



# Pre-Departure Information

## THE GREAT ELEPHANT MIGRATION



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# Reminders Before You Go

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## WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

## PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Trip Itinerary for instructions. Please feel free to review your proposed schedule with Wilderness Travel before purchasing your tickets if you have any questions about the timing of your arrival and departure flights or would like to confirm we have the required minimum number of participants to operate the trip.
- Passport Photocopy:** Scan\* a COLOR copy of your passport photo page and email it to us as a JPG or PDF attachment, or send us a high quality photocopy by mail (immediately upon reserving your trip).

*\*If you are scanning documents to email, we suggest a maximum resolution of 300 dpi.*

## PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

## QUESTIONS?

Call: 1-800-368-2794, go to our **website** ([www.wildernesstravel.com](http://www.wildernesstravel.com)) or e-mail us at: [info@wildernesstravel.com](mailto:info@wildernesstravel.com).

# Travel Information

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## PASSPORT

A passport valid for six months after your date of exit from Africa is required for this trip. If you are traveling to Zimbabwe via South Africa (even just in transit), your passport must contain at least three completely blank visa pages for South Africa in addition to one for Zimbabwe. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, are not considered to be legitimate visa pages. You can request a new passport through **US Passport Services**

**Office**([http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)) (the service of adding pages for visas was discontinued as of January 1, 2016) or use a visa service agency like **Passport Visas Express**(<http://www.passportvisaexpress.com/?affId=2120>) to expedite the process. Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification.

### **The following documents are required when travelling to Africa with children under the age of 18:**

In addition to a valid passport, children under the age of 18 are required to travel with an unabridged birth certificate. If they are not traveling with both of their parents, a notarized letter of consent from the non-traveling parent(s) is also required.

Even though it is possible that a copy of the birth certificate would suffice in some countries, the authorities worldwide have become stricter about this requirement so we recommend that you bring an original birth certificate. If you have questions about entry requirement details for child travelers, please contact the relevant embassy or consulate.

## VISAS

US citizens do not need a visa for Botswana, but do need a visa for Zimbabwe. Please bring \$30 USD per person cash to purchase this visa at the border. Credit cards are not accepted. If you hold a non-US passport, please contact the Zimbabwe Consulate to check the visa process.

If you plan to extend your trip to South Africa or overnight in South Africa: U.S. citizens (U.S. passport holders) visiting the Republic of South Africa for ninety (90) days or less for tourism purposes do not need visas. Visitor visas will be issued at the port of entry in South Africa. PLEASE see the strict passport requirements under PASSPORT, above.

If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

## MONEY

US cash is the best currency to bring to Botswana. Bring your funds in new small bills (no \$100s because of the prevalence of counterfeit currency). The US Dollar and South African Rand are both widely accepted throughout Zimbabwe. Please note that Zimbabwe is currently experiencing a shortage of US dollars cash. ATM users may not be able to withdraw dollars from local machines. We strongly encourage guests to bring small denomination US\$ bills for payments where Visa/Master cards are not accepted.

## TIPPING

Tipping one's Trip Leader is completely discretionary, and usually done at the end of the trip. A range of reference, for those interested, is \$100-\$150 USD per trip member. Additionally a tip of \$10-\$20 USD per trip member per day, is suggested for the communal tip boxes at each lodge (usually found in the reception area) to reward the excellent service of the staff.

Tips can be given in US Dollars or local currency, though US Dollars in small denominations (\$20 bills and smaller) are preferred. The Trip Leader takes care of gratuities for luggage handling and for meals at restaurants.

## SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks.

## COMMUNICATIONS

### **Time Zone**

Botswana and Zimbabwe are 2 hours ahead of GMT, or 7 hours ahead of US Eastern Standard Time. Daylight Savings Time in the US may affect these times.

### **Telephone**

The international dialing code for Botswana is 267, for Zimbabwe 263. Please contact your cell phone company for specific instructions for international use.

### **Email & Internet Access**

Free Wi-Fi is available in the central main areas of all the lodges during your trip.

## ELECTRICITY

If you have a type M (South Africa or Botswana) adaptor or Type C (Euro) adaptor, and a USB plug, you will be able to charge your devices at each of the properties on the trip. As Jozibanini Camp ONLY accepts USB plugs, please plan to bring a back up battery for your camera for use on the days at this camp (Days 6-8).

