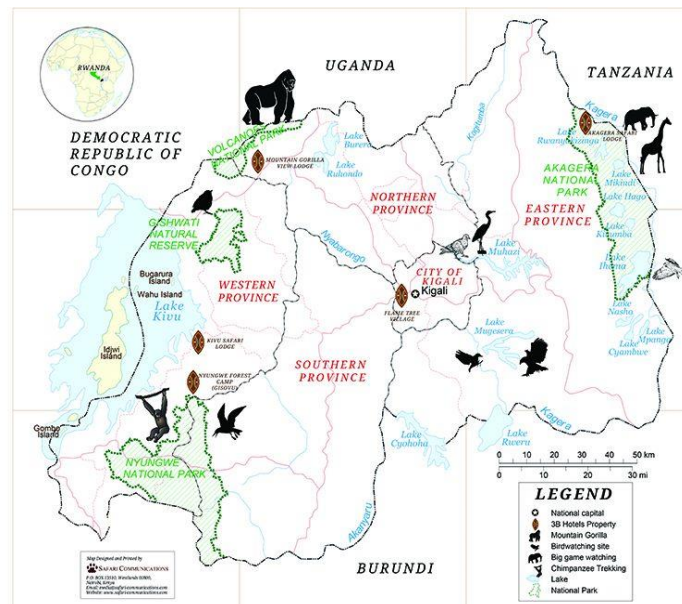
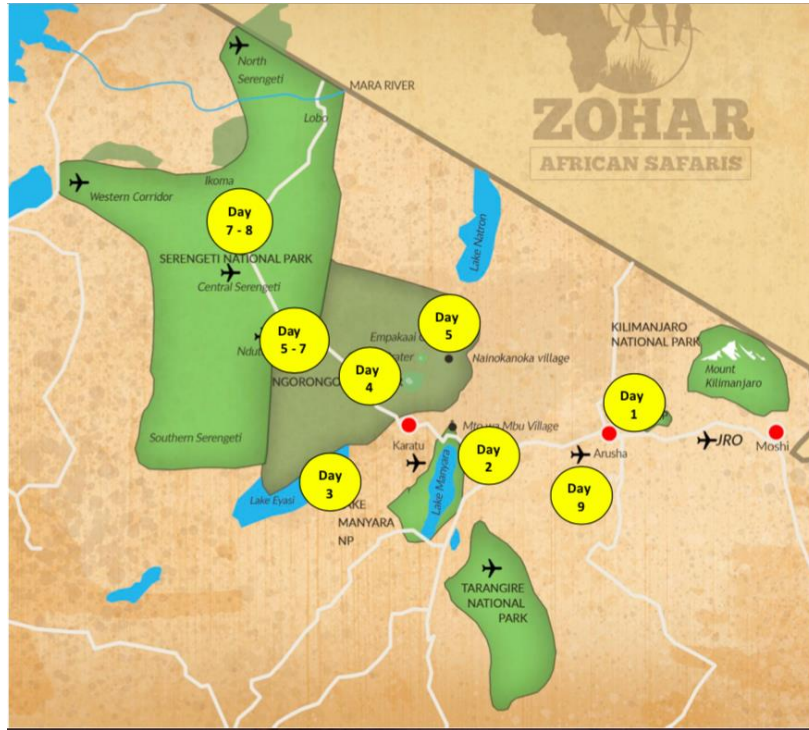


# A Steppin' Out Journey to Tanzania & Rwanda



**Things to Have  
With You Everyday**

- Water bottle, preferably filled
- Hat or head covering
- Light wind/rain jacker
- Sunscreen
- Sunglasses
- Camera and extra batteries
- Extra snacks
- Waist pouch or backpack

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**Before You Leave reminders:**

- **COMMUNICATION:** Please Download the What's App app. Download it onto your phone [www.whatsapp.com/](http://www.whatsapp.com/) Good way for the group to stay in touch with one another and the guides as well. As long as there is wi-fi you can text, send pictures, even make phone calls (I think only to others on What's App, so have your contacts at home do it as well) for FREE. **Vaccinations (noted below).**
- **PASSPORT:** Make sure your passport has at least 6 months before expiration and at least 3 blank pages.
  - Take a pair of passport photos with you.
- **IMMUNIZATIONS:** Call the immunization travel clinic and get appropriate immunizations AND medications.
  - Malaria pills (I think the best is Malarone)
  - Typhoid, Hep A,
  - Make sure you have routine tetanus.
  - Other medication good to have – **Cipro** – an all-purpose antibiotic, **Ambien** if you want help to sleep on the plane.
- **DENTAL:** Dental Appointment – make sure teeth are in good condition – you don't want to deal with that on safari.
- **CREDIT CARD USE:** Call your credit card company and let them know that you will be in foreign countries, so they don't put a watch on your card. Also, find out and make sure you are aware of foreign transaction fees. Those can become hefty.
- **CELL PHONE USE:** Call your cell phone service and see if they have any deals for roaming and find out the costs so there are no surprises. Same with internet and email.
- **IMPORTANT DOCS:** We strongly recommend that you photocopy all important documents e.g., air tickets, passport, vaccination certificate, etc. and keep the copies separate from the originals. While not valid, a photocopy makes it very much easier to obtain replacements if necessary.
- **FOOD:** Please indicate any food issues / intolerances / sensitivities
- **WHEN YOU FLY:** Always wear, or bring in your carry-on bag all irreplaceable items, such as: cameras, medications, spare eyeglasses, important papers, some warm clothes and your hiking boots. Also, bring a copy of this itinerary and important phone numbers on a piece of paper in case your phone dies. (Bringing a charger would be good since many planes have USB ports). I also suggest a travel pillow, headphones, melatonin or ambien to help you sleep, and your water bottle (empty when you go through security).
- **REGISTER TRAVEL:** It is a good idea to register your travel with the U.S. State Department or similar institution in your own country so that you may be contacted, if need be, whether because of a family emergency in the U.S., or because of a crisis in the area in which you are traveling. Travel registration is a free service provided by the U.S. State Department and is easily accomplished online at <https://travelregistration.state.gov>.
- **CUSTOMS:** To avoid problems when passing through customs, keep medicines in their original, labeled containers. Bring copies of your prescriptions and the generic names for the drugs. If a medication is unusual or contains narcotics, carry a letter from your doctor attesting to your need to take the drug. If you have any doubt about the legality of carrying a certain drug into a country, consult the embassy or consulate of that country before you travel.
- **SPENDING:** Bring one or two major credit cards and cash. (See money section).
- **LUGGAGE:** Put your name, address, and telephone numbers inside and outside of each piece of luggage. Use covered luggage tags to avoid casual observation of your identity or nationality. If possible, lock your luggage with TSA approved locks.
- **INSURANCE:** Purchase Traveler's Insurance—REQUIRED—TALK TO ROBIN
- **MONEY:** Go to the bank and get fresh bills— post 2005 for tips and exchange.
- **Read the packet of information below**

## WHAT TO EXPECT

For those seasoned travelers, I apologize if the following seems silly, but I do like to remind people to leave US expectations behind and engage in the culture that you are experiencing. I tell you this only because I have had people in the past expect the same service they receive in the US. Africans, in general, are slower. Picking up the permits for the Safari, even though they have been ordered, can take an hour. It is what it is. The people want to please, but it may not be at the snap of a finger. Remember to be patient and take in the non-rushed attitude. Your first Swahili lesson- Hakuna Matata – **No Problem**

### Packing:

- Try to be as minimal as possible. Remember that you will be on a small aircraft which often limits weight to **about 33 lbs**. It is best to pack in waterproof, soft sided because they will be carried around in the jeep and it will be easier to fit. It should be tough, dust-proof, and waterproof. It is not a bad idea to bring a lock as well. If you don't have a waterproof bag, bring an extra heavy-duty garbage bag. Luggage may be stored on top of vehicles.  
On flights and land-based tours within East Africa, each passenger is limited to a maximum baggage weight of 33 pounds (15 kilograms). This includes the weight of purses and camera equipment in addition to regular luggage. Luggage restrictions are adhered to very strictly and passengers should pack their bags accordingly.
- Wheeled luggage may be nice in airports, but outside there will mostly be mud or rough surfaces, so they may not do well there. On planes, they aren't very careful, and wheels have been known to break.
- There will be opportunities to do laundry.
- It can be cool/cold outside at night. There is always a chance of some rain at Ngorongoro as it is elevated and forms part of a mountain chain, and it is usually misty/foggy at night. We may get a passing storm on the Serengeti, but it will be noticeably warmer.
- As you will be outside in the sun all day, every day, you need a good, brimmed hat that doesn't blow off. Watch old movies and you will see that "on safari" they wore hats, not caps- for good reason. Collared T-shirts and full coverage of your neck and shoulders is strongly recommended.

**Traveling:** We will be traveling in safari jeeps or Land Rovers. Very few vehicles have seatbelts. On safari days we will be in the car much of the day. We will be going slow but remember that roads are not paved. On occasional travel days, we may be in the jeep a couple of hours on not-so-great roads, so bring Dramamine or the like if you are prone to motion sickness.

**Facilities:** We are not staying at any fancy hotels. They are basic, clean, and cozy, but you don't have a phone to the front lobby (most don't have front lobbies) for services. The tented camps were selected to give you a real taste of Africa. In the Serengeti, we picked a mobile camp because it moves with the migration of the animals, giving you a better chance of seeing more animals, but amenities are few. While the rooms/tents have showers and toilets. Don't be surprised to experience a bucket shower and chemical toilets here and there.

- All our accommodations will have Wi-Fi, at least in the main room, but please know the communications infrastructure is limited in East Africa and you may not be able to contact anybody for several days.

