table>
<thead>
<tr>
<th>MONTH</th>
<th>Temp. High-Low</th>
<th>% Relative Humidity (avg)*</th>
<th>Monthly Rainfall (inches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAN</td>
<td>62-52</td>
<td>--</td>
<td>2.1</td>
</tr>
<tr>
<td>FEB</td>
<td>59-52</td>
<td>--</td>
<td>1.9</td>
</tr>
<tr>
<td>MAR</td>
<td>61-53</td>
<td>--</td>
<td>4.0</td>
</tr>
<tr>
<td>APR</td>
<td>64-56</td>
<td>--</td>
<td>6.4</td>
</tr>
<tr>
<td>MAY</td>
<td>61-55</td>
<td>--</td>
<td>3.1</td>
</tr>
<tr>
<td>JUN</td>
<td>55-50</td>
<td>--</td>
<td>0.5</td>
</tr>
<tr>
<td>JUL</td>
<td>58-51</td>
<td>--</td>
<td>0.2</td>
</tr>
<tr>
<td>AUG</td>
<td>60-50</td>
<td>--</td>
<td>0.1</td>
</tr>
<tr>
<td>SEP</td>
<td>65-50</td>
<td>--</td>
<td>0.1</td>
</tr>
<tr>
<td>OCT</td>
<td>68-52</td>
<td>--</td>
<td>0.6</td>
</tr>
<tr>
<td>NOV</td>
<td>67-54</td>
<td>--</td>
<td>3.5</td>
</tr>
<tr>
<td>DEC</td>
<td>64-54</td>
<td>--</td>
<td>3.3</td>
</tr>
</tbody>
</table>

### SERENGETI NATIONAL PARK, Tanzania

<table>
<thead>
<tr>
<th>MONTH</th>
<th>Temp. High-Low</th>
<th>% Relative Humidity (avg)*</th>
<th>Monthly Rainfall (inches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAN</td>
<td>81-59</td>
<td>--</td>
<td>3.6</td>
</tr>
<tr>
<td>FEB</td>
<td>81-59</td>
<td>--</td>
<td>3.8</td>
</tr>
<tr>
<td>MAR</td>
<td>81-61</td>
<td>--</td>
<td>5.2</td>
</tr>
<tr>
<td>APR</td>
<td>79-61</td>
<td>--</td>
<td>5.0</td>
</tr>
<tr>
<td>MAY</td>
<td>77-57</td>
<td>--</td>
<td>2.4</td>
</tr>
<tr>
<td>JUN</td>
<td>77-55</td>
<td>--</td>
<td>1.1</td>
</tr>
<tr>
<td>JUL</td>
<td>75-55</td>
<td>--</td>
<td>0.5</td>
</tr>
<tr>
<td>AUG</td>
<td>77-57</td>
<td>--</td>
<td>1.0</td>
</tr>
<tr>
<td>SEP</td>
<td>81-59</td>
<td>--</td>
<td>1.1</td>
</tr>
<tr>
<td>OCT</td>
<td>82-59</td>
<td>--</td>
<td>1.5</td>
</tr>
<tr>
<td>NOV</td>
<td>81-59</td>
<td>--</td>
<td>3.5</td>
</tr>
<tr>
<td>DEC</td>
<td>82-61</td>
<td>--</td>
<td>4.1</td>
</tr>
</tbody>
</table>

*Data not available

### ARUSHA, Tanzania

<table>
<thead>
<tr>
<th>MONTH</th>
<th>Temp. High-Low</th>
<th>% Relative Humidity (am-pm)</th>
<th>Monthly Rainfall (inches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAN</td>
<td>84-50</td>
<td>82</td>
<td>2.3</td>
</tr>
<tr>
<td>FEB</td>
<td>84-51</td>
<td>84</td>
<td>3.3</td>
</tr>
<tr>
<td>MAR</td>
<td>81-53</td>
<td>95</td>
<td>7.0</td>
</tr>
<tr>
<td>APR</td>
<td>77-57</td>
<td>95</td>
<td>14.5</td>
</tr>
<tr>
<td>MAY</td>
<td>72-52</td>
<td>--</td>
<td>8.3</td>
</tr>
<tr>
<td>JUN</td>
<td>70-48</td>
<td>--</td>
<td>1.3</td>
</tr>
<tr>
<td>JUL</td>
<td>69-49</td>
<td>--</td>
<td>0.6</td>
</tr>
<tr>
<td>AUG</td>
<td>72-48</td>
<td>--</td>
<td>0.8</td>
</tr>
<tr>
<td>SEP</td>
<td>76-47</td>
<td>--</td>
<td>0.8</td>
</tr>
<tr>
<td>OCT</td>
<td>80-51</td>
<td>94</td>
<td>1.4</td>
</tr>
<tr>
<td>NOV</td>
<td>81-51</td>
<td>98</td>
<td>4.4</td>
</tr>
<tr>
<td>DEC</td>
<td>81-50</td>
<td>91</td>
<td>4.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MONTH</th>
<th>Temp. High-Low</th>
<th>% Relative Humidity (avg)*</th>
<th>Average Rainfall (inches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAN</td>
<td>85-63</td>
<td>--</td>
<td>3.8</td>
</tr>
<tr>
<td>FEB</td>
<td>85-63</td>
<td>--</td>
<td>3.3</td>
</tr>
<tr>
<td>MAR</td>
<td>83-60</td>
<td>--</td>
<td>2.6</td>
</tr>
<tr>
<td>APR</td>
<td>80-54</td>
<td>--</td>
<td>1.0</td>
</tr>
<tr>
<td>MAY</td>
<td>75-46</td>
<td>--</td>
<td>0.4</td>
</tr>
<tr>
<td>JUN</td>
<td>71-41</td>
<td>--</td>
<td>0.6</td>
</tr>
<tr>
<td>JUL</td>
<td>71-40</td>
<td>--</td>
<td>0.1</td>
</tr>
<tr>
<td>AUG</td>
<td>76-45</td>
<td>--</td>
<td>0.1</td>
</tr>
<tr>
<td>SEP</td>
<td>82-51</td>
<td>--</td>
<td>0.1</td>
</tr>
<tr>
<td>OCT</td>
<td>84-57</td>
<td>--</td>
<td>1.5</td>
</tr>
<tr>
<td>NOV</td>
<td>84-60</td>
<td>--</td>
<td>4.4</td>
</tr>
<tr>
<td>DEC</td>
<td>84-62</td>
<td>--</td>
<td>3.6</td>
</tr>
</tbody>
</table>

*Data not available
Climate: A Word about the Weather

Online Forecast
Monthly temperature averages for the countries you will be visiting, plus a current 10-day forecast, are available online through the My Account feature of our website www.oattravel.com/MyAccount.

Seasonal Flooding in Botswana’s Okavango Delta

A unique phenomenon that makes the Okavango Delta such a compelling destination is the seasonal flooding that occurs every year. This is when waters from the Angolan highlands flow down into Botswana via the Okavango River, and meet up with the Kalahari Desert. Until a few thousand years ago, the waters flowed into a great lake in what is now called the Makgadikgadi Pans, but tectonic activity and uplift caused the lake to disappear and a basin to take its place. Today, when the water meets this “roadblock,” it spreads out in a series of ever-shifting channels, rivulets, and islands — creating the paradise that is the Okavango Delta.

Though the floods cannot be predicted with exactitude, they typically arrive in the southern reaches of the Delta by late May. Water levels usually remain high until November. Ironically, though this is when the “rainy season” begins, it is also when the landscape appears driest, as flood levels are largely unaffected by local climate.

In the Okavango Delta, we enjoy exploring and game viewing aboard mokoro dugout canoes—water levels and safety levels (which fluctuate year-round in the Delta) permitting. Crafted of fiberglass to resemble the traditional wooden boats of yore, these small vessels are poled by expert guides, and carry only two passengers each.
6. Packing Just What You Need

Your Luggage

Checked luggage
On safaris, the room allowed for luggage is strictly limited. Your limit is one piece of checked luggage per person. Your checked luggage must be in a duffel bag.

- **Use of a duffel bag is a requirement on this adventure.** We ask that you use the OAT duffel bag that we will be sending because it has been approved for this safari by our regional office in Africa.Suitcases of any kind, hard-sided luggage, or luggage with an internal frame are not allowed. If you bring something other than a cloth duffle bag without an internal frame, your luggage may not fit on the small planes or in the safari vehicles we use on this adventure. We'd like you to have your luggage with you on the whole adventure—so a duffle bag is key.

- The OAT duffel bag has wheels and measures 28” x 13” x 11”

- **TIP:** Consider bringing a second, empty, lockable bag folded into your main suitcase, with a luggage tag and small lock. Use this to carry souvenirs home. Also, when traveling with a companion we recommend “cross-packing,” i.e., pack 2 outfits of your clothing in your companion’s luggage and vice-versa, in case one bag is delayed.

Carry-on bag
You are allowed one carry-on bag per person. We suggest a tote or small backpack that can be used as both a carry-on bag for your flight and to carry your daily necessities—water bottle, camera, etc—during driving excursions and walking trips. Consider a backpack or waistpack that keeps both hands free and distributes the pack’s weight onto your back or hips.

Large carry-on/day bags can take up valuable space in the vehicles during game viewing. Plus they can be a nuisance for you to carry, so please don’t bring anything larger than you really require.

