



Pre-Departure Information

SOUTH AFRICA, VICTORIA FALLS, AND HWANGE PRIVATE
JOURNEY



Table of Contents

TRAVEL INFORMATION

- Passport
- Visas
- Money
- Tipping
- Special Diets
- Communications
- Electricity

MEDICAL INFORMATION

- Inoculations
- International Health Card
- Malaria Prevention
- Staying Healthy

HELPFUL INFORMATION

- Photography
- Being a Considerate Traveler

PACKING LIST

- The Essentials
- WT Gear Store
- Luggage
- Notes on Clothing
- Clothing
- Safari Equipment
- Personal First Aid Supplies
- Optional Items

READING LIST

- Essential Reading
- Also Recommended

Reminders Before You Go

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 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).
- Vaccination Card:** Please send us a photo or scanned copy of your completed Covid-19 Vaccination Card if you have not already done so. Just the front side of the card is sufficient.

**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) or e-mail us at: info@wildernesstravel.com.

Travel Information

PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for six months after your date of exit from Africa. We recommend your passport have at least two completely blank visa pages for every country you will be visiting. In addition, to enter South Africa (even if you are only in transit through a South African airport), your passport must contain at least three completely blank visa pages. This is an important official requirement, and you can be denied entry to South Africa or other southern African countries if you do not have the correct number and type of passport pages. 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, which may not have a page number, 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) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express** (<http://www.passportvisaexpress.com/?affId=2120>). 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. A copy of the passport page from the non-traveling parent(s) is also required (to verify name and signature on the consent form).

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 (US passport holders) visiting the Republic of South Africa for 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.

US citizens visiting Victoria Falls need a visa for either Zambia or Zimbabwe (depending on where your Victoria Falls hotel is located).

For Zimbabwe, you can get your visa upon arrival at the point of entry (from Botswana or Victoria Falls airport). The cost for visas for US citizens is \$30 USD single-entry (subject to change without notice). You will need your valid passport, itinerary, exit ticket, and cash payment for your visa.

For Zambia, you can also get your visa at the point of entry (from Botswana or at the Livingstone Airport). The cost for visas for US citizens is \$50 (payable in cash) for a single entry visa (\$70 for double entry). If you are not spending the night, Zambia has a "daytripper" visa for only \$20. You will need to show your flight information for your departure.

If you are flying into Livingstone Airport in Zambia and staying at the Victoria Falls Hotel (located on the Zimbabwe side of the falls), we recommend you purchase a KAZA Univisa (available only in country), which costs \$50 for both Zimbabwe and Zambia. It is valid for 30 days and as long as you remain in Zimbabwe or Zambia, you can cross into both countries as frequently as you like within the 30 day period. Note that the visa stickers for the Univa visa are sometimes unavailable at the borders so the UniVisa may not be available. It is always worthwhile asking if it is available, but be prepared to pay for the individual visas. Note if you go to Botswana between the two countries then the Univisa is void.

You can easily obtain the visas on arrival. You can only purchase the KAZA Univisa and the Zimbabwe visa on arrival. You can purchase the Zambia visa through our recommended passport and visa processing service, Passport Visas Express (PVE) on the PVE website. PVE can also be reached by phone at 888-596-6028. Let them know you are booked on a Wilderness Travel trip.

If you are extending to Botswana, US Citizens do not need a visa.

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

MONEY

You will need to budget spending money for gratuities, for meals listed as “on your own” in the trip itinerary, and for personal items as snacks, phone calls, etc.

The currency in South Africa is the rand. Keep your exchange receipts so you can reconvert rands into dollars at the end of your stay. Also keep the receipts for anything you purchase, because on exit from the country, you can reclaim the VAT (value added tax) for those purchases but you must present all receipts and items purchased. When budgeting spending money, remember that inflation has been running high in South Africa. In South Africa, there are ATM machines for debit card/credit card cash withdrawals in all of the towns, and extras at the lodges can be paid for by credit card (Visa preferred, many places don't accept American Express or MasterCard).

The US Dollar and South African Rand are both widely accepted throughout Zimbabwe (US Dollar is preferred). We recommend bringing cash (a recommended amount is \$300-\$400 per person, denominations 50s or smaller so you have exact change), as credit cards are not accepted except in Victoria Falls. Please note that Zimbabwe is currently experiencing a shortage of US dollars cash. ATM are not be able to withdraw dollars from local machines. We strongly encourage guests to bring cash for payments where Visa/Master cards are not accepted.

To use an ATM internationally, you must have a four-digit PIN. If you plan to use your credit cards abroad, inform your credit card company before your departure that you will be using the card in a foreign country.