**Electricity:** Electricity is generally available but expect blackouts. All our lodges should have **UK adapters**.

**On Safari:** Remember that your guide knows what they are doing in terms of bringing you to spot animals. However, because safety is still the number one priority, we will get to an animal sighting if we can but remember not to scream out. Quiet is key.

**RWANDA:** Fitness Level: Rwanda's already at a high altitude (around 1500 meters about sea level), and you can hike up to over 3000 metres on steep paths. Be realistic about what you're able to do and let me know. Hikes to the gorilla groups can take anything from half an hour one way to 10 hours. You'll be placed in a group for the gorilla tracking based on the length of hike you'd like to do – so don't choose the longest hike if you only exercise once a year, as you'll slow everyone else down. If you are fit and can handle hiking at a high altitude then opt for a longer hike – gorillas aside, it's amazing just to be in the Central African rainforest, amongst moss-covered Hagenia trees, thickets of ferns and dense vegetation in a million shades of green.

# ITINERARY, CONTACT DETAILS, & ACCOMMODATIONS

(GOOD SECTION TO SHARE WITH THOSE AT HOME)

<p><b>Outfitter and Ground Operators</b></p> <p>(if outside Tanzania, drop the 0 for cell phone and add + 255 in front (011 255...)).</p>	<p><b>Robin's Cell: (847) 414-4956</b></p> <p><b><u>TANZANIA</u></b></p> <p><b>Zohar African Safaris;</b> Founder/Tour Consultant: Lilian Mbise-Kramer <b>Cell:</b> +255 624 00 44 00 She is on What's App <b>Skype:</b> lilian.maximillian <b>Email:</b> <a href="mailto:info@zoharafricansafaris.com">info@zoharafricansafaris.com</a>; <a href="mailto:zoharsafaris@gmail.com">zoharsafaris@gmail.com</a> <b>Website:</b> <a href="http://www.zoharafricansafaris.com">www.zoharafricansafaris.com</a> Guide: Solomon +255-766-646-105</p> <p><b><u>RWANDA:</u></b></p> <p>Amahoro Tours   Responsible Tourism and Eco-Tourism in Rwanda   Telephone: +250788655223   +250788687448 Email: <a href="mailto:info@amahoro-tours.com">info@amahoro-tours.com</a>   <a href="http://www.amahoro-tours.com">www.amahoro-tours.com</a> Guide: Edmond: +250 785232284</p>
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## TANZANIA

<p><b>Aug 19th</b></p>	<p><b>The African Tulip Hotel (Half Board)</b></p> <p>Physical Address: 44-1 Serengeti Road, Arusha, 00255, Tanzania Tel: +255-27-2970717 Email: <a href="mailto:info@theafricantulip.com">info@theafricantulip.com</a> Website: <a href="https://theafricantulip.co.tz/">https://theafricantulip.co.tz/</a> 1 hr from Kilimanjaro International Airport; 20 min from Arusha Airport</p> <p>Urban boutique hotel reflecting the warmth and expanse of the majestic natural wonders surrounding the safari capital of Arusha. Spacious, inviting rooms uniquely decorated in safari themes, using colorful local fabrics, finely produced craftwork, and contemporary Tanzanian art. Comfort is assured with the best British-made mattresses, fine bedding, luxurious bathrooms, and modern amenities.</p> <p><b>Facility Amenities:</b> Restaurant, bar/lounge, complementary hot/cold buffet breakfast, outdoor pool with poolside bar, business center, event facilities, dry cleaning/laundry service, complimentary wireless Internet, gift shops/newsstands, common area television, luggage storage</p> <p><b>Room Amenities:</b> 29 air-conditioned rooms, free bottled water, coffee/teamaker, minibar, plasma television, complimentary high-speed Wi-Fi, satellite programming, room service, bathrooms with designer toiletries and hair dryers, phone, laptop-compatible safe and desk, daily housekeeping</p>
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<p><b>Aug 20th</b></p>	<p><b>Lake Manyara Serena Lodge (3 Meals)</b>  Physical Address: Lake Manyara National Park, Northern Tanzania  Phone: +255 787 444003  Website: <a href="https://www.serenahotels.com/lake-manyara">https://www.serenahotels.com/lake-manyara</a>  Email: <a href="mailto:lakemanyara@serena.co.tz">lakemanyara@serena.co.tz</a>   <a href="mailto:reservations@serena.co.tz">reservations@serena.co.tz</a></p> <p>Tanzania’s towering Mto wa Mbu escarpment provides a remarkable backdrop for a one-of-a-kind visit. Lake Manyara Serena Safari Lodge welcomes you with a peaceful location amidst the rich wildlife and unsurpassed tranquility of Lake Manyara National Park. The lake is home to over 300 migratory birds including flamingoes, long-crested eagles and grey-headed kingfisher; our lodge is designed to mimic this extraordinary birdlife, with an architectural motif featuring swooping avian curves and vibrantly coloured wall frescoes depicting the intricacy of bird migratory patterns.</p> <p><b>Facility Amenities:</b> Central dining room, restaurant, free internet, free breakfast, breakfast buffet, bar/lounge, pool with a view, infinity pool, outdoor pool, poolside bar, pool and beach towels, special diet menus, sun terrace, sun loungers and beach chairs, mosquito net, laundry service, dry cleaning, ironing service, massage, gift shop, cultural dance and music</p> <p><b>Room Amenities:</b> Private balcony, safe, non-smoking rooms, family rooms, suites, plush robes, incredible views, room service</p>
<p><b>Aug 21st, 22nd, 23rd</b></p>	<p><b>The Retreat at Ngorongoro (3 Meals)</b>  Arusha Office: +255 688 300 600  Lodge Direct #: +255 687 300 500  Cell: +255 687 300 500 / +255 744 851 191  Email: <a href="mailto:info@theretreatatngorongoro.com">info@theretreatatngorongoro.com</a>  Website: <a href="https://theretreatatngorongoro.co.tz/">https://theretreatatngorongoro.co.tz/</a></p> <p>Located in an area called Tloma, overlooking the Ngorongoro Forest and some 140km southwest of Arusha, the tourism capital of Tanzania. Conveniently located near Lake Manyara national park, Lake Eyasi area and Ngorongoro crater. The Retreat is a meticulously themed lodge set within 30 acres of land with clear emphasis on nature and birdlife in the area. As you walk around the lodge, you will be amazed at how nature and privacy have been integrated into the development. Due consideration has been made to ensure that space, privacy and close to nature experience is enhanced. as close to a nature experience as possible - without compromising on creature comforts. Enjoy the lodge’s 15-acre immaculate gardens and forest or relax by the lake, enjoying the sights and sounds of nature</p> <p><b>Facility Amenities:</b> Non- smoking hotel, restaurant utilizing produce grown on-site, bird/nest themed bar/lounge (smoke-free), gym/fitness center, spa, gift shop, outdoor infinity swimming pool with bar and snack bar, concierge, business center, conference facilities, meeting rooms, 1200metres jogging trail, orchard and vegetable garden, amphitheater for private gatherings and cultural events, high speed WiFi across entire lodge, dry cleaning/laundry service, multilingual staff,</p> <p><b>Room Amenities:</b> Luxurious, spacious rooms and cottages with modern amenities and bathrooms, bathrobes, fireplaces. Lodge promotes corporate social responsibility by supporting projects in education and clean water.</p>
<p><b>Aug 24th</b></p>	<p><b>The Singing Grass Bush Camp (3 Meals)</b>  Physical Address: Rongai 3, Serengeti National Park  Phone: +255 784 580 518  Ang’Ata Ngorongoro (Crater): +255 655 025 352  Email: <a href="mailto:welcome@thesinginggrass.com">welcome@thesinginggrass.com</a>  Website: <a href="https://www.thesinginggrass.com/">https://www.thesinginggrass.com/</a></p> <p>Disconnect to reconnect and immerse yourself into the rhythm of the savannah. Fall in sync with nature as you explore the vast plains of the Serengeti and roam with the Big Five at The Singing Grass, an immersive wildlife retreat offering an intimate glimpse into the Tanzanian wilderness.</p>