**Luggage handling on arrival:**
Airport porters are not allowed in the customs hall area. On arrival, you must take your luggage off the baggage carousel and then clear customs. When you exit the airport building, your motor coach driver will load your luggage onto your motor coach.

Locks
To reduce the risk of damage to your luggage, *either* do not lock your bags when checking in for flights that originate in the U.S. *or* use TSA-approved locks. (These are locks that TSA screeners can open and relock with a special tool, avoiding damage to your luggage or lock if a physical inspection is required. Look for the words “TSA” or “TSA-approved” on the lock’s packaging.)

Outside of the U.S., we strongly recommend that you lock your luggage as a preventative measure against theft. **TIP:** Most camps or lodges do not have personal safes in the tents/rooms. Instead, valuables, passports, and money can be secured in lockable canvas bags that are put into a locked central safe. Camps and lodges provide the bags and the locks for this purpose.
LUGGAGE LIMITATIONS

An unavoidable condition of a safari done largely by small aircraft and safari jeep is a strict limitation on luggage. During this trip you will be subject to luggage restrictions that are less than the average allowance for international flights. This means that even if your international airline offers a larger weight limit, you will need to pack according to the lower restrictions, as indicated in the following chart.

<table>
<thead>
<tr>
<th>Number of Pieces</th>
<th>Type of Luggage</th>
<th>Weight Restrictions</th>
<th>Special Size Restrictions?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main trip only</td>
<td>One checked bag and one carry-on per person</td>
<td>Must use a duffel bag as your checked luggage</td>
<td>Combined checked and carry-on luggage: 44 lbs total in Southern Africa; 33 lbs total in East Africa</td>
</tr>
<tr>
<td>Pre-trip extension</td>
<td>Same</td>
<td>Same</td>
<td>Combined checked and carry-on luggage: 44 lbs total</td>
</tr>
</tbody>
</table>

Remarks and Suggestions

Excess baggage cannot be taken, so please pack judiciously.

Limit changes halfway through trip: During the first half of the trip, the weight limit is 44 pounds total (checked and carry-on). During the second half in Kenya and Tanzania the combined weight cannot exceed 33 pounds. You have two options on the main trip: You could pack up to 44 lbs and then discard the extra 11 lbs of luggage before you travel in Kenya and Tanzania. Or you may pack 33 lbs total and take your entire luggage with you for the full duration of the main trip.

Type of luggage: Use of a duffel bag is a requirement on this adventure. We ask that you use the OAT safari bag that we will be sending because it has been approved for this safari by our regional office in Africa. Suitcases of any kind, hard-sided luggage, or luggage with an internal frame are not allowed. If you bring something other than a cloth duffle bag without an internal frame, your luggage may not fit on

Remember, these limits can change. If the airline(s) notifies us of any changes, we will include an update in your Final Documents booklet. You should also confirm both luggage restrictions and luggage fees directly with your U.S./international airline a week or so before your departure. Doing so will keep you up-to-date on any last-minute changes, new security measures, or new fees. Most airlines are now charging fees for checked luggage, even on some international flights. These fees are not included in your trip price; they are payable directly to the airlines. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our website under the FAQ section.
Hints For Packing Light

You can minimize your clothing needs by finding multiple uses for each item and by planning on using laundry service at the camps. There is complimentary laundry service trip at most of the camps that we stay at in Botswana, Zimbabwe and Zambia. Please note that due to cultural differences, laundry service does not include undergarments.

Lodges provide shampoo, soap, and insect repellant, so you’d really only need to bring these if you plan on using a lot or if you have a preferred brand. If you must bring a field guide, bring only one—the lighter the better. To save space in your bag, and help preserve the environment in Botswana, Zambia, and Zimbabwe, remove as much disposable material from your gear as you can. Every little bit helps!

Clothing Suggestions

Functional Tips

As you will experience a wide range of temperatures and weather conditions, we suggest several layers of clothing. If you like to hand-wash your clothes, look for fabrics that will dry out overnight. You can buy clothing designed especially for travel, with features like wrinkle-resistant fabric or built-in sun protection.

- **Layers for game drives:** Many game drives are in the early morning or late evening. Even at the height of summer, these times of day are cooler than the afternoon. Therefore we suggest bringing a piece (windbreaker, jacket, sweater, sweatshirt, etc.) that you can wear over your clothing for cooler mornings and remove as the day heats up. And just a reminder: south of the equator, the seasons are reversed. Travelers on summer departures will want to bring more than one layer—it is winter in southern Africa.

- **Footwear:** You’ll be on your feet a lot during the trip, and walking over some rough and slippery surfaces. We recommend you wear sturdy walking shoes or similar supportive sports shoes that offer good traction. We also recommend you bring a pair of rubberized sandals (i.e., Tevas) for showering, wearing around the lodge, and general warm weather use. They will come in particularly handy when you walk through wet areas in Victoria Falls National Park.

Style Hints

Dress on safari is functional and casual, yet neat and presentable in the lodges. As a general rule of thumb, khaki and earth tones are your best bet. They allow you to blend into the scenery (good for animal viewing) and are easy to color coordinate (good for packing light).

It is also a good idea to bring a few colors other than just black or just blue because these colors attract tsetse flies. A few decades ago these flies gained notoriety as carriers for sleeping sickness, but on this adventure they aren’t a health hazard. (Sleeping sickness is rare nowadays and largely limited to the Congo.) However, they are a nuisance because they bite. Fortunately, we only encounter them in one location on this trip—Zambia. Since the flies won’t be present everywhere, you can bring some black or blue clothing; just remember to have a couple of other colors for Zambia. In Zambia, the flies are most active during the dry season (May-November) but can be present other times of year.

**TIP:** Camouflage and military-type clothing is **not** recommended; it is illegal in Zimbabwe and could result in an arrest and imprisonment. Yes, we encourage learning and discovery at OAT…but jail is a discovery you could do without!
Traveler’s Checklists

Did you know that the top two comments travelers have about packing are “I wish I had brought less” and “I wish I had thought to double-check the weather”? In an effort to help you bring less, we offer these lists, which have been compiled from suggestions by Trip Leaders and former travelers. The lists are only jumping-off points—they offer recommendations based on experience, but not requirements. You might also want to refer to the climate charts in this handbook or online weather forecasts before you pack. And finally, remember the Golden Rule of Packing Light—whatever you think you need at first—take half the clothes and twice the money.

Recommended Clothing Checklist

- Shirts: A mixture of short and long-sleeved shirts in a breathable fabric, like cotton or cotton-blend. Polo shirts are more versatile than T-shirts.
- Trousers and/or jeans: Comfortable and loose fitting is best.
- Shoes and socks: Comfortable walking/running shoes or low-cut hiking shoes, with arch support. Light hiking boots will suffice; there is no heavy hiking during the trip, but hiking boots should offer better support and traction than shoes. We also recommend you bring a pair of rubberized sandals (i.e., Tevas) for showering, wearing around the lodge, and general warm weather use.
- Light rain jacket/windbreaker with hood
- Wide-brim sun hat or visor for sun protection
- Underwear: Although laundry service is provided at most camps/lodges, for cultural reasons underwear will not be included in this service, so please plan accordingly. We suggest close-fitting brassieres, such as sports bras, for women travelers—the roads are very bumpy.
- Sleepwear: We suggest light- or medium-weight pajamas
- Optional: Swimsuit

Seasonal Clothing Recommendations:

For spring and summer (September-March):
Consider the warmer temperatures when packing (see the Climate chapter).
- Walking shorts: Cut long for modesty
- A jacket or sweater. Even in summer it can be cool during early morning game drives.

For the rainy season (November-March):
You will want good rain gear during this period, and consider that your laundry will take more than a day to be returned dry because most lodges don’t have dryers.
- Light rain jacket/windbreaker with hood
- Hood/lens cap/waterproof bag for camera
- Optional: Swimsuit (Just kidding, it doesn’t rain that much!)
For fall and winter (May-August):
It’s colder than you think in winter, especially during early morning game drives or at night in a tented camp. Warm clothing is essential, so add these items your packing list.
- Long-sleeved shirts in a warm, heavy fabric for cool nights, i.e., flannel or knit
- A warm, insulated jacket in addition to a wool or fleece sweater. If you own a light or medium-weight insulated field jacket or parka, you can use that.
- Warm hat, gloves, and a scarf (especially useful on the game-drive vehicles)
- Warm sleepwear
- Long underwear. It keeps you warm but doesn’t take up a lot of space or weigh much.

Other Essential Items
- Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, etc. Lodges provide shampoo, soap, and insect repellant, so you’d really only need to bring these if you plan on using a lot or if you have a preferred brand. Most lodges do not provide a washcloth, so you may wish to pack one.
- Spare eyeglasses/contact lenses; sunglasses
- Sunscreen: SPF 15 or stronger
- Flashlight or headlamp—with extra batteries/bulb—or consider a wind-up or solar powered model.
- Lightweight binoculars: To avoid disturbing the animals’ natural activities, we stop the vehicle at a respectful distance. Everyone in the group should have their own binoculars. Models such as 8 x 21 or 6 x 16 provide suitable magnification and illumination. 10 x models are usable, but are usually heavy, expensive, and require a very steady hand.
- Moisturizer and sun-blocking lip balm
- Pocket-size tissues
- Moist towelettes (not individual packets) and/or anti-bacterial "water-free" hand cleanser
- Electrical transformer & plug adapters: see "A Word About Electricity" for details. We do not recommend electric shavers or hair dryers, as electricity is limited at many of our lodges. On our Cape Town extension, your hotel provides hair dryers.
- Camera gear with extra batteries or battery charger
Medicines & First Aid Gear

TIP: At time of writing, the State Department did have a warning that travelers should not bring over-the-counter drugs with the ingredient diphenhydramine or anti-histamines (like Benadryl) to Zambia. For more information, please see the State Department website at http://travel.state.gov/travel.

