



## Pre-Departure Information

WILD ZIMBABWE



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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 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.

## 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** or e-mail us at: [info@wildernesstravel.com](mailto:info@wildernesstravel.com).

# Travel Information

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## 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. 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, 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** (the service of adding pages for visas was discontinued as of January 1, 2016) 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**. Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry a photocopy of the photo page and the entry stamp page of your passport as an additional piece of identification, as well as two extra passport photos.

### **The following documents are required when traveling 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 need a visa for Zimbabwe. A single entry visa can be purchased upon arrival at Victoria Falls Airport for \$30 USD (cash or credit cards accepted).

If you plan to extend your trip to South Africa or overnight in South Africa: 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.

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

## MONEY

The US Dollar and South African Rand are both widely accepted throughout Zimbabwe and both are preferred to the local currency. Please note that it is not possible to withdraw US dollars from local ATM machines. We strongly encourage guests to bring small denomination US\$ bills for payments where Visa/Master Cards are not accepted.

## TIPPING

Tipping is completely discretionary, but over the years clients have asked us for tipping guidelines to reward outstanding service. Tips can be given in US dollars or Zimbabwean dollars, though US dollars in small denominations (\$20 bills and smaller) are preferred. We realize that carrying so many small bills is an inconvenience, but it is highly beneficial to the local community to have tips in US dollars. Wilderness Travel does not prepay most tips because banking regulations in Zimbabwe require that payments by financial institutions only be made in Zimbabwean dollars. Unfortunately, Zimbabwean dollars are far less versatile and subject to extreme inflation. It is for this reason that we ask you to bear this inconvenience for the benefit of the local people you’ll meet in Zimbabwe.

Should you wish to tip your Trip Leader, we suggest you do so toward the end of the trip. A range of reference would be \$100-\$150 USD per trip member. The Trip Leader will take care of gratuities for luggage handling and for meals at restaurants.

At each lodge you will be joined by a second guide for the duration of your stay. We recommend \$10-\$20 USD per trip member per day for the local second guide and \$10-\$20 USD per trip member per day in the communal tip box, located at reception, to be distributed to the lodge staff.

You may want to bring small denomination US bills to tip the Elephant Express train conductor (\$5), as well as to use at the small lodge gift shops and in the Ngamo village. Items sold in both of these places directly support the local community.

## FOOD

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

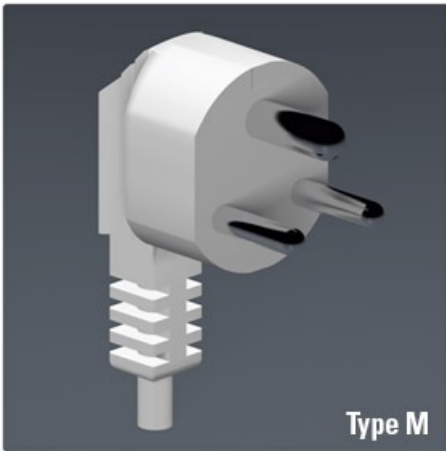
The international dialing code for Zimbabwe is 263. Please contact your cell phone company for specific instructions for international use.

### Email & Internet Access

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

## ELECTRICITY

All of the lodges and camps on this itinerary accept Type M (South Africa or Botswana) adaptors, Type C (Euro) adaptors, and USB plugs.



# 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**. Medical travel products are available from **Travel Health Medicine** and from **Magellan's Travel Supplies**.

## INOCULATIONS

Entry requirements 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). It is not currently required for entry into Zimbabwe, South Africa, or Zambia. For more information, refer to the **CDC website**.

### 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 (three doses spaced at intervals).

### Hepatitis

The vaccines HAVRIX and VAQTA (two injections, six to 18 months apart) give long-term protection against Hepatitis A and are worthwhile if you travel regularly to developing countries.

### Tetanus Booster

A booster is strongly recommended (effective for 10 years).

### Typhoid

The CDC recommends the shot or the oral vaccine, Vivotif Berna, a course of four capsules, one every other day for a week, with full effectiveness reached in a week. 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**.

## 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** 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

### 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**, 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 [wphotoblog@gmail.com](mailto:wphotoblog@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.

# 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** .

## LUGGAGE

We recommend 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.