	<p><b>Tent Amenities:</b> These tents are specially designed to provide you with a luxurious experience with windows offering a unique view of the natural world outside. With the wood-paneled floors, polished bathtubs, and an outstanding combination of marvelous furniture and designer amenities, we provide the most lavish stay in the middle of nowhere.</p> <p>Each tent in the Singing Grass camp is equipped with running hot and cold water, flush toilets, electric lights, mosquito nets, and a cozy bed. There is 24/7 internet and electricity access with a full-time attendant at your service. Further equipment includes tables, chairs, curtains, fine linen, and an insect-proof luggage rack so that you don't have to worry about anything.</p>
<p><b>Aug 25th and 26th</b></p>	<p><b>Serengeti River Camp (3 Meals)</b>  Phone: + 255 789 193 333  Website: <a href="https://karibucamps.com/visit-serengeti/serengeti-river-camp/">https://karibucamps.com/visit-serengeti/serengeti-river-camp/</a></p> <p>The River Camp is loved for its excellent location surrounded by Acacia trees and grasslands accommodating the residents around the area. It purposefully resides a few meters from the Mara River, where the picturesque River Crossing of the great migration occurs from June to October. Here, the fight for survival is eminent when you are caught off-guard with just how dramatic the crossing is, with hundreds of thousands of wildebeests, zebra, and gazelle.</p> <p><b>Camp Amenities:</b> Ensuite shower, flush toilet, bathrobes, mosquito netting, laundry service (extra cost), 24H electricity, power points for charging, separate dining area, lounge and bar area, beverage supplement available (extra cost), special dietary considerations, nightly campfires, radio communication in each tent</p>
<p><b>Aug 27th</b></p>	<p><b>Departure Day to Arusha Airport (ARK) – Hot Lunch at Arusha Coffee Lodge</b></p>
<h2>RWANDA</h2>	
<p><b>Aug 27th</b></p>	<p><b>Hôtel des Mille Collines (Former Hotel Rwanda)</b>  Physical Address: 2KN 6<sup>th</sup> Ave, Kigali Rwanda  Phone: +250 788 192 000 (reservations)   +250 788 192 530 (inquiries)  Email: <a href="mailto:info@millecollines.rw">info@millecollines.rw</a>  Website: <a href="https://millecollines.rw/">https://millecollines.rw/</a></p> <p>Hôtel des Mille Collines was inaugurated in 1973 as the premier grand hotel in Rwanda. Its location in the central business district gives easy access to the city center that is within walking distance. Engulfed by breathtaking views over the hills of Kigali, relishing culinary delights becomes more memorable, from casual to fine dining, international cuisine to local signature dishes. Here you will also get the history of what happened during the genocide.</p> <p>The hotel encourages sustainable travel through promoting local art and Rwandan culture. Decorative art pieces are displayed at the hotel for sale and a Cultural Night held every Friday evening for live performances of themed Rwandan cultural song and dance.</p> <p><b>Room Amenities:</b> 112 elegant rooms and suites, stunning views, private balcony, deluxe bedding, 24-hour room service, complimentary high-speed internet, individually controlled AC, international TV channels, in-room safe, high-quality bathroom amenities, bathrobe, hairdryer.</p>

<p><b>Aug 28th and 29th</b></p>	<p><b>Mountain Gorilla View Lodge</b>  Ruhengeri, Rwanda  Phone: +250 780 870 670  Website: <a href="https://www.volcanoesparkrwanda.org/accommodation/luxury/mountain-gorilla-view-lodge/">https://www.volcanoesparkrwanda.org/accommodation/luxury/mountain-gorilla-view-lodge/</a></p> <p>Mountain Gorilla View Lodge is located in Kinigi in northern Rwanda and on the edge of the Volcanoes National Park, home to the endangered Mountain Gorillas. The lodge is located on the foothills of Mount Karisimbi, one of the volcanic mountains that make up the Virunga Massif. The lodge is about 15 minutes' drive to the main entrance of the Volcanoes National Park where gorilla trekking starts.</p> <p>Mountain Gorilla View Lodge is an ecolodge with 30 spacious chalets. To ensure the least disruption of the surrounding environment, the ecolodge was constructed with locally available material. Every chalet comes with a sitting area with a fireplace and has a tea/coffee making machine. The ecolodge supports the surrounding rural community by purchasing farm-fresh produce that is served in the lodge's restaurant.</p>
<p><b>Aug 30th, 31st, and Sep 1st</b></p>	<p><b>Classic Lodge</b>  Location: Musanze, Rwanda  Phone: +250 788 352 476  Email: <a href="mailto:info@classicresortlodge.com">info@classicresortlodge.com</a>  Website: <a href="http://classicresortlodge.com/">http://classicresortlodge.com/</a></p> <p>Classic Lodge is the world's final destination lodge, resort hotel located in Musanze, Rwanda- the Heart of Africa, that offers you the most environment for your accommodation, Conference Facilities, Best breakfast, Health and wealth facilities as the made in Rwanda products and visit Rwanda theme has played a big impact in the development of our country.</p>



## DETAILED ITINERARY

<b>TANZANIA:</b>																										
<p><b>Aug 18th, 19th</b></p>	<p><b>Arrival and Pick Up – Overnight in The African Tulip Hotel</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">John</td> <td style="width: 15%;">Rachlin</td> <td style="width: 15%;">08/18/2023</td> <td style="width: 15%;">KL 0567</td> <td style="width: 15%;">8:10 PM</td> </tr> <tr> <td>Jessica</td> <td>Feltman</td> <td>08/18/2023</td> <td>9244</td> <td>8:10 PM</td> </tr> <tr> <td>Arthur</td> <td>Goldstein</td> <td>08/18/2023</td> <td>815</td> <td>1:10 PM</td> </tr> <tr> <td>Robin</td> <td>Richman</td> <td>Date</td> <td>Flight</td> <td>Time</td> </tr> <tr> <td>Lisa</td> <td>Kattan</td> <td>Date</td> <td>Flight</td> <td>Time</td> </tr> </table>	John	Rachlin	08/18/2023	KL 0567	8:10 PM	Jessica	Feltman	08/18/2023	9244	8:10 PM	Arthur	Goldstein	08/18/2023	815	1:10 PM	Robin	Richman	Date	Flight	Time	Lisa	Kattan	Date	Flight	Time
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<p><b>Aug 19th</b></p> <p style="background-color: #e0f2f1; padding: 2px;"><b>Approximate travel distance and time: JRO to Kilala Village – 27 miles/1 hour to Mulala Village, Mulala Village to Arusha Serena Hotel – 9 miles/30-45 min</b></p>	<p><b>DAY 1 – ARRIVAL DAY – Mulala Cultural Visit</b></p> <p>Your safari guides will meet you at the airport/hotel, pick you up to Mulala Village to meet Mama Anna and Agape women group. The highlight of this tour is meeting Mama Anna and the Agape women group she created through a donation of 1 cow that transformed their economic life. You learn about their economic activities including cheese making, honey harvesting, and a coffee plantation tour.</p> <p>Afterwards, you will have a local lunch before having a guided walk to Marisha River to enjoy lush vegetation, birds, and primates surrounding the area. Later, you will visit Lemeka hill for scenic views including the Mount Meru and Mount Kilimanjaro and Maasai plains surrounding the area. Dinner and overnight at <b>The African Tulip (HB)</b>.</p>																									
<p><b>Aug 20th</b></p> <p style="background-color: #e0f2f1; padding: 2px;"><b>Approximate travel distance and time: Serena to Tarangire - 109 miles/2 hours, Tarangire to lake Manyara hotel Serena - 62 miles/1.5 hours</b></p> <p>Comfortable clothing Always bring water, camera, hat, sunscreen, bug repellent</p>	<p><b>DAY 2 – Tarangire National Park &amp; Maasai Cultural Visit</b></p> <p>In the morning (based on the agreed departure time), your guides will collect you from your hotel to go to Tarangire for a thrilling day of game viewing. This park is renowned for its great number of elephants, its amazing bird life, the big cats, and other remarkable wildlife. During the dry season, Tarangire River, which cuts through the park, is a magnet for animal life. Tarangire is also a paradise for bird watchers with over 550 different species of birds.</p> <p>Later, you will visit a Maasai family and spend quality time learning about this tribal group while seeing their manyattas (igloo-like homes). You may participate in other activities like building a livestock fence or a manyatta (igloo-like homes), fetch water with the donkeys, collect firewood, or just learn about traditional beadwork with the revered women of the tribe. Dinner and overnight at <b>Lake Manyara Serena Lodge (3 Meals)</b>.</p>																									
<p><b>Aug 21st</b></p> <p style="background-color: #e0f2f1; padding: 2px;"><b>Approximate travel distance and time: Manyara to Ngorongoro Retreat - 22 miles/30-45 min</b></p> <p><b>May want bike shorts, but not necessary. You may also want to consider a fanny pack like for the bikes and this is where a Camelbak water supply will be desired.</b></p>	<p><b>DAY 3 – Biking/Walk Safari + Local Lunch – Lake Manyara Game Drive</b></p> <p>After an early breakfast, you will set off to Mto Wa Mbu village at the bottom of the Great Rift Escarpment for a biking to the lake and then back to the village. The bike ride will be on flat-bumpy roads taking approximately 30 min one-way, all the while having the chance to see indigenous wildlife species such as gazelles, zebras and wildebeests together with bird species.</p> <p>Later, return to the village for local lunch before proceeding with game drive at Lake Manyara national park, this park is located on the edge of the Great Rift Valley Escarpment. Manyara’s habitat includes large troops of baboons &amp; monkeys, lions, hippos, giraffes, zebras, buffalos, warthogs, antelopes, and hundreds of species of birds. Dinner and overnight at <b>The Retreat at Ngorongoro (3 Meals)</b>.</p>																									