- Your own prescription medicines
- Travel first aid kit: Band-Aids, headache and pain relief, laxatives and anti-diarrhea tablets, something for upset stomach. Maybe a cold remedy, moleskin foot pads, or antibiotic cream.
- An antibiotic medication for gastrointestinal illness
- Optional: A strong prescription pain medication for rare emergency purposes
- Optional: Motion sickness medicine if you are susceptible (the roads are very bumpy).
- Optional: Medication for allergies or asthma, if you are susceptible (the roads are also dusty).
- Optional: Anti-malarial medication—discuss with your doctor first

Optional Gear

(These are items that other travelers have suggested might be useful, depending on your needs. The extra spaces at the end are for you to add whatever you don’t want to forget.)

- Eye drops: The dry air and dusty roads can cause itchy eyes.
- Inflatable seat cushion for bumpy roads
- Travel alarm or travel watch with alarm
- Hanging toiletry bag (with hook to hang on doorknob and pockets to organize items)
- Basic sewing kit
- Hand-wash laundry soap such as Woolite and plastic hang-up clothespins
- Reading materials
- Travel journal/note pad and pens
- Field guide: A small, lightweight guide so you are not encumbered during game drives.
- Phrase book
- Small gift for Home-Hosted visit
- Folding walking staff, sold in most camping stores
- ______________________________
- ______________________________
- ______________________________
- ______________________________
A Word about Electricity

When traveling overseas, there are a few differences to keep in mind about electricity. First, the voltage is usually different. Second, the plugs might not be the same shape. Lastly, the availability of power can vary.

Voltage

Electricity in Botswana, Zambia, Zimbabwe, Kenya, and Tanzania is 220-240 volts. In the U.S. it is 110 volts. Most of the things a traveler will want to plug in—battery chargers, MP3 players, tablets or computers—can run off both 110 and 220-240. But you should check the item or the owner’s guide first to confirm this before you plug it in. If you have something that needs 110 volts—like a shaver or a hairdryer—you can bring a transformer to change the current. (But transformers tend to burn out, so it might be better to leave whatever it is at home.)

Plugs

The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. Different plug shapes are named by letters of the alphabet—Type A, Type B, and so on. Standard U.S. plugs are Type A and Type B. Here is the list of plugs for the countries on this trip:

- The overall recommendation for this trip is to get a universal adaptor or a kit with multiple plug shapes.
- Botswana: M (a larger version of D)
- Zimbabwe: D or G
- Zambia: C, D or G
- South Africa: M
- Tanzania: D or G
- Kenya: G

To plug something from the U.S. into a C, D, G, or M socket you’ll need an adapter that fits between the plug and the socket. Because there are many different types of plugs in this region, it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you might also find them for sale at the airport when you arrive at your destination.
Availability
In the remote lodges, the generator that supplies electricity may operate during limited hours. It is possible to recharge camera batteries, but only while the generator is running. Therefore, bringing two batteries—one to use while the other is recharging—is recommended. Electric current is usually adequate to run an electric razor, but not a hairdryer. The lighting at the lodges may not be as bright as you are used to; a small LED flashlight can be useful.

**A constant electricity supply cannot be guaranteed during overnight stays.** Travelers dependent on electricity supply for health reasons may want to consider a different OAT adventure. Because the tented camps cannot accommodate CPAP machines, this adventure is not recommended for travelers with sleep apnea. Travelers with sleep apnea who chose this adventure must be able to do without their CPAP.
7. Learn About Your Destinations

We encourage you to learn more about the regions of the world you will soon be exploring. The ancient and contemporary cultures of these areas are rich and complex. Even a small amount of background reading can help you make sense of the kaleidoscope of facts and impressions that will come your way. Having some knowledge in advance can complement and enrich what you can learn from your expert Trip Leader.

Botswana at a Glance

Facts & Figures
- **Area:** 224,607 square miles
- **Capital:** Gaborone
- **Languages:** English (official), Setswana (Tswana)
- **Ethnicity:** 79% Tswana (or Setswana), 11% Kalanga, 3% Basarwa, 7% Other, including Kgalagadi and white.
- **Location:** Botswana is bordered by Zimbabwe, South Africa, and Namibia.
- **Geography:** Botswana is a landlocked republic in southern Africa covering an area slightly smaller than France. Bordering nations include Zimbabwe in the northeast, South Africa in the south and southeast, and Namibia to the north and west. The country is geologically a vast sandy tableland with an average elevation of about 3,300 feet (1,000 meters). Large tracts of land in the central south and west (about two-thirds of the country) are covered by the Kalahari Desert. In the north-central portion of Botswana lie the wetlands of the Okavango Delta, the world’s largest inland delta, and the salt pans of the Makgadikgadi area.
- **Population:** 2,155,784 (July 2014 Estimate)
- **Religions:** Christian 71.6%, Badimo 6%, other 1.4%, unspecified 0.4%, none 20.6%
- **Time Zone:** Botswana is 7 hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 1pm in Botswana.

Historical Overview

The earliest known inhabitants of what is now Botswana were the San, or Bushmen, who continue to wander the Kalahari Desert today. Their origins are unknown, but they are estimated to have lived here for some 30,000 years. The San were followed by the Khoi-Khoi, or Hottentots; and then came the Bantu tribes, who migrated from the northwestern and eastern regions of Africa, probably around the first or second century AD. In the centuries that followed, southern African tribes like the Basotho made incursions into Botswana, and there was much fragmentation (mostly peaceful) among the tribes until the end of the 18th century.

By 1652, Europeans had arrived on the Cape, and had begun their inexorable spread northwards. By 1817, Botswana had its first English Christian mission. But the face of Botswana was more significantly altered with the unification of the Zulu tribes under the fierce warlord Shaka, in 1818 (in what is now South Africa). His military machine conquered or destroyed all tribes in his path; by 1830, many tribes in southern and eastern Botswana had either fallen or been absorbed into the Shaka Zulu Empire.
Meanwhile, as the European missions and settlements grew, the Dutch Boers and British colonists began their own partitions of southern Africa, basically taking advantage of the shifting alliances between fragmented tribes. Tension between the British and the Boers finally erupted in war in 1887. Its geopolitical result was the withdrawal of Britain from the Transvaal in exchange for Boer allegiance to the British Crown. But the Boers continued to push into Tswana territory in the north, in what was then called Bechuanaland (and later to become Botswana).

The Tswana people lobbied for British protection, and in 1885, their territory became the Bechuanaland Protectorate, administered by Britain. Britain’s interest in the Bechuana colony was scant until Cecil Rhodes and his British South African Company began trying to wrest control of it. A delegation of three powerful Tswana chiefs, with backing from Christian missionaries, appealed to London for more direct government control in an effort to stop Rhodes. The government agreed, decided to consolidate administration of its southern African colonies, and thereby aggravated the simmering tensions with the Boers. War again erupted in 1899.

After the Boer War ended in 1902, the Union of South Africa was established with provisions for the incorporation of the Bechuanaland. Self-rule advanced within Botswana when advisory councils of African and European residents were set up in 1920. A parliamentary government consisting of the National Assembly and the advisory House of Chiefs and headed by a president was instituted in 1965. Complete independence as a republic came on Sept. 30, 1966. Despite these political developments, Botswana remained among the poorest of nations. Then, in 1967, diamonds were discovered, and the entire economic base of Botswana changed overnight. Botswana now has one of the fastest growing economies in the world.

For next few decades, Botswana’s history became defined by its relationship with other southern African nations. In the 1970s, the relationship was one of contrast—Botswana was seen as a more liberal, more open country that it’s neighbors. With a growing economy and no apartheid regime, Botswana was particularly attractive to South African refugees, anti-apartheid activists, and to those fleeing the Civil War in Zimbabwe. (Today Botswana is still one of the few African nations to specifically guarantee freedom of speech, press, and religion in its constitution.)

A shift in the political landscape brought about movement towards unity rather than contrast. In 1980 the Southern African Development Coordination Conference was founded with the express purpose of creating a unified economy in southern Africa. In time this organization became today’s Southern African Development Community, which continues to champion the cause of a more united Africa. Sadly, the country’s biggest crisis to date is one that does unite much of Africa—the AIDS epidemic. But in keeping with their history of openness, Botswana’s National Health Council has been working hard against the epidemic in ways unheard of in most other African countries: with increased spending, open and frank communications about AIDS transmission, and by working with the government to ensure antiretroviral drugs reach the infected. The success of these measures has made modern Botswana an example for other countries facing a similar crisis.
Kenya at a Glance

Facts & Figures

- **Area**: 224,080 square miles
- **Capital**: Nairobi
- **Languages**: English and Kiswahili are the official languages; numerous indigenous languages are also spoken.
- **Ethnic groups**: Kikuyu 22%, Luhya 14%, Luo 13%, Kalenjin 12%, Kamba 11%, Kisii 6%, Meru 6%, other African 15%, non-African (Asian, European, and Arab) 1%
- **Location**: Kenya straddles the equator on the eastern coast of Africa. It is bordered by Ethiopia, Somalia, South Sudan, Uganda, and Tanzania.
- **Geography**: Kenya has an impressively varied landscape. Lake Victoria is on the southwestern border of the country, with Tanzania to the south. The other features of Kenya range from a flat, bush-covered plain in the northeast to beautiful Indian Ocean beaches, scenic highlands, lakes, the Great Rift Valley, and the towering Mount Kenya.
- **Population**: 45,010,056 (July 2014 Estimate)
- **Religions**: Protestant 45%, Roman Catholic 33%, Muslim 10%, indigenous beliefs 10%, other 2%.
- **Time zone**: Kenya is on East Africa Time, eight hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 2pm in Nairobi.