TIPPING

Tipping is completely discretionary, but customary. Clients have asked us for tipping guidelines to reward outstanding service. A range of reference would be \$20-25 USD per day per traveler for your Cape Town guide, \$20-25 USD per day per traveler for your safari guide, \$15 USD per day per traveler for your tracker (at some game lodges) and \$10 USD per day per traveler for the lodge staff (there is usually a tip box at the front desk).

Tips can be given in US dollars or local currency (in Zimbabwe the staff prefer US dollars). The lodges also accept credit cards for gratuities (Visa or MasterCard only, not American Express).

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 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

Telephone

The international dialing code for South Africa is 27 and for Zimbabwe is 263. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

Although it can be spotty at times, internet access is available at our lodges and hotels, but not at all camps. Free WiFi is available in the central main areas of most of the lodges (and all of the hotels) during the trip.

ELECTRICITY

The voltage in South Africa and Zimbabwe is 220 volts, so please bring all converters and adapters with you to charge any electronic equipment—Type D or G. Gorges Lodge has electricity and a backup generator. Camelthorn, Nehimba, and Zambezi Sands are run off generators in the mornings and evenings. Camelthorn and Nehimba Lodges have three-pin round plugs and Gorges has three-pin square plugs. You can purchase plug adapters online from travel suppliers such as Eagle Creek or Magellan, or on **amazon**(<http://www.amazon.com>). Battery chargers: Each safari vehicle carries a 12V to 110V inverter that allows charging of camera and or video batteries. However, you need to bring your own plug adapter.

Medical Information

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

Entry requirements and international health situations are subject to change; check with the Centers for Disease Control for updates. All shots should be entered on your International Health Card (yellow card), which is provided by the facility giving the shots. Keep it with your passport while traveling. It provides an important personal record for you to refer to when making future travel plans. We recommend you discuss the following with your physician:

Yellow Fever

Proof of Yellow Fever inoculation is required for entry into many African countries if you are arriving from an “endemic yellow fever zone” country (most of sub-Saharan and western Africa and South America). Visit the CDC Travelers’ Health link (<https://wwwnc.cdc.gov/travel/>) for information on specific country requirements. Have proof of the shot recorded in your International Health Card and carry the card with your passport. Health officials at borders often (but not always) request proof of the shot. For current information, refer to the CDC website at www.cdc.gov/travel/index.htm.

Please note: The yellow fever inoculation is now a lifetime shot. In addition, according to the CDC, people 60 years or older may be at increased risk for serious adverse events following vaccination, compared with younger persons. This is particularly true if they are receiving their first yellow fever vaccination. If you are over 60, please discuss this with your physician. If you are advised to decline the vaccine, please get a written waiver from your physician or travel clinic in case you might need it during the visa application process.

Polio

People who have received the primary series of at least three doses of polio vaccine are considered fully immunized. People who are unsure of their status should receive the vaccine.

Hepatitis

The vaccines HAVRIX and VAQTA (two injections, six to 18 months apart) give long-term protection against Hepatitis A.

Tetanus Booster

It is very easy to get a small cut. A booster is strongly recommended (effective for 10 years).

Typhoid

A shot or oral vaccine are available. You may not be able to take the oral vaccine simultaneously with mefloquine (for malaria prevention).

INTERNATIONAL HEALTH CARD

Proof of Yellow Fever inoculation is not currently required for entry into Zimbabwe. For more information, refer to the **CDC website**(<http://www.cdc.gov/travel/index.htm>).

MALARIA PREVENTION

Malaria is a serious but preventable disease spread by the bite of an infected mosquito. All travelers are urged to 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

You can reduce your risk of getting a cold on the trip by washing your hands often and not touching your face with unwashed hands. If you arrive on the trip with a cold or feel the symptoms of a cold, avoid close contact with others and move away from people before coughing or sneezing. The CDC recommends coughing or sneezing into a tissue or into the crook of your elbow or upper sleeve, not your hands.

Helpful Information

PHOTOGRAPHY

Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from **Borrow Lenses** (<https://www.borrowlenses.com/discount/wildernesstravel>), with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to wtphotoblog@gmail.com or tag us **@WildernessTravel** on social media.

Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

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 that 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

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

- Duffel bag or soft-sided roller bag with small padlock (must be unlocked for air travel). When on safari and when checking out of hotels, please check that your own bags are loaded into the vehicles before departure.
- Daypack, useful to have with you to carry items such as water bottle, binoculars, notebook, etc.
- Small roll-up duffel to carry purchases home (optional)

Weight Limits: We have flights by small aircraft on this trip. We ask that you restrict your luggage to one duffel or soft-sided roller bag (no hard-sided suitcases because they are heavy and difficult to stow in small planes). Please note that there is a maximum of 33 pounds of checked luggage and 11 pounds for carry-on (including photo gear) allowed per person. The plane will not be able to take off if there is excess weight, and overweight items will be left behind! Please adhere to this maximum baggage weight. Never put valuables such as cameras, binoculars, eyeglasses, laptops, jewelry, prescriptions medicines, travel documents, or money in your checked luggage. These items should always be hand-carried on flights.