<p><b>Aug 22nd</b></p> <p><b>Approximate travel distance and time:</b> Ngorongoro to Lake Eyasi - 47 miles/1 hour (one way)</p>	<p><b>DAY 4 – Meet Hadzabe the Bushmen and Datoga</b></p> <p>Around 5am, you will leave the lodge to meet Hadzabe the Bushmen and participate in their early mornings' interactive activities including bush trek, hunting, making a campfire and other activities. You will spend quality time learning about this tribe group before heading back to the village to see Datoga, the skilled farmers and livestock keepers. You will participate in several activities that Datoga men and women do before you drive back to your lodge for a hot lunch and leisure afternoon. Dinner and overnight at <b>The Retreat at Ngorongoro (3 Meals)</b>.</p>
<p><b>Aug 23rd</b></p> <p><b>Approximate travel distance and time:</b> Ngorongoro Retreat to Ngorongoro Crater - 22 miles/45 min-1 hour</p> <p>Note: It gets cooler here, so make sure you bring something warmer. Fleece.</p>	<p><b>DAY 5 – Ngorongoro Crater Tour</b></p> <p>After breakfast, you will depart for an incredible day in Ngorongoro Crater through the splendid landscape rich in wildlife. This dramatic caldera is inhabited by more than 25,000 resident animals. The Crater is a unique ecosystem of grass steppe and Acacia Forest inhabited by the Big Five as well as zebra, hippo, wildebeest, cheetah, and many more. Later, ascend the crater and proceed to your lodging located at the rim of the crater for leisure evening, dinner and overnight at <b>The Retreat at Ngorongoro (3 Meals)</b>.</p>
<p><b>Aug 24th</b></p> <p><b>Approximate travel distance and time:</b> Ngorongoro Retreat to Serengeti entrance - 50 miles/2 hours</p>	<p><b>DAY 6 – Ngorongoro Crater Rim Walking – Central Serengeti</b></p> <p>After breakfast you will set off to Ngorongoro for an hour walking safari on the rim of Ngorongoro Crater. This walking safari is a very good way to get out of the car without committing to a serious walk or trekking after several days of wildlife viewing. It allows you to see tracks and signs and have the feeling of isolation that comes from trekking in the African Bush. Later, you proceed to Serengeti for an afternoon game drive that offers every day's opportunities to spot Tanzania's most impressive wildlife. Central Serengeti and the Seronera River Valley is a 'must see' game area on each safari to Serengeti regardless. This area is dominated by an incredible number of resident wildlife including the "Big Five" and big prides of lions. Dinner and overnight at <b>The Singing Grass Bush Camp (3 Meals)</b>.</p>
<p><b>Aug 25th</b></p> <p><b>Approximate travel distance and time:</b> Ngorongoro Retreat to Serengeti entrance - 50 miles/2 hours</p>	<p><b>DAY 7 - Northern Serengeti &amp; Great Migration</b></p> <p>After an early breakfast, you will depart with your packed lunch for the final game drive in Central Serengeti before proceeding further to the Great Wildebeests Migration. North Serengeti features gorgeous landscapes of green rolling hills, granite outcrops and acacia woodlands dotting open savanna, incredible wildlife, and most importantly, with massive herds of wildebeest and zebra between Late June – October. The Great Migration includes more than 2.5 million wildebeest driven by ancient rhythms and natural instincts following water sources in a clockwise rotation traveling 1,600 miles per year. Dinner and overnight at <b>Serengeti River Camp (3 Meals)</b>.</p>
<p><b>Aug 26th</b></p> <p><b>Approximate travel distance and time:</b> Unlimited game drive</p>	<p><b>DAY 8 - Northern Serengeti &amp; Great Migration</b></p> <p>Enjoy a nourishing breakfast at your camp before embarking for a full day of game drive in Northern Serengeti. Your entire day is dedicated to tracking the wildebeest migration on the Northern Serengeti plains and the Mara River. You will witness giant herds of Wildebeests - with the chance of seeing more than 2.5 million Wildebeests, zebras and gazelles crossing the famous Mara River to the Maasai Mara Reserve. The big five (lion, leopard, rhino, elephant &amp; buffalo) are commonly spotted in northern Serengeti. Dinner and overnight at <b>Serengeti River Camp (3 Meals)</b>.</p>

<p><b>Aug 24th</b></p> <p><b>Approximate travel distance and time: ARK to JRO - Northern - 37 miles/1.5 hours</b></p>	<p><b>DAY 9 - Fly to Arusha – Hot Lunch at Arusha Coffee Lodge – Fly out</b></p> <p>Enjoy morning game drive in Serengeti enroute the Kogatende Airstrip in time for your flight to Arusha. Upon arrival, our representative will collect you and transfer to Arusha Coffee Lodge for a hot lunch. Later you will drive further to Kilimanjaro International Airport in time for your inbound or outbound flight. It’s an emotional day as we bid goodbye but only with hope to see you return!</p> <p>Arthur Goldstein 814 5:35 PM Robin, Lisa, Joh, Jessica Rwanda Air WB 440 5:25 pm</p>
<p><b>RWANDA</b></p>	
<p><b>Aug 27th</b></p> <p><b>Approximate travel distance: 25 minutes</b></p>	<p><b>DAY 1 - ARRIVAL in Kigali</b></p> <p>On arrival at Kigali International Airport, you will be met by your driver/guide and be transferred to your hotel in Kigali arriving for check in and later overnight at <b>Mille Collines Hotel (Former Hotel Rwanda) (Lunch, Bed &amp; Breakfast)</b>.</p> <p><i>Kindly note that the Panorama restaurant at the Mille Collines hotel only serves dinners and is open from Monday to Saturday, closed on Sundays, so you will have your lunch at the regular hotel restaurant.</i></p>
<p><b>Aug 28th</b></p> <p><b>Approximate travel distance: 2 hours</b></p> <p>You will cover tracks and roads in comfortable vehicles Cold lunches, warm and varied dinners Equatorial type of climate (25 - 30°C), some nights can be fresh, mostly at high altitudes. Can be muddy- if you have gaiters.</p> <p><b>It often rains (it is a rainforest, after all) so bring a light rain jacket with a hood. Only take essentials in a small backpack – two bottles of water, maybe a snack if you’re a hungry hiker, camera, hat and sunscreen.</b></p>	<p><b>DAY 2 - KIGALI CITY TOUR + DEPART FOR RUHENGERRI – Kigali City Tour</b></p> <p>After breakfast, your day starts with a tour of the city. Named in 1907 by Dr. Richard Kandt, the first colonial resident governor of Rwanda, Kigali city is surrounded by lush hills of green and is referred to as the land of a thousand hills. Get to visit interesting spots which may include the craft market, Gisozi genocide memorial site, and Kigali Museum. Have your lunch in Kigali then depart for a 2 hours’ drive to Ruhengeri, the second largest town in Rwanda, with its stunning backdrop of five volcanic mountains – The Virungas – Arriving at your hotel for check in then later dinner and overnight at <b>Mountain Gorilla View Lodge (3 Meals)</b>.</p>
<p><b>Aug 29th</b></p> <p><b>Approximate travel distance: Depends on the family you are allocated to visit</b></p> <p>You will cover tracks and roads in comfortable vehicles Cold lunches, warm and varied dinners. Equatorial type of climate (25°C - 30°C), some nights can be fresh, mostly at high altitudes. Can be muddy bring gaiters if you have. <b>It often rains (it is a rainforest after all) so bring a light rain</b></p>	<p><b>DAY 3 – GOLDEN MONKEYS TRACKING IN VOLCANOES NATIONAL PARK</b></p> <p>This day is set out for Golden Monkey tracking in the Volcanoes National Park. Entering dense stands of bamboo interspersed with open glades; you will make your way deep into golden monkey territory. Guides lead visitors to the habitat of groups of ‘habituated’ golden monkeys – monkeys that have become accustomed to human presence. Though viewing is kept to a maximum of one hour, travelers can get an up-close look at the golden monkey in its natural habitat. Adult monkeys frolic in plain view, feeding on bamboo leaves, and leaping from perch to perch. Females carry their young, completely comfortable among onlookers. Wear neutral colors and bring your rain gear. Long sleeves and long trousers tucked into your socks are a must: protection against ants, stinging nettles</p>

<p><b>jacket with a hood. Only take essentials in a small backpack – two bottles of water, maybe a snack if you're a hungry hiker, camera, hat, and sunscreen.</b></p>	<p>and whipping foliage.</p> <p>Return to the lodge for lunch then drive to Redrocks intercultural exchange center to participate in their weeklong festival. After a tour of the center, we will have a special opportunity to attend an environmental conservation debate between Conservationist, Philanthropist, Volunteers, and Communities on the current of the volcanoes national park tourism, conservation, and sustainable development. Your input and ideas will be welcomed. We will head back to the lodge for dinner, as we have another early morning. Overnight at <b>Mountain Gorilla View Lodge (3 Meals)</b>.</p>
<p><b>Aug 30th</b></p> <p><b>Approximate travel distance:</b> Depends on the family you are allocated to visit</p> <p>here are some things to keep in mind:</p> <ul style="list-style-type: none"> <li>• When you approach gorillas, and while you're around them, make a grunting sound (your guide will show you how) to reassure them that you are a friend. They may even communicate with you!</li> <li>• Don't stare straight into gorillas' eyes – this can be seen to be aggressive.</li> <li>• Don't ever run from a gorilla – if one approaches you just act submissive and crouch down.</li> <li>• Don't go gorilla tracking if you're sick –if one gorilla in the group catches flu from you, the entire group could die.</li> <li>• If you sneeze or cough, turn your head away from the gorillas so as not to spread your germs.</li> <li>• Don't eat or drink in front of gorillas.</li> <li>• You get very close to the gorillas – within a few meters. Don't push this though – don't try and get too close.</li> </ul>	<p><b>DAY 4 – GORILLA TRACKING IN VOLCANOES NATIONAL PARK</b></p> <p>After an early breakfast, you will proceed to the National Park headquarters – Kinigi to meet your guides for the day. Wear neutral colors and bring your rain gear. Long sleeves and long trousers tucked into your socks are a must: protection against ants, stinging nettles and whipping foliage.</p> <p>You can also hire a personal porter (around \$25 ) if you want help on your trek.</p> <p>After completing our park formalities, embark on a once in a lifetime experience of tracking mountain gorillas. Once you spot them, you are allowed to spend an hour watching your closest long-lost cousin. This is perhaps one of the most breath-taking wildlife experiences on earth!!! You get so close to these awesome giant primates. You stare at each other blankly not knowing who to break the long silence first. Tracking the gorillas through the light mountain forest on the slopes of the Virunga is a magical experience. These massive primates are extremely rare, with less than 700 living today. You will get within meters of the family and be privileged to spend an hour amongst them. The trekking may be strenuous; up to six hours or longer at a relatively high altitude. We encourage for your own enjoyment to make sure that you are perfectly fit and healthy. (We've had people as old as 70 years old do gorilla tracking so this should not be a problem; all you need is to ask your driver guide to request a shorter group for you if you cannot trek far).</p> <p>It is important to bring good hiking boots, long trousers, gloves for protection against stinging nettles, some snacks &amp; sweets (for you, not the gorillas) as well as sufficient water as the rain forest gets hot and humid during the day. You will spend one hour with the gorillas, but it is an hour you will never forget.</p> <p>Return to the lodge for lunch then drive to Redrocks Intercultural exchange center and if time permits, we can hopefully partake in the soccer and other sports in the visitor versus the community competitions. We'll stay for dinner and the live traditional show that evening then check in for an overnight at the <b>Classic Lodge (Bed &amp; Breakfast)</b>.</p>
<p><b>Aug 31st</b></p> <p><b>Approximate travel distance:</b> <b>30 min</b></p>	<p><b>DAY 5 – COMMUNITY &amp; CONSERVATION + INTERCULTURAL EXCHANGE</b></p> <p>After breakfast, we return to Redrocks, and our day starts with a hike as well as tree planting activities on Mukungwa Riverbanks to conserve our environment and natural resources - plant a tree for the benefit of mitigating the effects of climate change and global warming. This Initiative showcases the acts we can take to protect our planet, create habitat for biodiversity and make a positive impact on the wellbeing of the people. Planting, and creating awareness of the advantages of planting trees. We will then give a try at making our own banana beer. After lunch we will have time to learn how to make our own drums followed by learning some songs to play on the drums and participating in the music and dance activities with the rest of the communities. Have dinner at Redrocks, then later be transferred for an overnight at <b>Classic Lodge (Bed &amp; Breakfast)</b>.</p>
<p><b>Sep 1st</b></p>	<p><b>DAY 6 - GORILLA NAMING CEREMONY (KWITA IZINA) +</b></p>