Historical Overview

Some of the earliest humans roamed the land now known as Kenya. Since those primordial times, groups of people from all over Africa and the Middle East have migrated through or into the area. As long as a millennium ago, the Swahili language, which blends Arabic with African Bantu speech, had developed as a common tongue in this region. The aristocratic Himas moved in prior to A.D. 1000, establishing large kingdoms and introducing cattle herding. Bantu peoples followed, including the Kikuyu, who remain the largest single group today.

Arabs sailed south from the Middle East to become a dominant presence in the coastal region as early as the 11th century A.D. In Arabic the country was called the land of the Zenj, or “black people.” For centuries, the coastal area was divided up into city-states known as the “Zenj states.” Mombasa, one of Kenya’s major cities today, originated as one of these city-states.

The first Europeans to have an impact on East Africa were the Portuguese, who arrived by sea in the 15th century and dominated the coastal region for a time. In 1729, the Arabs regained control from the Portuguese and ruled until Kenya came under British influence. During all of this time, Arabs and Africans conducted a slave trade whose effects extended far inland. By the latter half of the 19th century, Britain had become the dominant power, drawing the borders of the newly defined nation of Kenya. The British ended the slave trade, but claimed all land outside defined tribal areas as crown land available for white settlement.

Decades of colonial rule bred resentment among native Africans. In the 1950s, Kikuyus played a prominent role in the Mau Mau rebellion, which was one act in the drama that culminated in independence in 1963. Jomo Kenyatta, the first president of independent Kenya, was a Kikuyu. Though he had been involved in the Mau Mau rebellion, he established moderate, pro-Western policies and was acknowledged as Mzee, “the wise old one,” by his own people and many world leaders upon his death in 1978. Kenyatta’s successor, Daniel arap Moi, continued to follow the moderate social and economic policies that kept Kenya relatively peaceful in the first decades after independence.
But Moi’s years in power were not without controversy and conflict, especially in regards to his personal finances and authoritarian politics. It is rumored that during his time in office, Moi amassed such a large fortune that he may still be the richest man in Africa. In 1991, he submitted to international pressure to allow the formation of other political parties, but still won the 1992 election. International observers noted that the movement to create more parties relied heavily on support that cut across tribal divisions; in contrast, Moi’s political machine emphasized and played on tribal rivalries, resulting in mass evictions of the Kiyuku and oppressive measures against other groups. Eventually the strategy backfired, and in 2002, Moi’s chosen successor was defeated. Today’s Kenya is still marked by tribal differences and rivalry but with the end of Moi era, it’s slowly making its way towards a more promising future.

Tanzania at a Glance

Facts & Figures

- **Area:** 365,755 square miles
- **Capital:** Dodoma
- **Languages:** Swahili is the official language; English and tribal languages are also spoken.
- **Ethnicity:** Mainland - African 99% (of which 95% are Bantu consisting of more than 130 tribes), other 1% (consisting of Asian, European, and Arab); Zanzibar - Arab, African, mixed Arab and African
- **Location:** Tanzania is bordered by Burundi, Democratic Republic of the Congo, Kenya, Malawi, Mozambique, Rwanda, Uganda, and Zambia
- **Geography:** Mainland Tanzania’s landscape is flat and low along the coast. In the interior, a plateau at an average altitude of about 4,000 feet makes up most of the country, and isolated mountain groups rise in the northeast and southwest.
- **Population:** 49,639,138 (July 2014 Estimate)
- **Religions:** Mainland - Christian 30%, Muslim 35%, indigenous beliefs 35%; Zanzibar—majority Muslim
- **Time Zone:** Tanzania is on Eastern Africa Time, eight hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 2pm in Dar es Salaam.

Historical Overview

Tanzania is home to the Olduvai Gorge, the site where some of the earliest human remains on earth have been discovered. For hundreds of thousands of years, hunter-gatherer societies inhabited the area, though details about them are lost in the mists of time. More recently, the interior of the country has been occupied by pastoral and agricultural societies.

The cattle-herding Maasai are notable among these. They are known to have settled as far south as Dodoma by the early 19th century, and they live around Tanzania’s game parks to this day. In the past, this tribe’s reputation as fierce warriors kept away neighboring tribes and Arab traders, and neither the slave trade nor tribal warfare had much impact in their territory. Today, many Maasai proudly continue their traditional way of life with few inroads from modern civilization, especially in the northern part of the country.

Over one thousand years ago, sea-borne traders established a strong Arab presence on Tanzania’s Indian Ocean coast, which includes the island of Zanzibar. Sultans of Oman ruled Zanzibar by the 18th century, and in 1832 Sultan Seyyid Said located his capital city there. Because of this history, Islam continues to be the dominant religion on Zanzibar today.

Rivalry among European colonial powers brought historic change to the area in the 19th century. Livingston and Stanley were among the first Englishmen to arrive in the interior, where Stanley’s famous
“Dr. Livingston, I presume” was uttered at Ujiji on Lake Tanganyika. The British made Zanzibar their protectorate in 1890. On the mainland, however, Britain yielded to Germany after German explorer Carl Peters laid the groundwork for colonial exploitation of the country by the German East Africa Company. The two countries signed an agreement giving the Germans what was then known as Tanganyika, while Britain got Kenya and Uganda. World War I, during which Germany and Britain fought intense land and naval battles in Tanganyika, ended this arrangement. Following Germany’s defeat in Europe, Britain was put in charge of the League of Nations mandate for Tanganyika.

In the 20th century, the movement to end colonialism in Tanganyika took shape among farmers’ unions and cooperatives. Julius Nyerere led the political party that grew out of this movement, and became the country’s first president when it made a peaceful transition to independence in 1961. The island of Zanzibar gained independence in 1963, in a transition that involved a bloody revolution during which the bulk of the Arab population was expelled. In 1964, Tanganyika, Zanzibar, and Pemba (another offshore island) joined to become the United Republic of Tanzania.

Tanzania's leaders stood at the forefront of African liberation movements during the 1970s and the early 1980s. They allowed Mozambique nationalists to use Tanzanian territory for training and attack bases as they fought for independence from the Portuguese. In 1979, Tanzanian troops helped overthrow the regime of Ugandan dictator Idi Amin. President Nyerere also played a key role in the negotiations for ending white rule in Zimbabwe. Although it maintained good relations with the West, Tanzania followed a strongly socialist path in the decades immediately following independence.

In November 1985, Nyerere retired and was succeeded in the presidency by Ali Hassan Mwinyi. Nyerere continued as the chairman of the Revolutionary Party of Tanzania until August 1990. Tanzania began moving toward a multiparty system in the early 1990s; in 1992 a new constitutional rule allowed for the formation of other parties provided they were active in both Tanganyika (the mainland) and Zanzibar. The ruling was meant to address the growing concerns of the Zanzibari who felt that unification had relegated the island to second-place status in comparison with the mainland. But when the first multi-party elections took place in 1995, there were sharp divisions between the island and the mainland; these divisions would crop up periodically throughout the following decades.

A key example of this divide occurred shortly after the highly contested 2000 general elections, which were won by a party with strong support on the mainland, the CCM. Not long after the election, the offices of the Zanzibar-based opposition party—the CUF—were raided by the police and the CUF chairman was charged with unlawful assembly. Supporters took to the streets in protest, which sadly disintegrated into a violent clash with the police. Ultimately the heads of both parties joined together to restore calm, but the incident prompted many in Tanzania to call for a greater level of freedom for opposition parties.

In addition to political struggles, the residents of Zanzibar have also struggled with their dependence on the mainland for electricity, which is supplied by an underwater cable. In 2008 the cable’s connection failed, leaving the island without electricity for roughly one month. (Many in Zanzibar have back up generators for this very reason.) But these internal squabbles are relatively mild, especially compared to other African nations. In recent years the relative stability has helped Tanzania emerge as one of the anchors for the East African region, accepting refugees from the conflicts in Rwanda, hosting peace talks for Burundi, and forming an East African trade alliance with neighboring states like Kenya.
Zambia at a Glance

Facts & Figures
- **Area:** 290,587 square miles
- **Capital:** Lusaka
- **Ethnicity:** African 99.5% (includes Bemba, Tonga, Chewa, Lozi, Nsenga, Tumbuka, Ngoni, Lala, Kaonde, Lunda, and other African groups), other 0.5% (includes Europeans, Asians, and Americans)
- **Location:** Zambia is bordered by Angola, the Democratic Republic of the Congo, Tanzania, Malawi, Mozambique, Zimbabwe, Botswana, and Namibia.
- **Geography:** Near the southern edges of the country, where the plateaus dip down towards lakes and river valleys, are the three major rivers that flow into Victoria Falls. To the north and the west, the plateaus descend into vast floodplains.
- **Languages:** English is the official language; Bemba, Nyanja, Tonga, Lozi, Lunda, Kaonde, and Luvale are also spoken.
- **Population:** 14,638,505 (July 2014 Estimate)
- **Religions:** Christian 50%-75%, Muslim and Hindu 24%-49%, indigenous beliefs 1%
- **Time Zone:** Zambia is on Central Africa Time, seven hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 1pm in Lusaka.