NOTES ON CLOTHING

On safari and during our hikes, most people wear shorts and a t-shirt during the day and change into long-sleeved shirts and long pants in the evening. Bring a warm layer for early morning and late-night game drives. It is preferable that your daytime clothing and hats be in neutral colors such as khaki, bush green, and darker colors to blend in with the surroundings. White and bright colors tend to shy away 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. Laundry service is available at most lodges and hotels (laundry service is complimentary at game lodges but not at hotels).

CLOTHING

- Sturdy walking shorts
- Light cotton or quick-drying synthetic pants
- Long-sleeved shirts (for sun protection as well as warmth)
- T-shirts
- Fleece sweater for cool evenings
- Underwear/socks; synthetics dry faster
- Sports bra for women (for bumpy game drives)
- Sleepwear (long underwear can double)
- Shade hat with wide brim
- Warm hat/gloves for early morning and evening game drives (in winter months)
- Lightweight hiking boots that are comfortable for several hours of hiking
- Running shoes or Tevas
- Bathing suit for hotel/lodge pools
- City/hotel attire

SAFARI EQUIPMENT

- Strong flashlight or headlamp, with spare batteries
- Binoculars
- Camera, spare batteries, spare flash cards
- Field guides
- Good quality sunglasses with case
- Personal toiletries

PERSONAL FIRST AID SUPPLIES

Every trip member should bring a small kit for personal use. Your own experience will influence your choices.

- Sunscreen of SPF 30, lip balm with sunscreen. 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.
- 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 for malarial areas (Kruger National Park). DEET content of about 30-35% 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. Aerosol repellents are useful for spraying on clothes.
- Blister kit. Look for the new long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages, Curad Gel Multi-Day Bandages, or Band-Aid Advanced Healing Blister Cushions.
- Anti-bacterial gel for hand washing
- 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.
- Prescription medications properly labeled
- Spare contact lenses or spare prescription glasses

OPTIONAL ITEMS

- Zimbabwe plug adapters (Type D or G) 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
- Travel clock
- 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

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.

Southern African Wildlife, A Visitor's Guide

Mike Unwin

2011, 292 PAGES

A popular photographic guide to the mammals, birds, reptiles and habitats south of the Zambezi. With 300 color photographs and illuminating text.

Footprint Cape Town & the Garden Route

Lizzie Williams

2015, 216 PAGES

This slim, handy guide by the prolific Lizzie Williams presents where to go and what to do, along with a concise over-view of history, nature and culture with such clarity.

Lonely Planet Southern Africa

Alan Murphy

2013, 808 PAGES

This hefty practical guide to the nine nations of southern Africa, including Botswana, Namibia, Zambia, Zimbabwe, South Africa, Swaziland, Malawi, Mozambique and Lesotho, is ideal for independent travelers on a multi-country tour.

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.

South Africa, Namibia, Botswana Map

Hallwag

2010

This fold-out overview map of Southern Africa -- including South Africa, Namibia, Botswana -- is ideal for route planning.

Insight Guide South Africa

Insight Guides

2015, 384 PAGES

South Africa is brought to life in hundreds of color photographs and vividly written essays by a team of experts. Panoramic in scope, the guide takes us from Johannesburg out into the veld, providing genuine insight into the history, nature and modern politics of this complex land.

Tomorrow is Another Country, The Inside Story of South Africa's Road to Change

Allister Sparks

1996, 254 PAGES

Sparks explores the extraordinary developments that led to multiracial democracy in South Africa, an essential key to understanding the country today.

Long Walk to Freedom

Nelson Mandela

1995, 640 PAGES

An unpretentious tale of an extraordinary life, Mandela's autobiography is essential reading for an understanding of South Africa. His grace and his love for his country shine throughout.

South Africa, A Traveler's Literary Companion

Tobias Hecht

2009, 239 PAGES

This diverse collection of short stories reveals South Africa through the eyes of its writers, including Nadine Gordimer, J.M. Coetzee and Alan Paton.

ALSO RECOMMENDED

The Scramble for Africa

Thomas Pakenham

1992, 738 PAGES

Absorbing and meticulously researched, this in-depth history of the Victorian land grab in 19th century Africa includes excellent portraits of the egomaniacal personalities who overran the continent.

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.

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.

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.

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.

None to Accompany Me

Nadine Gordimer

1995, 324 PAGES

With keen attention to character and racial politics, Nobel Prize-winner Gordimer traces the experiences of two families during turbulent, post-Apartheid South Africa.

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.

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.

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.

Revised: July 09, 2019