**Approximate travel distance:**  
**TBD**

## THE CRAZY NIGHT OF THE GORILLAS

After breakfast, depart to Volcanoes National Park for the last day of the cultural festival coincided with Rwanda's annual gorilla naming ceremony, the Kwita Izina, which took place on the slopes of the Virunga mountains, an event that started in 2005 and follows a Rwandan tradition of naming newborns in the presence of family and friends. This demonstrates respect for mountain gorillas and acknowledgement and thanks to the communities who protect them.

The festival week ends with Crazy night of the Gorillas entertainment at Mukungwa river side-Musanze Town. Later drive on to the lodge for an overnight stay at **Classic Lodge (Bed & Breakfast)**.

**Sep 2nd**

**Approximate travel distance:**  
**2 ½ hours**

## DAY 7 – DEPARTURE AND DROP OFF – BREAKFAST AT CLASSIC LODGE

After breakfast, you will depart for a 2 ½ hour drive to Kigali. Engage in last minute shopping in one of the friendliest African capitals, before returning to the airport for your onward international flight back home (**Breakfast**).

John	Rachlin	09/02/2023	KL 0537	8:25 PM
Jessica	Feltman	09/02/2023	KQ 473	2:30 PM
Robin	Richman	Date	Flight	Time
Lisa	Kattan	Date	Flight	Time

# TRAVEL DETAILS

## **PASSPORT INFO:**

A valid passport is required for travel to Tanzania and Rwanda.

- Please make sure your passport expiration date is at least 6 months beyond the date of return.
- Also make sure you have 3 full blank pages in your passport. (For Tanzania and Rwanda) \*\*If you do not have enough pages, you may need to get a new passport.

If you do not have a passport, you will need to acquire one for international travel. United States citizens can usually apply for a passport at several facilities including many federal, state and probate courts, many local post offices, some libraries, and many county and municipal offices. APPLY EARLY! Depending on the agency used, you will receive your passport within 5-6 weeks. If expedited service is necessary, you must apply in person at one of 13 passport agencies found in most major cities. You must present your airline tickets or airline generated itinerary and the other required items for the application. You need to make an appointment with your passport agency for expedited service. If you do not live near a passport agency, you can use an overnight delivery service and your local passport acceptance facility. Further information and your local passport processing facility can be found on the website of the U.S. Department of State:

<https://travel.state.gov>

<https://iafdb.travel.state.gov>

## **VISAS:**

**TANZANIA:** Visas for U.S. citizens traveling to Tanzania are mandatory and cost **\$50-\$100 USD**. You should only need a single entry but it is unclear if they are charging Americans \$100 or \$50 without purchasing it. They used to charge Americans \$100 because that is what the US charges them. But everyone else pays \$50 for a single entry.

If you are landing or flying out of another port, you should get the multi entry, but those flying into The U.S. Embassy recommends U.S. citizens obtain visa before traveling to Tanzania, but it isn't necessary. I don't remember it taking a very long time at the airport.

**If you are going to get your visa at the airport, make sure that you have enough US cash to purchase it—while it is possible they will take credit cards, it is also likely that the machines don't work.**

To pay by credit card beforehand, I recommend that you do the online visa

<https://www.us.tzembassy.go.tz/services/category/visa-information>

**Online visa application** for Tanzania can be found: Apply 3 months prior to travel.

<https://visa.immigration.go.tz/>

- Visa applicants are advised to make their applications through the Official Tanzania Immigration website (www.immigration.go.tz) ONLY and Not through any other links;
- Any applicant of Visa is assumed to have read, understood and agreed to the terms and conditions stipulated in the Disclaimer and Visa Guideline ;
- Applicants must ensure that their passports have a validity of at least six months and at least one unused visa page before

- submitting their application;
- Applicant is expected to apply for a right category of visa. If the applicant is not sure about the type of visa he/she requires, he/she is advised to seek guidance through the e-mail [info@immigration.go.tz](mailto:info@immigration.go.tz)
- Any visa wrongly applied or which lacks sufficient attachment may be rejected;
- No refund will be made in respect of any rejected visa application;
- The Visa applications will be processed within ten days, therefore applicants are strongly advised to observe the stipulated time frame while making their applications;
- After making payments, applicants are required to wait for approval of their Visa before they start their journey. Approval notification will be sent to their e-mail. Or they can access the Visa Grant Notification by checking the Status of their Visa online;
- The Tanzania Immigration Services Department may give or withhold reasons for rejection of Visa to the applicant;

**RWANDA:** Visas for U.S. citizens traveling to Rwanda are mandatory and cost **\$50 USD** and can be obtained at any Rwandan entry point/border (i.e., Kigali International Airport or at land border crossings. Credit cards are generally accepted at the Kigali International Airport but are not accepted at some land borders. But because the machines may not work, the U.S. Embassy recommends that travelers arrive at the Kigali International Airport travel with sufficient cash in U.S. dollars to pay for the visa in case credit card transactions are not possible at the time of your arrival.

Information may be obtained here:

<https://www.migration.gov.rw/visa/visitors-visa>

Online visa application for Rwanda can be found:

[https://irembo.gov.rw/home/citizen/all\\_services](https://irembo.gov.rw/home/citizen/all_services)

[https://irembo.gov.rw/user/citizen/service/dgie/request\\_a\\_visa](https://irembo.gov.rw/user/citizen/service/dgie/request_a_visa)

Visitors entering on visas must present a roundtrip ticket and may need to demonstrate they have sufficient funds for their stay.

They say that they take your picture at the airport for your visa, but you may want to bring a passport photo or two (2x2 inches) if you plan to obtain Visas upon arrival in Tanzania and Rwanda.

## Arrivals and Departures

### Passenger Arrivals

#### INTO KILIMANJARO:

Kilimanjaro International Airport is efficient and trouble-free entry. Passengers are escorted off the aircraft and taken directly to the arrival's hall. Here they will first be processed through Tanzanian Immigration. There are multiple arrival desks which allow the immigration formalities to be concluded with minimum delay. Passengers will then immediately find themselves in the baggage reclaim area. Currently this has two conveyer belt systems which are within 200m of the apron and therefore baggage waiting time is minimal.

There is free wifi, so at that point we should all be connected by What's App and you can connect with us. You can keep your phone on airplane mode and connect with Wifi (Kia Hotspot) and communicated.