On the charter flight on this itinerary, the total weight allowance of both pieces (luggage and daypack) can not exceed **20 kgs (44 lbs) per person** . Extra baggage will 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 evening. If you are sensitive to the cold, bring a warm layer for early morning and late-night game drives, when riding in an open vehicle can feel cold. It is preferable that your daytime clothing is in neutral colors such as khaki, bush green, and darker colors to blend in with the surroundings. White and bright colors tend to scare 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.

## CLOTHING

The clothing list below is provided as a guideline only; we encourage you to pack as lightly as possible, as complimentary laundry service is available at all of the properties throughout your safari.

- 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 (75-80 °F during the day, 40 °F at night) so warm coats and insulating layers are necessary. In the months of September and March, temperatures are warmer (80s-90s °F during the day, 60 °F 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
- Texas 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 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% 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. "Liquid band-aids," such as New-Skin, are useful because they dry rapidly to form a tough protective cover over a blister.
- 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 glasses

## OPTIONAL ITEMS

- Universal plug adapters 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

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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.

### **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.

### **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 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.

### **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.

## ALSO RECOMMENDED

### **The Safari Companion**

*Richard Estes*

1999, 459 PAGES

An invaluable encyclopedic guide to Africa's mammals by a noted scientist, this perennial bestseller includes black-and-white drawings, an overview of each animal group and in-depth information. Written with the typical safari-goer in mind.

### **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.

### **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.

### **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.

### **Africa, a Biography of the Continent**

*John Reader*

1999, 816 PAGES

With the ease of a practiced journalist, Reader weaves a masterful and lively tale of the continent, from ancient cultures to modern times. Both authoritative and informal, this is a splendid introduction to all of Africa.

### **500 Common Bird Calls in Southern Africa**

*Doug Newman*

2013, 152 PAGES

Accounting for each species of southern African songbird, their songs, similar-sounding species, favored habitats and ranges, this reference is ideal for the voyaging birder. Includes a CD of bird calls.

### **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.

### **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.

**The Fortunes of Africa, A 5000-Year History of Wealth, Greed and Endeavor**

*Martin Meredith*

2016, 784 PAGES

Covering the epic story of colonialism in Africa, Meredith's magisterial history depicts empire-hungry kings, missionaries, tribal warlords, mining barons & even modern multinational corporations. An expansive but entertaining read.

**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.

**Safari: A Stanley Hastings Mystery**

*Parnell Hall*

2014, 336 PAGES

Set in Zambia, this Stanley Hastings caper finds the loquacious New York PI on the trail of a safari murderer (that's not a lion).

**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.

**Mukiwa: A White Boy in Africa**

*Peter Godwin*

2004, 432 PAGES

The unsentimental story of a boy's coming of age in Rhodesia (now Zimbabwe) in the 1960s, offering a rare perspective on the consequences of colonialism.

**African Art, An Introduction**

*Frank Willett*

2003, 304 PAGES

A concise, well-illustrated overview of the art and culture of Africa, portraying the range of spectacular art produced throughout the ages.

**Rainbow's End: A Memoir of Childhood, War and an African Farm**

*Lauren St. John*

2008, 288 PAGES

A memoir of coming of age in war-torn Rhodesia -- and the author's growing realization that she was on the wrong side of the conflict.

**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 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.

**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.

**Photographic Guide to Mammals of Southern, Central, and East Africa**

*Tilde Stuart*

2001, 144 PAGES

A compact guide, designed for the field, including almost all of the conspicuous species and a good sampling of the smaller or more secretive animals.

**National Audubon Society Field Guide to African Wildlife**

*Peter Alden*

1995, 988 PAGES

This comprehensive photo guide covers 850 birds, mammals and reptiles of Africa. With range maps and a good country-by-country overview of habitats and parks.

**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.

**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.

**The Last Resort: A Memoir of Zimbabwe**

*Douglas Rogers*

2010, 336 PAGES

Award-winning journalist Rogers tells the eye-opening and at times surprisingly funny story of his family and their game farm in war-torn Zimbabwe.

**Zenzele: A Letter for My Daughter**

*J. Nozipo Maraire*

1997, 208 PAGES

A richly textured novel of Zimbabwe, taking the form of a letter from a mother to her Harvard-bound daughter, in which she shares memories, struggles, and revelations from her own past.

**Elephant Song**

*Wilbur Smith*

1995, 472 PAGES

A potboiler set in Zimbabwe, in which our hero, a native Zimbabwean producer of nature films, fights the murderous ivory-traders.

Revised: May 03, 2023

**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.