- Camp Kuzuma accepts Type M and Type C plugs
- Nehimba Lodge and Zambezi Sands River camp accept Type M, Type C and USB plugs
- Jozibanini Camp accepts USB plugs only

# Medical Information

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The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the **Centers for Disease Control**. (<http://www.cdc.gov/travel/index.htm>) Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

## INOCULATIONS

At present Botswana and Zimbabwe both require no injections or vaccinations before entering the country. However as entry requirements are subject to change we recommend checking with the Centers for Disease Control website at [www.cdc.gov/travel/index.htm](http://www.cdc.gov/travel/index.htm) for updates and speaking with your physician or local travel clinic for their suggestions regarding your travel plans.

## MALARIA PREVENTION

You will be traveling in Malaria areas on this trip and it is recommended that all travelers take antimalarial medications, available only by prescription. Please discuss antimalarial medication with your doctor, who will explain various antimalarials and their side effects and recommend a regimen for you. In addition to medication, a further precaution against malaria is to wear long sleeves and long pants at dusk. Thin clothing should be sprayed with insect repellent, especially around the elbows and ankles. Use repellent containing DEET. If, after returning from your trip, you have a persistent fever with chills, muscle aches, and headache, report to your doctor the possibility of exposure to malaria. For further malaria information, consult your doctor or the **CDC Malaria Hotline**(<http://www.cdc.gov/travel/malinfo.htm>) or call 888-232-3228.

## STAYING HEALTHY

At our safari camps, our camp crew is well trained in hygienic practices. Filtered drinking water is provided and is safe to use. Use bottled water for brushing your teeth. When in doubt, ask your Trip Leader for guidelines.



# Helpful Information

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## PHOTOGRAPHY

For most people a compact digital camera with a fixed zoom lens works well. Many zoom out to 200 or 300mm and some have image stabilization, allowing you to hand-hold the camera with minimal camera shake. For good wildlife photography you need a longer telephoto lens, at least 200mm, which can be supplemented with a 28-70mm or similar lens for more general use. Pack your equipment well and use plastic bags to protect it from dust or moisture. Bring your manual with you. You may want to consider insuring your equipment.

For digital cameras, we recommend bringing two memory cards. If you take a lot of pictures and save them at a high resolution, it can be helpful to bring a digital storage unit so you can download your pictures and free up your memory cards for reuse on a regular basis. Bring a backup battery or set of batteries so one is always charged and ready to use, and bring your battery charger (and if necessary a voltage converter and appropriate plug adapter). If your camera uses replaceable batteries, bring spares with you. Note: for trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger.

When taking pictures of local people, be aware of cultural considerations. Heed your Trip Leader's guidelines for what is appropriate, and always use gestures or simple phrases to ask permission. If people do not wish to be photographed, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which only makes it harder for other travelers to take pictures and to have a meaningful personal interchange with local people.

## BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.



# Packing List

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## THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- Expense money

## WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

## LUGGAGE

If you are flying internationally through Johannesburg, please note that as of April 2019, Johannesburg airport will not accept frameless luggage (duffles) or bags with long straps or grips at check in. All luggage is required to have at least one flat side.

We recommend that you bring two pieces of luggage:

One medium-sized (25"-30") soft-sided main bag with a frame (wheels ok) and a daypack to accompany you in the safari vehicles to carry such items as binoculars, camera, notebook, water bottle, etc., which you will want to access during the game drives.

Due to the charter flights on this itinerary, the total weight allowance of both pieces (luggage and daypack) can not exceed **20 kgs (44 lbs) per person**. Extra baggage can be transported by vehicle.

## NOTES ON CLOTHING

On safari, most people wear shorts and a T-shirt during the day and long-sleeved shirts and long pants in the morning and evening. As the safari vehicles are open, early morning and late night game drives can be cold. We recommend bringing a warm layer. It is preferable that your safari clothing be in muted neutral colors such as khaki, bush green, and darker colors to blend in with the surroundings. White and bright colors are highly discouraged as they scare the animals. For city and hotel attire, we suggest skirts or slacks for women, slacks and shirts for men. No jackets are required for men.

**Please note that camouflage-patterned clothing is not permitted in Zimbabwe.** Travellers are urged not to wear, or even carry, any military-inspired clothing while travelling in Zimbabwe.

## CLOTHING

The clothing list below is provided as a guideline only; we encourage you to pack as lightly as possible, as laundry is free at all properties in Zimbabwe. Camp Kuzuma charges a fee for laundry.