	<p>Finally, passengers move out of the Arrivals area and straight out into the greeting area where they can link up with the party awaiting them.</p> <p><b>There will be someone at the Airport from Zohar Safaris with a sign that has your name on it.</b></p> <p><b><u>INTO KIGALI:</u></b>  Passengers arriving at Kigali International Airport will find it to be a relatively simple airport. There is also free wifi here so you can connect to our guide and info. When you exit customs and are facing the front door, look to the right for a person with a sign with your name on it. We are being picked up by Amahoro Tour Agency.</p> <p><b><u>Passenger Departures—</u></b>  The check - In counters are open three (3) hours before departure and close one (1) hour before international departure and forty five (45) minutes before domestic departure. A passenger flight coupon shows the reporting time and the departure time of the flight. All passengers are advised to bring their confirmed booking and all necessary travel documents with them when traveling.</p> <p>Passengers are kept informed by a modern PA and flight information display system as to flight departures and will be escorted to the aircraft once it is ready.</p>
<p><b>PLASTIC BAG BAN</b></p>	<p><b>RWANDA:</b></p> <p>Please refrain from bringing plastic bags to Rwanda. Banned by law since 2008, any plastic bags in your luggage will be confiscated at the airport or other point of entry. As a country, they strive to protect, safeguard, and promote the environment – a matter which is written into their constitution and carefully observed by their citizens, who all participate in a community service called Umuganda on the last Saturday of every month. Rwanda respectfully requests that all visitors help keep Rwanda the cleanest country in Africa and dispose of all litter responsibly.</p>
<p><b>TRIP INCLUSIONS</b></p>	<p><b>TANZANIA:</b></p> <ul style="list-style-type: none"> <li>• Airport pickup and drop off.</li> <li>• Accommodations and meals as specified in itinerary.</li> <li>• Private 4x4 wheel drive vehicle with a roof hatch and sliding windows for 360-degree view of the wildlife surrounding you. Our vehicles are equipped with: <ul style="list-style-type: none"> <li>○ First aid kit - Every safari vehicle comes standard with a fully stocked first aid kit - Our guides are all trained in providing basic first aid.</li> <li>○ Spare tires - for any unforeseen issues that may arise on bumpy African outback</li> <li>○ Charging station - Each car includes a charging station so you can charge your phone, camera battery while on the road.</li> <li>○ Binocular – 1 pair binocular per vehicle</li> <li>○ Mini fridge – to cool off mineral waters and any other drinks.</li> </ul> </li> <li>• Professional and experienced English speaking driver guide.</li> <li>• Unlimited mineral water &amp; hot drinks - every safari departs with a box including coffee and tea that can be enjoyed at any point during your safari.</li> <li>• Park entry fees, crater fee, and taxes (VAT inclusive).</li> <li>• Mulala Cultural Visit.</li> </ul>



	<ul style="list-style-type: none"> <li>• Ngorongoro Crater Rim Walk.</li> <li>• Mto Wa Mbu Biking excursion and hot local lunch</li> <li>• Lake Eyasi Cultural Visit.</li> <li>• All airport transfers.</li> <li>• Domestic flight from Serengeti to Arusha with <a href="#">Auric Air</a></li> <li>• Flying doctors rescue insurance for time on safari</li> </ul> <p><b>RWANDA:</b></p> <ul style="list-style-type: none"> <li>• All meals from Breakfast.</li> <li>• Transfers in 4x4 vehicle (s)</li> <li>• English speaking driver/guide (s)</li> <li>• 1 golden monkey permit</li> <li>• 1 gorilla permit</li> <li>• Mineral water in the vehicle and during the trackings</li> <li>• All inter-cultural exchange programs mentioned</li> <li>• Kigali city tour</li> </ul>
<p><b>TRIP EXCLUSIONS</b></p>	<ul style="list-style-type: none"> <li>• International flights and related costs such as personal travel insurance, visas, and vaccinations.</li> <li>• Any increase in government taxes or fees that occur prior to the start of your trip.</li> <li>• Any optional activities or cost of any itinerary modifications while the safari is in progress.</li> <li>• Any expenses of a personal nature such as extra beverages, laundry, etc.</li> <li>• Gratuity for your guide (recommend \$18+ per person per day)</li> <li>• Please review much money to bring</li> </ul>
<p><b>TRAVEL INSURANCE:</b></p>	<p>Ensure that you have sufficient medical coverage for the duration of your trip. Please make sure that you have purchased the Allianz or Travelex insurance.</p> <p>Travel insurance from Travelex sent to:  <a href="#">John Rachlin</a>   <a href="#">Jessica Feltman</a>   <a href="#">Arthur Goldstein</a>   <a href="#">Lisa Kattan</a></p>
<p><b>IMMUNIZATIONS AND HEALTH RISKS:</b></p>	<ul style="list-style-type: none"> <li>• Check with your healthcare provider and/or visit a travel immunization clinic (COVID testing no longer required).</li> <li>• Make sure you are up to date on your tetanus shot (every 10 years).</li> <li>• A negative PCR test must be presented for visiting primates in Rwanda.</li> </ul> <p><b>CDC Traveler’s Health sites with vaccines and medicines list:</b></p> <p><b>Tanzania:</b>  <a href="https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania?cid=ncezid-dgmg-travel-single-001">https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania?cid=ncezid-dgmg-travel-single-001</a></p> <p><b>Rwanda:</b>  <a href="https://wwwnc.cdc.gov/travel/destinations/traveler/none/rwanda?cid=ncezid-dgmg-travel-single-001">https://wwwnc.cdc.gov/travel/destinations/traveler/none/rwanda?cid=ncezid-dgmg-travel-single-001</a></p> <p>There are <b>no required</b> vaccinations for entry into Tanzania or Rwanda. However, if you are traveling to Tanzania or Rwanda <b>from</b> a country that has risk of yellow fever (does not include the US) – then Tanzania and Rwanda governments require proof of yellow fever vaccination upon arrival. Precautions are still recommended. It is advised that you seek medical advice regarding travel at least 6 weeks prior to departure. Ask your healthcare provider for recommendations on vaccines and other preventive measures you can take to avoid illness. Vaccines should be planned and not rushed</p>

days before trip departure.

**For travel to Tanzania and Rwanda, the CDC recommends Hepatitis A, Hepatitis B, Typhoid, and Rabies vaccines (not really necessary) Additionally, for Tanzania, the CDC recommends Cholera vaccine.**

**The CDC does not recommend yellow fever vaccine for most travelers to Tanzania or Rwanda but recommends considering this vaccine if you are staying a long time or will be heavily exposed to mosquitos. Yellow fever vaccine availability in the US is currently very limited.**

**The CDC recommends being up to date on all routine vaccines before every trip.** Routine vaccinations in the US include: Tetanus-Diphtheria-Pertussis (Tdap), Measles-Mumps-Rubella (MMR), Polio, Varicella (chickenpox), Shingles, Pneumococcal, Hepatitis A, Hepatitis B, Meningococcal, and annual Flu vaccine.

**While on safari, you need to protect yourself from tsetse flies. These flies can transmit African trypanosomiasis, also known as sleeping sickness. It's best to wear light-color clothing; tsetse flies are attracted to dark colors, especially shades of blue. Unfortunately products containing DEET usually don't discourage tsetse flies from biting, so try to find a natural insect repellent containing eucalyptus oil.**

## **The CDC recommends **Malaria prevention** (prophylaxis) medications for travel to both Tanzania and Rwanda.**

Malaria is a significant problem in Tanzania, considered one of the highest risk countries in the world; all areas at altitudes below 1800 m (about 5,900 feet) are at risk. Malaria is also a problem in Rwanda.

That being said, you can take precautions to prevent it.

- Pay special attention to mosquito protection between dusk and dawn. This is when the type of mosquito whose bite transmits malaria is active. The only real protection is to avoid being bitten in the first place, so cover up!
- Wear long-sleeved shirts – preferably buttoned at wrists, long pants, and hats.
- Use insect repellents containing DEET (diethylmetatoluamide) or Lemon Eucalyptus spray.
- Read and follow directions and precautions on product label.
- Apply insect repellent to exposed skin.
- See your doctor for a preventative prescription- some available drugs are:
  - atovaquone/proguanil (brand name: Malarone™) \*\* I think there has been fewer complaints about this one.
  - doxycycline (many brand names)
  - mefloquine (brand name: Lariam™)- Avoid

When beginning a course of anti-malarials, it is very important to

begin taking them before you go, so the drug is established in your system by the time you set foot on African soil and will also give you a chance to see if the drug is going to cause a reaction or allergy. Once started, complete the full course, which usually runs for several weeks after you return home. Which anti-malarial you need depends on your previous medical history. Your healthcare provider will advise you on what drug is best for you. Most clients who have taken Malarone have a better reaction (or no reaction), and while it is more expensive, you don't have to take as many. We have not had good feedback from those who have taken Lariam.

**OTHER HEALTH INFORMATION:**

Information on vaccinations and other health precautions may be obtained from the **Centers for Disease Control and Prevention (CDC)**.

Phone: 1-800-CDC-INFO (1-800-232-4636)

CDC Website:

<http://www.cdc.gov>

Traveler's Health Website:

<https://wwwnc.cdc.gov/travel/>

Website form to contact CDC:

<https://wwwn.cdc.gov/DCS/ContactUs/Form>

**MONEY/CASH:**

**What about Money/Cash:**

We recommend USD CASH in a variety of bills. Singles can be used for tips here and there and preferred in Rwanda, but you get a better rate for bigger notes- 50's and 100's (and preferred in Tanzania) Remember, when you give tip a local in foreign currency (USD) they have to go through the hassle of exchanging it (and losing its value) so it's better to give tips in their currency. Note: USD notes printed PRIOR to 1994 are often not accepted – ensure your cash is NEW eg post 2006 to be safe.

Money should only be changed with licensed moneychangers. For our trip, it will probably be best to change at the airport or at the ATM since going to a bank takes time and our schedule doesn't really allow for it. Best though to wait until you meet with the guide and ask where the best place to change money is. If landing at JRO, there is a bank there with a good rate ATM machines are at the airport and Visa and Mastercard are usually accepted, but some ATM machines do not have the ability to accept both.

Visitors can change their foreign currency at any of the Bureaux de Change, which give better rates than the banks changing money "on the streets" in the black market- illegal and risky. Banks are generally open from 9 am to 2 pm, Monday to Friday. Some are also open Saturdays until noon. You can change money at hotels - the rate of exchange is often less than at a bank.

When you change money, the moneychanger must give you a receipt.

All monies (above a value of a few dollars) should be changed back into foreign currency upon departure, at the airport bank. To do this you must have **the receipts from your original transactions** - be aware- this can be very time-consuming, so try to change only sufficient monies for your needs.

When changing your money over to the local currency ask for some smaller denomination notes, as change is often scarce in the rural areas.

### **Tanzanian Shillings.**

The easiest way to access money while travelling in Tanzania is at ATMs using a Visa card.