Historical Overview
The earliest known inhabitants of Zambia were the San, a group of hunter-gathers who relied on stone tools to hunt antelope and search for fruits and nuts. The San made Zambia their favorite hunting ground up to the 4th century when other tribes from the north began arriving. The new tribes were more technologically advanced; they used copper tools, knew how to make pottery, and were farmers. With their migration south, the hunting lands became farmland instead, and the San were slowly edged out. To this day, the descendants of the San live south of Zambia, in Namibia and South Africa, and are known for their unique “clicking” language. While the new tribes, which were Bantu-speaking, became the forbearers of the more than 70 tribal groups in modern Zambia. Even to day, most of the tribal dialects in Zambia are derived from the Bantu language.

These ancestors not only left a linguistic heritage, but also a direct connection to one of the major industries that would dominate Zambian history—copper. Copper weapons and tools gave the Bantu groups an advantage over the San, and in time copper mining became a viable alternative to farming. This was especially true in the 11th and 12th centuries when the Bantu style of slash-and-burn agriculture had diminished the land’s fertility, but the population had increased and developed into villages and towns. Like the Silk Road from China or the spice route from India, a copper trade route sprang up from Zambia. Evidence uncovered at the archeological site of Ingombe Ilede indicates that at its height the Zambian copper route was trading with empires as far away as India.

Although the copper route was vast and lasted for centuries, by the 16th century iron weapons and goods overtook copper, and new iron-age kingdoms began to form in Zambia. Eventually, two main iron-using kingdoms emerged: Barotseland and Mwata Kazembe. So when the first European explorers arrived in the late 1700s and early 1800s, they knew nothing about Zambia’s copper wealth; they were interested in establishing a trade route from Mozambique to Angola instead.
Ironically, it was another African kingdom, and not the Europeans, that caused the biggest political change in Zambia at this time. Conflict had arisen in the Zulu Kingdom to the south, resulting in the expulsion of the Makololo tribe from Zulu in the 1820s. Under the guidance of their leader, Sebetwane, the clan migrated north and conquered the Zambian kingdom of Barotseland. Not too long afterward, the first British explorer arrived in Zambia. He was the noted Dr. Livingstone, the first European to see the “smoke that thunders”, and the man who named it Victoria Falls in honor of his Queen. (And, yes—he is that Dr. Livingstone, so you might as well go ahead and say it —“Dr Livingstone, I presume?”).

With the arrival of the British in the late 1800s, copper once again entered into Zambia’s history. Although “Northern Rhodesia” (as Zambia was then known) was declared part of the British sphere of influence in 1888, it wasn’t until the presence of major copper deposits were confirmed in 1895 that the British took a real economic interest in Zambia. In 1924 Zambia’s status changed to a British protectorate. In theory this meant the British agreed to allow the local population a certain amount of self-rule and military protection in exchange for trading rights, but in practice the “self-rule” was limited to votes for the European population and none for the Africans.

Britain retained control of Northern Rhodesia until after WWII (copper was very useful to the war effort) when it merged with Southern Rhodesia (present-day Zimbabwe) and Nyasaland (present-day Malawi) in 1953. But the federation of the three nations was short-lived. On October 24th, 1964 the Republic of Zambia was formed as an independent country. The first president, Kenneth Kaunda looked to the socialist system for inspiration—policies were based on central planning, industries were nationalized, and a one-party system was adopted. In 1973 a new constitution formalized the one-party system, banning all other parties except Kaunda’s United National Independence Party (UNIP)

At first, the new system seemed to work. The economy improved, and Zambia began to take a role in regional politics as a supporter of groups who sought to end colonial rule in other African countries. But the mainstay of the economy was still copper, and when copper prices plummeted in the late 1970s, so did the Zambian economy. The political support of sometimes-controversial groups working to end colonial rule also created difficulties as Zambia found itself the target of raids from other countries like South Africa and Zimbabwe. As ordinary Zambians grew fed up with the one-party system, there were protests and occasionally riots, but Kaunda remained president. In 1991 President Kaunda lifted the ban on the formation of other parties and a new constitution allowing for a multi-party system was passed. But the change was not without controversy. The new political powerhouse, the Movement of Multiparty Democracy (MMD) was swept into power with the 1991 elections, but was almost immediately accused of corruption and misbehavior towards members of the UNIP. Matters escalated in 1997 with a failed coup d’etat, which prompted the arrest of former president Kaunda by the then current president, Frederick Chiluba. The arrest provoked international response, as did the anti-corruption investigation of Chiluba by his successor. The fallout from this back-and-forth between the two parties still influences Zambian politics today; it will be interesting to see the impact on the next election.
Zimbabwe at a Glance

Facts & Figures

- **Area**: 150,872 square miles
- **Capital**: Harare
- **Languages**: English is the official language; Shona and Nguni are also spoken.
- **Ethnicity**: African 98% (Shona 82%, Ndebele 14%, other 2%), mixed and Asian 1%, white less than 1%
- **Location**: Zimbabwe is bordered by Zambia, Mozambique, South Africa, and Botswana.
- **Geography**: Zimbabwe is twice as large as Great Britain. Its Victoria Falls, approximately one mile long with a maximum drop of 420 feet, is located in the Zambezi River on the Zambia-Zimbabwe border.
- **Population**: 13,771,721 (July 2014 Estimate)
- **Religions**: Predominantly traditional tribal beliefs, Christian minority; several million blacks adhere to African independent sects, of which some 3,000 have been listed.
- **Time Zone**: Zimbabwe is on Central Africa Time, seven hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 1pm in Harare.

Historical Overview

The name “Zimbabwe” comes from the capital city of the Monomotapa Empire, whose heyday occurred between the 5th and 15th centuries in this part of Africa. A remnant of this empire survives today at the Great Zimbabwe ruins, about 110 miles south of Harare, where there is an acropolis atop a 200-foot-high granite hill and a great enclosure in the plains below. The fortified acropolis housed the priests of the Mwari Cult. In the great enclosure, traders exchanged local gold and ivory for porcelain, glass beads, and other luxuries from overseas markets. Evidence shows that trade was brisk with lands as far away as India and China.

By the late 19th century, the area was occupied by African tribes including the Ndebele and the Shona, led by the powerful chief Lobengula. In 1890, a British column led by Cecil Rhodes marched from South Africa in search of precious minerals. They established Fort Salisbury (now Harare) and disbanded. Through treaties and persuasion, Rhodes and his British South Africa Company acquired mineral rights in Lobengula's kingdom.

Rhodes claimed the territory north of the Limpopo River for Great Britain and distributed it among his Pioneers and the indigenous Africans. The country was known as Rhodesia for many years in his honor. The northern portion is now Zambia, while the former Southern Rhodesia was renamed Zimbabwe in 1980 in honor of its historical and cultural heritage.

The Ndebele took up arms in 1893 and again in 1896. European settlers spread from the area around Fort Salisbury, and by 1897 the railway had reached from South Africa to Bulawayo, the capital of Lobengula's former kingdom. A few years later the line was extended to reach the coalfields of Hwange, the Copper belt in Northern Rhodesia (now Zambia), and Salisbury, which was already linked by rail to the port of Beira in Portuguese Mozambique.

Southern Rhodesia was granted independence by the British in 1923 as an autonomous member of the Commonwealth, but the passage of the Land Apportionment Act in 1931 solidified political power in the hands of the white minority. In 1953 Southern Rhodesia was joined with Northern Rhodesia and Nyasaland (now Malawi) into the Federation of Rhodesia and Nyasaland. Vigorous opposition by nationalists in Zambia and Malawi led to the dissolution of the federation in 1963 and to independence for Zambia and Malawi in 1964. In 1965, Rhodesia's prime minister, Ian Smith, announced a unilateral declaration of independence.
During the 1960s and 70s, nationalism was building in Rhodesia under the parties led by Joshua Nkomo and Robert Mugabe. Both groups had to take refuge in neighboring independent countries. From there they waged a seven-year struggle for liberation from white minority rule. At last an agreement was reached to hold a popular election in 1980. Mugabe won a landslide victory to become Zimbabwe’s first prime minister under majority rule, and continues to hold office today.

The parliament passed a Land Acquisition Bill in 1992, allowing the government to redistribute about half the land owned by white commercial farmers to black peasants. In his successful 1996 re-election campaign, Mugabe made a pledge that drew a large measure of concern from Zimbabwe’s 100,000 remaining whites, promising to do more to speed up the resettlement of poor blacks on land acquired by the government. But there has been concern and controversy among the black population as well, with Mugabe’s recent years being marred by scandals, charges of corruption, economic problems, and even outcries about his choice of wives.