- Sturdy walking shorts
- Light cotton or quick-drying synthetic pants
- Long-sleeved shirts (advisable to help protect the skin from insects and the harsh African sun)
- T-shirts
- In the months of July and August, temperatures are colder (75-80F during the day, 40F at night) so warm coats and insulating layers are necessary. In October, temperatures are warmer (80s-90sF during the day, 60F at night), so you can pack lighter clothing.
- Underwear/socks; synthetics dry faster
- Sports bra for women (for bumpy game drives)
- Sleepwear or lightweight long underwear
- Shade hat with wide brim, preferably with chinstrap
- Warm hat/gloves for early morning and early evening game drives
- Strong, sturdy shoes for walking
- Tevas or rubber thongs (for showers, camp, and boats)
- Bathing suit and light fast-drying clothing for water activities
- City/hotel attire. "Smart casual" is generally the dress code at most hotels in Victoria Falls. However, casual safari attire is appropriate in camp.

## SAFARI EQUIPMENT

- Strong flashlight or headlamp, with spare batteries
- Binoculars
- Camera, spare batteries, spare flash cards
- Field guides
- Good quality sunglasses with case
- Plastic bags to organize items within duffel and protect them against dust
- Personal toiletries

## PERSONAL FIRST AID SUPPLIES

Every trip member should bring a small kit for personal use. Your own experience will influence your choices. All the lodges and camps provide soap and shampoo.

- Sunscreen of SPF #30 or higher. We recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Lip balm with sunscreen
- Aspirin, ibuprofen, or Tylenol, Tylenol PM for sleeping
- Topical antibiotic (such as Neosporin) for cuts, bites, or sores
- Insect repellent. Repellents with DEET are recommended. DEET content of about 30-35 percent is ideal (higher DEET content is not recommended). Wipe DEET off your hands before touching plastic surfaces (such as binoculars) because it can damage plastic.
- Anti-bacterial gel for hand washing (at least 60% alcohol to be effective)
- Post-insect bite cream (antihistamine)
- Blister kit. Look for the long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages or Curad Gel Multi-Day Bandages.
- Antihistamine such as Benadryl and cold remedy such as Sudafed
- Imodium for diarrhea. If you wish to bring an antibiotic for diarrhea prophylaxis, please consult your physician.
- Pepto-Bismol tablets for diarrhea, heartburn, indigestion
- Prescription medications properly labeled
- Spare contact lenses or spare prescription

## OPTIONAL ITEMS

- Universal plug adaptors, most convenient for using/charging small appliances (hairdryers, iPads, etc.). It is also possible to recharge camera batteries/ phones from the safari vehicles' cigarette lighters if you bring your camera/video battery charger.
- Reading/writing material
- Money belt or neck pouch. Always carry your passport, credit cards, and cash with you in a money belt or neck pouch tucked down inside your shirt or blouse.

# Reading List

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## ESSENTIAL READING

### **The Wildlife of Southern Africa**

*Vincent Carruthers*

2008, 310 PAGES

With 1,200 color illustrations by a range of experts, this compact field guide includes all the birds, mammals, reptiles, amphibians, insects, fish and plants that a traveler is likely to encounter in southern Africa.

### **Kingdon Pocket Guide to African Mammals**

*Jonathan Kingdon*

2005, 272 PAGES

A conveniently compact edition of Kingdon's gloriously illustrated Field Guide to African Mammals. The guide includes abbreviated information on identification, distribution, ecology and conservation status and 480 outstanding color illustrations and maps.

### **Into Africa: The Epic Adventures of Stanley and Livingstone**

*Martin Dugard*

2004, 368 PAGES

A nicely paced tale of the Scottish explorer and Stanley's headline-grabbing efforts to locate him. Dugard has done his homework well, drawing on a wide variety of sources to paint a lively and nuanced portrait of the two men.

### **Botswana & Zimbabwe Travel Reference Map**

*International Travel Maps*

2013

A map of Zimbabwe and Botswana at a scale of 1:1,5M/1:1,1M.

### **Botswana, the Bradt Safari Guide**

*Chris McIntyre*

2018, 528 PAGES

With comprehensive coverage of history, flora, fauna and practicalities, this fourth edition presents Okavango, Chobe, the Kalahari and other popular destinations in detail.

### **Newman's Birds of Southern Africa**

*Kenneth Newman*

2012, 528 PAGES

This commemorative 10th edition celebrates the late author with a fully revised and updated version. Edits were done by his daughter, Vanessa Newman, to reflect the latest research, taxonomy and common names.

### **Bradt Guide Zimbabwe**

*Paul Murray*

2016, 392 PAGES

This compact, informative guide introduces the history, culture, wildlife and attractions of Zimbabwe, along with helpful travel details.

## ALSO RECOMMENDED

### **Botswana Map**

*Reise Knowhow*

2014

A detailed map of Botswana at a scale of 1:1,000,000.  
Unfolded size: 27 x 39 inches.