Tanzania's currency is the Tanzanian shilling (Tsh). 2280.10 Shillings per dollar. There are bills of Tsh500, Tsh1000, Tsh5000 and Tsh10,000, and coins of Tsh1, Tsh5, Tsh10 (although these three are rarely encountered), Tsh20, Tsh50, Tsh100 and Tsh200.

A Visa or MasterCard is essential for accessing money from ATMs. US dollar bills dated prior to 2006 are not accepted anywhere. Post-2006 US dollars are generally accepted by larger establishments. For smaller, local places, you'll need to exchange them for Tanzania shillings.

ATMs are widespread in major towns, and all are open 24 hours. But they are occasionally out of service or out of cash, so you should have back-up funds. All internationally linked machines allow you to withdraw shillings with a Visa or MasterCard. Withdrawals are usually to a maximum of Tsh300,000 or Tsh400,000 per transaction (ATMs in small towns often have a limit of Tsh200,000 per transaction) and with a daily limit of Tsh1.2 million (less in small towns). Some machines also accept other cards linked to the Cirrus/Maestro/Plus networks.

In large cities, queues at ATM machines on Friday afternoons are notoriously long; take care of your banking before then.

If your ATM withdrawal request is rejected (no matter what reason the machine gives), it could be for something as simple as requesting above the allowed transaction amount for that particular machine; it's always worth trying again. Entering your PIN number erroneously three times results in a captured card.

**Black Market:** There's essentially no black market for foreign currency. You can assume that the frequent offers you'll receive on the street to change at high rates are a set-up.

The most useful bank for foreign **exchange** is NBC, with branches throughout the country. Countrywide, banks and forex bureaus are closed from noon on Saturday until Monday morning. To reconvert **Tanzanian** shillings to hard currency, save at least some of your **exchange** receipts, although they are seldom checked.

### **RWANDA Money & ATMs:**

Rwanda has a cash-based economy. Cash transactions can be made in either U.S. dollars or local currency. U.S. dollars should be recently issued bills in smaller denominations. Major credit cards are accepted on a very limited basis, mainly in the largest shops, hotels and lodges. Access to ATM machines is available in larger cities such as Kigali but limited in rural areas.

The **Rwandan franc** (Rfr) is the principal currency, although US dollars are widely accepted.

Expect to pay for local services in **cash**, in Rwandan francs. The greater the amount, the more likely US dollars or other hard currencies are preferred, such as gorilla tracking and upmarket hotels.

A growing number of places accept **credit and debit cards**, with Visa being more widely accepted than Mastercard. It's best to check

	<p>when making a booking.  <b>ATMs</b> can be found in Kigali and nearly all major cities.</p> <p>Cash can be exchanged at banks and private forex bureaux (bureau de change). Both are closed on Sundays and public holidays.</p> <p>Traveler's Cheques are rarely accepted as viable currency in Africa.</p>
<p><b>How Much Money To Bring:</b></p>	<p>Food and accommodations are paid for. Incidentals, tips, drinks, and souvenirs are extra.</p> <p>You need \$50-\$100 for Tanzania visa  You need \$50 for Rwanda visa</p> <p><b>Tippling:</b> For most porters, safari guides and drivers, tips make up a significant percentage of their salary  Staff Guide: \$20 per person per day (\$300 for both Rwanda and Tanzania)  Gorilla Tracking Staff: \$30 per person  Personal Rwanda Trek porter: \$25 pp (total)  Porterage: \$2.00 per bag  Dining Room Staff: \$1.00 per person  Hotel Staff: \$2 per night  Bush Lodges and Permanent Tented Camps \$10 pp per day there  Local Guide (Greg's staff) : \$15.00 pp per day.  Restaurant- tip about 10-15%</p> <p><b>Tippling</b> is discretionary and appreciated. Cash is usually preferred. If you want to all contribute at the beginning and we have a little fund, I can take care of all the tips.</p> <p>Of course, if your crew has done an excellent job and you would like to offer more, they will gladly accept!</p> <p><b>DRINKS AND PURCHASED ITEMS ETC</b>  On safari, drinks are EXCLUDED. Expect to pay around \$3 for a beer and 50 cents for soft drinks. We'll have bottled water available</p> <p>Wine in East Africa is extremely expensive, and selection is often limited. If you enjoy wine and are staying at camps/lodges, then take your own bottle/s along- you may be charged a corkage, but that is often still cheaper than paying inflated prices for wine.</p> <p>Spirits- local spirits eg. gin, are reasonably priced and acceptable, however imported spirits like whiskey can be expensive. When ordering drinks, always specify if you want a SINGLE tot, and also local vs imported- otherwise you may be served a double of the imported brand! If buying from the roadside, check that seal has not been broken.</p> <p>Curios can be found throughout Tanzania- on the roadside, as well as at markets and most lodges. Prices vary considerably- and it is best to negotiate when purchasing on the roadside etc. Discuss with your guide the best place to purchase the curio/s you want.</p> <p>I'd say with the Visas, you should have a minimum of \$750 to cover tips, visas, any drinks, little souvenirs, etc.</p>
<p><b>ELECTRONICS,</b></p>	<p>Don't forget batteries, chargers and adapters. Remember that even if</p>

## CHARGERS AND TECHNOLOGY:

you buy a plug adapter for your instrument, it won't work if the instrument is not 230 voltage adaptable. Then you would need a converter. A converter is different than an adapter.

These on Amazon will cover Tanzania and Rwanda: [click here https://amzn.to/3A31NNV](https://amzn.to/3A31NNV) or this one <https://amzn.to/43x3qiV> (this one has two USB ports so you don't have bring USB chargers as well)

Tanzania uses 220 watts AC and if you are bringing 110 appliances you will need a converter as well as the proper plug configuration (not recommended) Tanzanian outlets accommodate three prong UK style plugs. Tanzania is powered by a 250V, 50 cycles, AC network. 230 volts, 50 cycles AC. Most of the electrical outlets in Tanzania are similar to the outlets used in the UK the "**Type G**" British BS-1363 and the "**Type D**" Indian (old British BS-546 5 amp "small") sockets. See [here](#) for image.

Travel plug adapters simply change the shape of your appliance's plug to match whatever type of socket you need to plug into. If it's crucial to be able to plug in no matter what, bring an adapter for both types. But travel plug adapters *do not change the voltage*, so the electricity coming through the adapter will still be the same 220-240 volts the socket is supplying. North American sockets supply electricity at between 110 and 120 volts, far lower than in most of the rest of the world.

**In Rwanda**, the primary **electrical outlet** type is the **Type C** European CEE 7/16 Europlug and **Type J** Swiss SEV 1011, while the standard voltage used by electronic gadgets and appliances is 220-240 volts. See [here](#) for image

YOU can get a converter here (<https://amzn.to/3KF72Xd>) but remember that you need to make sure that you have an adaptor plug to fit it. My advice is not to bring anything that is not 220-110 converted. Phones, computers, etc., are all 220-110 convertible.

Those bringing electrical items from home may wish to invest in a power breaker: Tanzania's electricity supply can be erratic on occasions, and power surges could seriously impair the efficacy of your electrical instruments, if not melt them altogether. However, because the lodges are run on generators, the electrical current is not as strong as traditional electrical currents. Some lodges turn off their generators at midnight.

## PHONES

Believe it or not, Rwanda is one of the most and best internet connected country in Africa and they make things very easy. It's not quite as easy in Tanzania, but it works. You can use your iphone in East Africa (I have to check on other phones) Make sure it unlocked before you leave so you can put a local SIM card in. You can get one for just a few dollars. But in addition, call your cell phone service and see what your plan charges. You can also rent a cell phone from companies like <http://www.cellularabroad.com/rentals-tanzania.php>

## CAMERA AND BINOCULARS & Photography Etiquette

For clear pictures in the bush, long fixed lens camera is recommended. There will be unparalleled opportunity for photography. If you have one lens in addition to your normal lens, consider a 200mm telephoto or an 80-200 mm zoom for close-up shots of animals. It is generally considered that you need a tripod or a lens rest (small bean-bag on window ledge on a still vehicle) for stronger lenses. 300mm is great, but 200mm is sufficient. A UV/Skylight is highly recommended. Make sure to bring sufficient batteries and any other items to be self-sufficient

When taking photographs of local people please ask their permission

first and respect their wishes. All you need do is hold up your camera first and wait for a response. Whilst most people are extremely good-natured, they are generally rather camera-shy and may respond angrily to having their photographs taken without permission if they don't know you. You may be asked to pay local people to take their photo, if so ensure that you negotiate a final price that is acceptable to both parties. This may be their only employment. If a price is negotiated make sure you pay, but try not to encourage this habit. Instead, share the photo, offer to mail it, show it on your digital screen.

No photographs should be taken of border posts, airports, government or military vehicles or buildings.

For binoculars, exceptional views can be seen with an Alpen 10X42, or for good views take an Aplen 8x42

## FOOD AND WATER

Food is generally safe to eat if well-cooked and hot. If in doubt, veer towards larger restaurants in cities and those aimed at tourists, which will have undergone government safety checks. Avoid buying food from the side of the road and don't drink tap water. Use bottled water or otherwise boil or sterilize. That means no ice in water. Brush your teeth with bottled water.

Don't eat food that is not cooked. Milk is unpasteurized and should be boiled. Powdered or tinned milk is available and is advised. Avoid dairy products likely to have been made from unboiled milk. Only eat well-cooked meat and fish, preferably served hot. Vegetables should be cooked and fruit peeled.

Common local food is potatoes, chicken, rice, pasta, corn meal, beans, eggs and seasonal fruits.