After 28 years as the head of what had effectively become a one-party state, Robert Mugabe’s once-iron grip is waning. In Zimbabwe’s 2008 elections, for instance, the leader of the country’s opposition party, Morgan Tsvangirai, won the popular vote, but Mugabe refused to step down from power quietly. He strong-armed opposition supporters and insisted on a run-off election, despite widespread condemnation from world leaders. In the end, South Africa’s president Thabo Mbeki brokered a power-sharing agreement in which Mugabe retains the presidency, with Tsvangirai serving as prime minister.
South Africa at a Glance—Optional Extension

Facts & figures

- **Area:** 470,693 square miles
- **Capital:** Pretoria (administrative), Cape Town (legislative), Bloemfontein (judicial)
- **Languages:** There are eleven official languages; English, Afrikaans, IsiZulu, IsiXhosa, Sepedi, Setswana, Sesotho, and Xitsonga and others are all spoken.
- **Ethnicity:** Black African 79%, White 9.6%, Biracial 8.9%, Indian/Asian 2.5%
- **Location:** South Africa is bordered by Namibia, Botswana, Zimbabwe, Mozambique, the Indian Ocean, and the South Atlantic Ocean to the west.
- **Geography:** Africa’s southernmost country, South Africa has three major natural regions: the plateau, the mountains, and the coastal belt.
- **Population:** 48,375,645 (July 2014 Estimate)
- **Religions:** Most South Africans list themselves as Christians (about 80%), but there are significant communities of Hindus, Muslims, and Jews.
- **Time Zone:** South Africa is on South Africa Standard Time (SAST), seven hours ahead of U.S. EST. When it is 6am in Washington D.C., it is 1pm in South Africa.

Historical Overview

The San, nomadic hunter-gatherers, were the earliest people to inhabit southern Africa. DNA evidence suggests that the San—sometimes referred to as “Bushmen”—lived here as long ago as 100,000 B.C., very likely making them the oldest people in the world. If so, then we can all trace our genes to them. In the fourth or fifth century B.C., the first Bantus arrived, bringing the first tribal structure to the region and taking over most of the arable land.

In the late 15th century, the Europeans arrived, first from Portugal, then from Holland. The latter settled here and took slaves from Madagascar, India, and Indonesia. The Dutch were losing their foothold by the late 18th century, leaving them vulnerable to the British, who set up a base in Cape Town as a pit stop on route to India and Australia. The British continued what the Dutch had started: They fought the native Xhosa people, pushing eastward to expand their reach and erecting fortresses along the Fish River.

The remaining Dutch Boer farmers escaped British control when they set off to establish their own colony in the north and the east of South Africa. But en route, they came across many deserted or decimated villages. Villagers they met were dazed and confused. The Boers would meet the culprits of this ransacking when they came upon the Zulu, who were running their campaign of terror to take over land from surrounding tribes. With fierce struggle, the Boers faced them down and formed their own settlements, only to be confronted themselves by the British, who were bent on land acquisition. Then, a sea of diamonds appeared in the earth in nearby Kimberley, giving the Boers a bit more incentive to stay—and to fight the British with everything they had.

They resisted the British push with guerilla tactics in the First Boer War. But the British returned with greater force to defeat them in the Second Boer War at the turn of the 20th century. The formation of the Union of South Africa in 1910 by the British and the Dutch-Afrikaaners set the stage for apartheid with its race-based policies, restrictions, and repression. Blacks were segregated to live in squalid backwaters known as “homelands.”

The white, ruling Afrikaaners paid plenty of lip service to the supposed self-sufficiency of these regions, but provided no means or opportunities for improvements. In the 1960s, blacks began to protest with strikes and marches. It wasn’t long before things turned violent: 69 were killed in Sharpeville and members of the African National Congress (ANC) were jailed, Nelson Mandela among them.
Opposition against apartheid grew worldwide, and with the economic impacts of sanctions and divestments, the National Party’s FW de Klerk lifted the ban on the ANC and, 27 years after his imprisonment, released Nelson Mandela. In 1994, he won the country’s first multi-racial election by a landslide and became president.

Some of the disparities of apartheid remain, but South Africa is far more optimistic than it once was. Thabo Mbeki was elected into office in 1999 after Mandela’s retirement—earning even more votes than his predecessor—but then was recalled from office in 2009 and replaced by Jacob Zuma. In recent years, South Africa has stepped up its fights against HIV/AIDS, with Mandela once again gaining international attention as an outspoken advocate of anti-AIDS drugs.
Culture & Points to Know

The Nature of Travel in Africa
You are visiting one of the world’s great destinations when you come to Africa. The opportunity to view big game is, of course, one reason to come to Africa, but beyond that you also experience the glorious African landscape and its people. The vegetation, bird life, and scenic beauty of will enthrall you. Many of the places we visit are unique ecosystems, such as the Okavango, the largest inland delta in the world, Ngorongoro Crater, or Victoria Falls National Park.

While the game viewing is wonderful, you are sure to take home with you lasting insights into the nature of Africa and its people. Keep in mind that you are starting out on an adventure that is not a typical tour, and the itinerary you follow is subject to change. This is Africa—weather, the political situation, migration of game, fuel availability, road conditions, seasonal floods, and flight schedule changes, may all impact your trip. In some cases, they may change the sequence of places visited, or we may not follow the trip itinerary exactly as published. An open mind and flexible attitude is essential.

Our hotels and lodges are comfortable, but not luxurious. There can be occasional problems with electricity, hot water, and air conditioning (where it exists in the cities; there is not air conditioning in the safari camps). Everything works according to a slower sense of time than what you are used to. It is best to wind down and adjust to the pace and philosophy of Africa.

The roads within and between the parks can be dusty and very bumpy. Near the towns, some roads may be littered with trash. Water is scarce in the parks. We ask that you conserve water when washing, and shower only once each day.

There can be no guarantee that you will see every animal that you hope to see. Our guides are among the best in Botswana, Zimbabwe, Zambia, Kenya, and Tanzania, and no one knows the animals better. But, unlike the inhabitants of zoos and fenced animal parks, the wildlife of the African wilderness parks roam free. An animal your guide spotted three days ago may not be seen again for weeks.

Language Barrier
You can have some great “conversations” with local people who do not speak English, even if you don’t speak a word of the local language. Indeed, this non-verbal communication can be a highly rewarding part of travel. To break the ice, bring along some family photographs, or a few postcards of your hometown. If you want to meet kids, bring a puppet or other interactive toy. Your Trip Leader can help get the ball rolling. Keep in mind, however, that it is always good form to know at least a few words in the local language.

Your attire is a key part of your non-verbal presentation. Your clothing should show a respect for local tradition. In small towns or near villages, you should dress in a relatively modest style—avoid revealing or tight-fitting outfits. The application of this guideline varies. You will see people in cities and large towns dressed in a modern style. And, of course, many foreign tourists are not sensitive to this at all. But you should dress modestly if you want to earn the respect of the local people.
Our Meals

Many mornings, we have a full breakfast including eggs, cereal, toast or bread with jam and butter, fresh or tinned fruit. (We have brunches on some other mornings). Most lunches in the lodges are served buffet-style, and typically include meats, stews, vegetables, rice, potatoes, and dessert. Lodge dinners are usually served at table, and include soup and breads, a main entree such as chicken, meat, or fish, with a vegetable side dish, followed by dessert and cheese board.

Most of our meals are from the familiar Western cuisines, but we’ll mix this up with characteristic African fare: you can try *ugali*, a maize meal dish, *nyama na mtuzi*, a meat stew, or *sukuma wiki*, fried green collards. Beverages such as tea and coffee are served at all meals. During your adventure, you will receive one complementary bottle of water each day at your lodgings, and during safari days, you’ll also receive a second complementary bottle of water in your safari vehicle. Additional bottled water is available for sale in the lodges. Prices vary, but generally fall in the $3-4 range for a one-litre bottle.

Safari Vehicles

Throughout the trip, we make short flights between sites aboard 5-seat and 12-seat light aircraft. Our longest flight is approximately one hour and 20 minutes; most are shorter. In the event of inclement weather, we may be unable to fly between camps. In these instances, we will travel overland.

Game-viewing drives are done in specially outfitted four-wheel-drive vehicles, often over bumpy, muddy, or dusty paths. In Botswana, Zambia, and Zimbabwe, the open-sided vehicles hold a maximum of eight travelers and one guide each and have bucket or bench-style seating, with the benefit of a 360-degree view. You may sit three abreast in some rows, but viewing is good even from a middle position. Cold drinks (beer, soft drinks, and water) are available onboard.

In Tanzania, we travel between parks and do our game drives in four-wheel-drive vehicles. In Kenya, we use comfortable seven-seater safari minibuses. Each passenger has an individual, high-backed seat. The vehicles are designed for maximum visibility: every seat is a window seat. A large hatch lifts up from the roof for unrestricted viewing. You will have ample opportunities to photograph wildlife—a telephoto lens is best for getting dramatic close-ups.

We will also explore the Kwando River in a pontoon boat, and have the chance to explore a bit on foot. In the Okavango Delta, we will enjoy exploring and game viewing aboard *mokoro* dugout canoes—water levels (which fluctuate year-round in the Delta) permitting. Crafted of fiberglass to resemble the traditional wooden boats of yore, these small vessels are poled by expert guides, and carry only two passengers each.

*Reminder:* The roads can be very bumpy, and there will be times when you are “off-roading” over rugged terrain for game-viewing drives. Some days we’ll spend nearly all day (8-10 hours) in the vehicle, however, there will be breaks along the way.
Taking Photographs

The etiquette of photographing most people in the countries on your itinerary is about the same as it would be on the streets of your hometown. Some tribal people have particular concerns about photography. They know that professional photographers have profited from selling their images, and they will often ask for money in exchange for you taking their picture. Try to set a clear understanding when photographing tribal people, even from a distance.