### **Twenty Chickens for a Saddle**

*Robyn Scott*

2009, 464 PAGES

Haphazardly schooled by her free-spirited mother and left to roam the bush, Scott writes with warmth and candor of her unconventional upbringing in Botswana, commenting on her Grandpa Ivor (personal pilot to the first president of Botswana), physician father's work, unfortunate pets, siblings and adventures.

### **The Double Comfort Safari Club**

*Alexander McCall Smith*

2011, 211 PAGES

Infinitely patient Precious Ramotswe and her prickly secretary (make that assistant detective!) Grace Makutsi, head to the Okavango Delta where there have been several unexplained and troubling events including the demise of one of the guests.

### **Birds of Botswana**

*Peter Hancock*

2015, 400 PAGES

This companion to Botswana's diverse birdlife presents every species recorded to date, with more than 1,200 color illustrations, detailed species accounts, seasonality and breeding bars and distribution maps.

### **North of South: An African Journey**

*Shiva Naipaul*

1997, 352 PAGES

A sharp portrait of Africa, circa 1979. A brilliant and provocative observer, Naipaul meditates on the various peoples he encounters in Kenya, Tanzania and Zambia. The best, most insightful thing we've read about race relations in Africa.

### **Culture Smart! Botswana**

*Michael Main*

2007, 168 PAGES

A concise, well-illustrated and practical guide to local customs, etiquette and culture.

### **Whatever You Do, Don't Run**

*Peter Allison*

2014, 288 PAGES

Allison spins captivating tales of wildlife, camps and the life of a safari guide into a hilarious, slyly informative introduction to Botswana.

### **African Wildlife**

*James Kavanaugh*

2018

A laminated foldout guide illustrating almost 150 species of African animals, designed for quick reference in the field.

### **The Kingdon Field Guide to African Mammals**

*Jonathan Kingdon*

2015, 544 PAGES

This stunningly-illustrated, comprehensive field guide by a leading authority includes over 500 of Kingdon's exquisite color paintings. Fully revised and updated with more than 1,100 species.

### **The Myth of Wild Africa: Conservation Without Illusion**

*Thomas McShane*

1997, 320 PAGES

The authors, associated with the World Wildlife Fund, demolish the romantic fallacy of an untouched continent where animals roam freely in sanctuaries. It's a no-holds-barred critique of old-style conservation in Africa.

**The Zambesi Expedition: To the Zambesi River and Its Tributaries**

*David Livingstone*

2001, 433 PAGES

Livingstone's original account of his second expedition to Africa, first published in 1864 -- a sympathetic portrait of African peoples, rich in nature, culture and politics.

**Birds of Southern Africa (Princeton Field Guide)**

*Iain Sinclair*

2011, 448 PAGES

Fourth edition of this easy to use and convenient field guide ideal for every level of birdwatching.

**The Life and African Exploration of Dr. David Livingstone**

*David Livingstone*

2002, 656 PAGES

A reproduction of Livingstone's original 1876 report on his exploration of Africa. Includes lithographic illustrations and facsimiles of notebooks, diary entries and letters.

**When a Crocodile Eats the Sun: A Memoir of Africa**

*Peter Godwin*

2008, 342 PAGES

A journalist and terrific writer, Godwin draws on family lore, politics and his many trips back home to Zimbabwe in this powerful memoir.

Revised: August 26, 2019

**Cocktail Hour Under the Tree of Forgetfulness**

*Alexandra Fuller*

2012, 256 PAGES

Fuller returns to Africa in this shimmering memoir, focusing on her odyssey from the highlands of Kenya in the 1960s to the tumult of post-independence Rhodesia and life today with her husband on a farm in Zambia. Written with uncommon grace and generosity, the tale is peppered with family stories and photographs. A New York Times Notable Book.

**A History of Zimbabwe**

*Alois S. Mlambo*

2014, 304 PAGES

An unprecedented single volume coverage of the country from pre-colonial times to the present especially geared toward students of Zimbabwean history but a good primer for all those interested in the nation.

**Don't Let's Go to the Dogs Tonight: An African Childhood**

*Alexandra Fuller*

2003, 336 PAGES

A candid coming-of-age memoir set during the Rhodesian Civil War. Fuller's parents moved from England to Rhodesia (present-day Zimbabwe) in the early 1970s.

**The Grass is Singing**

*Doris Lessing*

2008, 263 PAGES

The story of a white farm wife in Zimbabwe and her relationship with her African servant, the Nobel laureate's first novel is rich in local atmosphere.