In general you need permission to take a close-up, as you would at home, but not for a crowd scene. Be especially polite if you want to photograph an older woman. If you want to shoot a great portrait, show interest in your subject, try to have a bit of interaction first. Then use sign language to inquire if a picture is OK. Your Trip Leader can help.

Safety & Security

Common Sense and Awareness
As you travel, exercise the same caution and awareness that you would in a large American city. Don’t be overly nervous or suspicious, but keep your eyes open. If you are venturing out after dark, go with one or two other people. Carry a one-day supply of cash in your pocket. Carry most of your money, and your passport, in a travel pouch or money belt under your shirt. Replenish your pocket supply when you are in a safe and quiet place, or in our vehicle. Don't leave valuables unattended in your hotel room. Most hotels will offer use of a hotel safe at the front desk or an electronic in-room safe (for which you can set your own personal number). Please utilize them.

Pickpockets may create a sudden distraction. In any sort of puzzling street situation, try to keep one hand on your money belt. If an encounter with a local turns out to be long and complicated and involves money or your valuables, be very careful. Con artists sometimes target travelers.

Be careful when taking photos from the vehicle in towns or city centers. It is not unheard of for thieves to reach inside the open window while you are distracted and grab cameras or purses. If you’re taking photos out of an open window in a crowded area, have someone else in the group watch over your valuables.
Communications

The African bush does not offer the communications systems and signal strength you may be used to at home. Cell phone service or WiFi might be available in some places, but not all. Even basic telephone and email service is not always available in the bush, where you will be spending much of your time. You won’t be completely out of touch—our bush camps and safari lodges do have satellite radio service. However, the satellite radio service is usually for emergencies only.

It is also worth noting that most of the time the phone number for a bush camp or safari lodge is for a central office in a nearby city; they take a message and then relay it to you in the bush by the satellite radio service. The good news is that it will be easier for you to receive calls/emails, call home, or send an email in cities and large towns, like Victoria Falls and Nairobi.

To ensure you are available during your trip to friends and relatives at home, you will receive two copies of your hotel list, including phone numbers, with your Final Documents. One copy is for you to bring, and one to leave behind with friends or relatives in case they need to contact you during the trip. Please explain to your friends and family that there might be a delay in reaching you when you are on safari, and it’s best if they only try to reach you in case of an emergency.

How to Dial

When calling overseas from the U.S., dial 011 for international exchange, then the country code (indicated by a plus sign: +), and then the number. The country codes on this trip are: +267 for Botswana, +254 for Kenya, +27 for South Africa, +255 for Tanzania, +260 for Zambia, and +263 Zimbabwe. Phone numbers abroad may not have the same number of digits as U.S. numbers; even numbers within a country can vary depending on the city and if the phone is a land line or cell phone.

Cell Phones

If you want to use your cell phone on the trip, check with your phone provider to see if your phone and service will work outside of the U.S. It may turn out to be cheaper to rent an international phone or buy a SIM card onsite. If you want to use a local SIM, just make certain your phone is “unlocked”, meaning it can accept a local SIM card. If your cell is “unlocked” then you will be able to purchase a local SIM for it and then buy minutes with “Pay as You Go” cards, so that you have a local contact number for your friends and family.

Please understand that in Africa, good cell phone service is only available in large towns or cities.

Calling Cards and 1-800 Numbers

When calling the U.S. from a foreign country, a prepaid calling card can be useful because it circumvents unexpected charges from the hotel. Calling cards purchased locally are typically the best (less expensive, more likely to work with the local phones, etc.).

One reminder: Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.

Internet

Internet access on this adventure will be mostly limited to cities and towns. In many cases, it will not be WiFi, but rather public computers in the hotel lobby or business center. The hotels and lodges that do offer WiFi will usually charge for the service. There is usually no Internet service at all in tented camps.
Responsible Safari Travel

We do our best to have a minimum negative impact on local cultures and the natural environment in every country where we operate trips. In our many years of travel, our travelers and staff have learned techniques that encourage rewarding cultural exchange. Our goal is to leave no trace on the natural environment, or to leave places better than we find them. Here’s what we ask of you as part of this effort:

Respecting Wildlife

- Observe the animals silently and with a minimum of disturbance to their natural activities. Loud talking on a game drive can frighten the animals away.
- Never attempt to attract an animal’s attention. Don’t imitate animal sounds, clap your hands, pound on the vehicle, or throw objects. Failure to obey this rule could result in your removal from a National Park by one of the Park Rangers on patrol.
- Please respect your driver-guides’ judgment about your proximity to lions, cheetahs, and leopards. Don’t insist that he take the vehicle closer so you can get a better photograph. A vehicle driven too close can hinder a hunt or cause animals to abandon a hard-earned meal.
- Litter tossed on the ground can choke or poison animals and birds.
- Never attempt to feed or approach any wild animal on foot. This is especially important near lodges or in campsites where animals may have become accustomed to human visitors. Failure to adhere to this could cause you to be bitten and need immediate rabies shots, which are unpleasant and costly.
- Smoking is not allowed on game drives. The dry African bush ignites very easily, and a flash fire can harm hundreds of animals.

Conserving the Natural Environment

- Minimize the disposable items you bring on the trip and dispose of your trash properly.
- Ask whether plastic drinking water bottles can be recycled. Most days, it’s better to keep your empty bottles with you until you reach your hotel.
- Stay on established trails to avoid damaging plants.
- Don’t pick any vegetation, or remove any item of biological interest.
- Where other foreign visitors have littered, consider picking it up. Local park rangers will appreciate your thoughtfulness.
8. Additional Resources

Suggested Readings

We've listed a few of our favorite books about the region you'll be traveling. Most of these are available in large bookshops (especially those that specialize in travel or international books), by mail order, and from Internet sites.

**General:**
*Africa, A Biography of the Continent* by John Reader (History): A great introduction to Africa from its ancient cultures up to modern times.

*Faces of Africa, Thirty Years of Photography OR Passages: Photographs in Africa* by Carol Beckwith and Angela Fisher (Photography/Anthropology) Traveling throughout Africa from the Sahara to Cape Horn, Beckwith and Fisher have produced decades of striking images, many of which have been published by National Geographic.

*Safari: A Chronicle of Adventure* by Bartle Bull (History) In fascinating and often amusing detail, Bull delineates the evolution of the African safari—from the first European expedition in 1836 in ox-driven wagons to the modern-day version in 4WD jeeps and comfortable camps. Bull also examines the ethical conflicts between hunting and wildlife conservation.

**Botswana:**
*Botswana Safari Companion* by Alain Pons (Nature, Photography) A colorful illustrated guide to wildlife, photographic opportunities, and travel. There are beautiful photographs on every page, each accompanied by a caption with photography tips for travelers looking to get the most out of their cameras on safari.


*Whatever You Do, Don't Run, Confessions of a Botswana Safari Guide* by Peter Allison (Travel Narrative) Reflections of many years of wildlife encounters in the Okavango Delta and other African destinations from a conservationist and safari guide.

*The Number 1 Ladies’ Detective Agency* (Mystery) by Alexander McCall Smith: The first of a popular series featuring the resourceful detective, Precious Ramotswe. The novel evokes the cultures, customs and diverse landscapes of Botswana—including Botswana's tremendous national pride.

**Zimbabwe:**
*When a Crocodile Eats the Sun: A Memoir of Africa* by Peter Godwin (Memoir): A deeply moving account of growing up in Zimbabwe and a father’s death against the backdrop of civil war by veteran journalist Peter Godwin (the cruel Robert Mugabe is the ‘crocodile’ of the title).

*Harvest of Thorns* by Shimmer Chinodya (History) A brave book that looks at the road along which Zimbabwe has traveled from the old white dominated Southern Rhodesia, through the Bush War, to the new black regime.
**Additional Resources**

*The Girl Who Married a Lion and Other Tales of Africa* by Alexander McCall Smith (Short Stories): Brings together a collection of often hilarious, often bizarre, folktales that he heard as a child growing up in Zimbabwe. In addition, the author includes seven new tales from Botswana.

*The Grass is Singing* by Doris Lessing (Fiction): Lessing’s first novel, the story of a white farm wife in Zimbabwe, and her relationship with her African servant. An explosive topic for the times, the book is a thoughtful portrait of the country, its people and social challenges.

*The Last Resort: A Memoir of Mischief and Mayhem on a Family Farm in Africa* by Douglas Rogers (Memoir) A critically-acclaimed tale about the author’s family’s last-ditch effort to save their farm from a government ordinance re-claiming land owned by white farmers. Touching and at times darkly funny.

**South Africa:**

*Cry, The Beloved Country* by Alan Paton (Classic) First published in 1948, Cry has been lauded as a poetical and powerful novel. The story centers on an apartheid-era black man who is accused of killing a white man.

*History of Southern Africa* by J.D. Omer-Cooper (History) This readable history of the region is exhaustive in scope, covering the earliest settlements of Khoisan and Bantu-speaking peoples through to the collapse of apartheid in the 1990s. The recent history of Botswana, Lesotho, and Swaziland are included.

*Long Walk to Freedom: The Autobiography of Nelson Mandela* by Nelson Mandela (Biography): Although there are more recent books about the charismatic South African leader, this is in his own words.

*Dinaane: Short Stories by Women from South Africa* edited by Maggie Davey (Short Stories): This collection provides a snapshot of modern, post-apartheid South Africa from a woman’s point of view.

**Zambia:**

*Secrets of the Savanna* by Mark and Delia Owens (Natural History) The Owens first moved to Zambia to save the lions, but ended up being captured by the plights of the elephants instead. This book recounts their 30-year effort to fight against poachers.

*The Eye of the Leopard* by Henning Mankell (Fiction) Mankell masterfully contrasts a man's life in Zambia and his troubled youth in Sweden in this haunting novel, an uncanny portrait of cultural difference.

**Kenya & Tanzania:**

**Love, Life, and Elephants: An African Love Story** by Daphne Sheldrick (Memoir) The lively and engaging biography of a much-admired expert on African elephants—and the first person to raise one in captivity from birth. The book recounts her experiences helping her husband to create and run one of Kenya’s national parks and her role in raising orphaned elephants to release back into the wild.

**Crazy River: Exploration and Folly in East Africa** by Richard Grant (Travel Narrative) Author Grant risks his life to travel the relatively unexplored Malagarasi River from Tanzania into Burundi, which he then follows up with a jaunt into Rwanda. At times adventurous, scary, and crazy.

**Serengeti: A Scientist in Paradise** by Anthony Sinclair (Ecology/Memoir) Professor Sinclair first came to study zoology in the Serengeti in the 1960s, and he still works there today. This book combines his scientific knowledge, history of the national park, and lively anecdotes about life as a field researcher.

**It's Our Turn to Eat: The Story of a Kenyan Whistle-Blower** by Michela Wrong (History/Politics) Journalist-turned-author Michela Wrong uses the dramatic true story of anti-corruption officer John Githongo as a way to shed light on tribal politics and corruption in Kenya.

**Serengeti: Natural Order on the African Plain** by Mitsuaki Iwago (Natural History) A stunning collection of nearly 300 photographs that capture the daily dramas of life and death in the Serengeti.

**Out of Africa** by Isak Dinesen (Biography/Memoir) The classic tale of a young woman who gives up her life in Denmark to run a coffee plantation in Kenya around the time of WWI. Her lyrical descriptions and love for the land and people have made this book an international favorite.


**Through a Window, My Thirty Years with the Chimpanzees of Gombe** by Jane Goodall (Natural History). The title says it all—30 years’ worth of fieldwork, observations, and conservation activism. Other titles are available by the same author, who is recognized worldwide as the authority on chimpanzees.

**The Snows of Kilimanjaro** by Ernest Hemingway. Regarded as one of Hemingway’s most mature works, this story deals with man’s fear of death and emotional aloneness.

**West with the Night** by Beryl Markham (Biography/Memoir) A childhood in Kenya and a career as a bush pilot during the 1930s—what more could a girl want? The author’s stylish prose evokes her free and adventure-loving spirit.

Our regional office also suggests **Wild Heart of Africa: The Selous Game Reserve in Tanzania** by Rolf Baldus (sometimes available under just Wild Heart of Africa or just Selous Game Reserve). The book was a limited printing, so it can be difficult to find or expensive. However, the author is considered a world-class expert on the Selous Reserve.
Guidebooks:
Your Trip Leader will be happy to provide recommendations and suggestions during the trip, so a guidebook is not a necessity. But a good one can be invaluable as a one-stop reference, so for those travelers who have asked for suggestions, we offer these guidelines. Fodor’s, Frommer’s, Bradt, and other publishers offer a selection of guidebooks on Botswana, Zimbabwe, and South Africa. Some are specifically written for safari travelers, and some may combine more than one country into one volume. Since different guidebook series each have their own target audience and structure, it is well worth your time to browse your local library or bookstore to find the one(s) you like best. To get you started, here is some general information on the most popular series:

Culture Smart! – Focuses on local customs and etiquette instead of sights, dining, etc.
DK Eyewitness – Innovative visuals make these books easy to use and a nice souvenir once the trip is over. The focus is primarily on the sights and activities.
Fodor’s – A classic guidebook with strong information on activities, shopping, and dining. Nice mix of upscale recommendations and budget suggestions.
Frommer’s – A comprehensive guide series that is known for its restaurant recommendations.
Insight – Offers more information on history and culture than usual, nice visuals, good maps.
Lonely Planet – Practical guides geared towards a more adventurous traveler on a budget.
National Geographic – From the same company that publishes the magazine. Excellent photographs, good information on history, nature, and culture.
Rough Guides – For the independent traveler on a budget. Particularly known for their maps.

Field guides:
Your safari driver-guides are trained in wildlife identification and knowledgeable about trees, plants, and bird life, so a field guide is not a necessity. In fact, if you consult a book during the drives, you could end up missing an animal sighting! If you decide you would like to bring a field guide, consider a small, lightweight guide to read up on the species you saw that day during the evening. Or perhaps consider a detailed, beautifully illustrated version to leave at home as reference for your photographs when you return.

Audubon Field Guide to African Wildlife by Peter Alden and Dr. Richard Estes: An authoritative natural history guide by two distinguished authors who have both been associated with Overseas Adventure Travel’s African programs. This guide thoroughly covers mammals, reptiles, birds, and insects in one volume. Alden and his team describe the climate, landscapes, and wildlife of Botswana and 57 other African countries. Maps show park locations and country borders, and hundreds of color photos are incorporated. 480 species are described in all.


The Birds of East Africa by Terry Stevenson (Field Guide) Comprehensive field guide covering the birds of five countries, including Kenya, Tanzania. Highly recommended for “birders” by our OAT Trip Leaders. This is also available as an app for iPhone, iPad, and other tablets; the app plays sounds, shows all stages of plumage, and allows you to map exactly where you spotted the bird.
Suggested Movies

Here are few of our favorite movies that are about, or set in, or from the region you’ll be traveling. Most are available at movie rental stores and websites—or even your public library. Sometimes films produced outside of the US may be harder to find, but they are usually available online.

Safari Africa:

*Born Free* starring Virginia McKenna and Bill Travers (1986, color) The true-life story of a rescued lion named Elsa and the family who helped save her. Shot on location in Kenya.

*Gorillas in the Mist* starring Sigourney Weaver and Bryan Brown (1988, color) A “biopic” based on the life of anthropologist Dian Fossey and her breakthrough work with gorillas in Rwanda.

*Invictus* starring Morgan Freeman and Matt Damon (2009, color) Director Clint Eastwood tells the story of how Nelson Mandela used the 1995 World Cup rugby matches to unite the people of South Africa.


*The African Queen* starring Katherine Hepburn and Humphrey Bogart (1951, B&W) A stubborn missionary and “diamond in the rough” river boat captain take on the Germans in WWI Africa. Two great stars at the peak of their careers—Bogey won the Oscar for this performance.

*The Number 1 Ladies’ Detective Agency* starring Jill Scott (2008, color) A film version of the popular book. After the death of her father, Precious Ramotswe sets out to become the first female private detective in all of Botswana. But will anyone hire her?

*The Snows of Kilimanjaro* starring Gregory Peck, Susan Hayward, and Ava Gardner (1952, color). While Hemingway didn’t like it much, viewers admired this interpretation of a dying writer reflecting on his life in the shadow of Mt. Kilimanjaro.

*The First Grader* starring Naomie Harris, Tony Kgoroge, and Oliver Litondo (2010, color). An 84-year old Kenyan villager is determined to learn how to read and write no matter the odds. An uplifting movie based on a true story.

*Breaker Morant* starring Bryan Brown (1980, color). Brilliant recounting of events that transpired during South Africa’s Boer War revolving around the court martial of three Australian lieutenants—with lots of parallels to modern warfare.


*Zulu* starring Stanley Baker and Jack Hawkins (1964, color). Filmed against exotic African locales, this rousing adventure recounts the true story of a small 18th-century regiment of British troops besieged by an overwhelming number of Zulu tribesmen. Featuring a young Michael Caine in one of his first roles, it is also considered one of the finest war films ever made.
Useful Websites

Tourist information
http://www.botswanatourism.co.bw/ Botswana
http://www.zambiatourism.com/ Zambia
http://www.lonelyplanet.com/zimbabwe Zimbabwe
http://www.southafrica.net/ South Africa
http://tanzaniatouristboard.com/ Tanzania
http://www.visit-kenya.com/ktb/ktb_front.htm Kenya

Overseas Adventure Travel Store
http://www.oatshop.com

International health information: CDC (Centers for Disease Control)
http://wwwnc.cdc.gov/travel

Electric current and plug types
http://www.worldstandards.eu/electricity/plugs-and-sockets

Foreign exchange rates
http://www.oanda.com/converter/classic

ATM locators
http://www.mastercard.com/atm for Cirrus ATMs
http://www.visa.com/atmlocator for PLUS ATMs

World weather
http://www.intellicast.com
http://www.weather.com
http://www.wunderground.com

Foreign languages for travelers: basic terms in more than 80 languages
http://www.travlang.com/languages

Travel tips: packing light, choosing luggage, etc.
http://www.travelite.org

Net café guide: 100s of locations around the globe
http://www.cybercafes.com

U.S. Customs & Border Protection: traveler information
http://www.cbp.gov/xp/cgov/travel

Transportation Security Administration (TSA): agency that screens luggage in U.S.
http://www.tsa.gov

National Passport Information Center (NPIC): for passport information
http://www.travel.state.gov