Water: Bottled water is always safe water to drink. Do not drink tap water because the water may be contaminated. Most of the lodgings provide complimentary treated drinking water.

That includes **BRUSHING YOUR TEETH**. Buy bottled water All the places we went to were aware that Americans don't drink the water, **sometimes you may have to remind them that means no ice as well**. The guides may tell you that it is ok to drink, and it probably is ok, but they don't realize the difference in American stomachs. In Bhutan, they still don't quite understand that. In Nepal at the Cottage, they do filter everything.

Plan on drinking a lot of water. It helps with the altitude as well as the sun. To prevent dehydration, especially in the mountains, it is recommended to drink three liters of liquids daily - water, tea Bring a sufficient water carrier. I personally like the backpack ones, leaving my hands free and can grab a drink at any time.

The hotels can only serve tourists if they have passed a certain test, so you shouldn't have any issues and that goes for tourist restaurants as well. In general, Unclean food and water can cause travelers' diarrhea and other diseases.

Reduce your risk by sticking to safe food and water habits:

Eat

- Food that is cooked and served hot
- Hard-cooked eggs
- Fruits and vegetables you have washed in clean water or peeled yourself

	<ul style="list-style-type: none"> <li>• Pasteurized dairy products</li> </ul> <p><b>Don't Eat</b></p> <ul style="list-style-type: none"> <li>• Food served at room temperature</li> <li>• Food from street vendors</li> <li>• Raw or soft-cooked (runny) eggs</li> <li>• Raw or undercooked (rare) meat or fish</li> <li>• Unwashed or unpeeled raw fruits and vegetables</li> <li>• Unpasteurized dairy products</li> <li>• "Bushmeat" (monkeys, bats, or other wild game)</li> </ul> <p><b>Drink</b></p> <ul style="list-style-type: none"> <li>• Bottled water that is sealed</li> <li>• Water that has been disinfected</li> <li>• Ice made with bottled or disinfected water</li> <li>• Carbonated drinks</li> <li>• Hot coffee or tea</li> <li>• Pasteurized milk</li> </ul> <p><b>Don't Drink</b></p> <ul style="list-style-type: none"> <li>• Tap or well water</li> <li>• Ice made with tap or well water</li> <li>• Drinks made with tap or well water (such as reconstituted juice)</li> </ul> <p>Unpasteurized milk</p>
<p><b>ROAD CONDITIONS:</b></p> <p><b>Bring DRAMIMINE if you get motion sickness</b></p>	<p>Be aware that roads are rough and bumpy. Most travel in Tanzania will be on dirt roads- they are extremely rough and dusty but unfortunately cannot be avoided. The vehicles we travel in are usually diesel and do therefore tend to be a little slower on the road. Please note there are some long distances to be travelled, through beautiful scenery, so some long days will be spent in the vehicle.</p>



## PACKING: WHAT AND HOW TO BRING

### WEATHER and PREPARATION:

Tanzania lies so close to the equator that seasonal variations in temperature are not extreme. The elevation in the north is such that it doesn't ever get too hot.

Temperatures are pleasant with an average high of 83 degrees and an average low of 60 degrees. However, the rim of the Ngorongoro Crater can get quite cold at night and in the early morning. Tanzania is a land without winter. Temperatures in northern Tanzania range between 60F-70F during the day and 40F-50F at night, from May to October.

August is the dry season. Be sure to pack warm clothing/layers for morning game drives.

Rwanda is more elevated but the temperatures are about the same.

### TIPS FOR PACKING

- Pack as light as possible. Remember to leave space for souvenirs and gives
- Pack in Waterproof soft-sided bag up to 33 lbs
- Always pack essential items such as your passport, money, eyewear, a change of clothing, hiking boots and medications in your carry-on baggage, in case your luggage is delayed.
- Please check your equipment carefully to make sure that it fits well and is in good working condition before arriving for your trip. We will supply all group equipment, including food, support vehicle, and emergency medical supplies.
- Cotton is wonderful in warm weather. However, once it becomes wet, (sweat or other) it will drain your body heat. Bring synthetics such as Capilene®, MTS® and Thermax®.
- The key to staying comfortable on an active trip is layering. To get maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list was created to help you choose your clothing and gear for this trip. Try to bring only what is necessary,
- Always test your layers before a trip. Your outer layer should fit easily over the inside ones without bunching up.
- Make sure shoes or hiking boots are broken-in. Bring moleskin for foot treatment. Thin liner socks worn under regular hiking socks may minimize the risk of blisters. The liner sock should be synthetic, not cotton. But cotton and breathable socks are good too. Test your sock combination before you go on the trip.
- You need to cover your shoulders and your legs when we visit villages-- so no shorts or short sleeves. A Sorang is great for both.
- Although they don't allow plastic bags in Rwanda, you can still pack in them. Always good to have large plastic bags for your laundry or dirty boots. I know that some clients like the packing cubes.

### FIRST AID KIT: You need to be self sufficient

You need to bring your own basic medical supplies and especially a supply of any specific medicines you might need as you will not be able to get replacements once we go on safari.

#### Medical kit

Bring sufficient quantities of specific prescriptions/medications you require, but with general medicines don't over-cater as most are

readily available in Tanzania.  
Consult your healthcare provider before departure so they know the conditions under which you will be taking the medications. Advise someone else in the group of any side effects of any medication you take, and of any dietary requirements related to taking them.

**Consider bringing for your own use:**

- A general antibiotic treatment, particularly if you are prone to a recurring infection that requires antibiotics; discuss with your healthcare provider.
- Antacid tablets
- Antidiarrheal tablets- talk to your healthcare provider
- Cold suppressant
- Throat lozengers
- Stematil (prochlorperazine)/Maxalon (metoclopramide) for nausea/vomiting
- Dramamine or similar for motion sickness; or motion sickness bracelets
- Cream for itches and rashes (i.e. Benedryl itch relief stick)
- Paracetamol (acetaminophen) or equivalent ache/headache remedy
- Anti-Inflammatory medication (aspirin, ibuprofen)
- Antihistamine tablets for allergies/allergic reactions (day and night)
- Eurax cream for irritation from bites (most pharmacies have this)
- Antiseptic solution
- Sunburn cream/sunblock
- Lip balm with sunblock
- Band-Aid strips
- Blister prevention strips or cream
- Prescription medications clearly marked in their original containers,
- Insect repellent ("RID" or any repellent containing di-ethyl toluamide - DEET). Roll-on, cream or pump spray. Beware of possible limitations on aerosol cans on aircraft.
- Insect spray- "Knock Down" (brand) type Beware of flight limitations for aerosols or buy in town.
- Nail scissors and tweezers. Not in aircraft hand luggage.
- Eye drops- it is really dry in the bush
- Moleskin for blisters/blister prevention
- Gauze, bandage tape
- Oral rehydration packets such as Electrolade or powder gatorade
- Antibacterial cream/ointment
- Aloe gel- for sunburns/sores
- Women- vaginal yeast infection treatment, urinary tract infection treatments
- If you use an inhaler or epipen
- Mild Laxative
- Sedative/sleeping pills
- Malaria pills

**EQUIPMENT  
& THINGS**

- Valid passport and copy of passport
- 3 passport photos (extra)
- Wrap your toiletries in plastic bags separately, so if anything spills, it doesn't get over everything. Bring extra plastic bags (wet bathing suits, etc.)
- Hiking daypack to carry items such as a camera, sunscreen, chapstick, snacks and rain gear. — to hold water, layers of clothing, snacks, camera

- Hand sanitizer gel or wipes
- Lip balm
- Moisturizer
- Power bars/granola. It's bound to happen, you're hungry when others aren't.
- Purse or pouch to carry your passport and money
- safety pins, tweezers and some duct tape for the just in case situations
- Moleskin – great for blisters or some type of blister medication – sore feet can ruin a trip.
- Woolite packets in case you need to do quick wash in the sink. Clothesline and pins, piece of rubber or universal stopper for sink
- Bar of soap or small bottle of liquid soap for overnight and some lodges. (There is soap there, but some of them did not smell so nice)
- Flashlight or Headlamp with extra batteries (
- A Roll or two toilet paper /a packet of facial tissue
- A small towel
- Travel alarm or phone
- Camera and /memory cards with extra batteries for your camera and binoculars
- Batteries/chargers and adapters for your cameras/video cameras. Make sure that your charger can be used with an adapter to the electrical outlets in Rwanda and Tanzania
- UK plug adapter and transformer/voltage converter
- Spare Batteries for everything
- Cleaning cloths for lens camera
- Mini tripod (optional)
- Pocket knife (optional, but sometimes handy)
- Extra copy of your prescription for any medication...written in **generic drug terms (take pictures of them)**
- Extra pair of glasses and/or contact lenses
- Prescription glasses
- Water bottle/Water bottle holder. Refillable water bottle. At least two, 1 liter, water bottles or a *Camelback*. Camelbacks carry 70 or 100 oz. water bladders and larger camelbacks may double as a daypack. Or Nalgene bottles. It's nice to have your hands free though.
- Insect repellent with high % of Deet
- Sunscreen—High factor
- Sunglasses (maybe prescription as well)
- Binoculars (we have some but it's better if you have your own)
- Low-suds detergent for washing small items
- Earplugs - especially if you're a light sleeper and will be matched with another traveler.
- Bandana, 1 or 2 in case the dust picks up, sweat
- Optional: compass, star chart, foldable walking stick
- Bring pictures of your family and/or postcards of your city to show the people where you come from. **For donation:** Pens, pencils, notebooks
- Journal and/or books
- Playing cards, games
- Travel pillow

## CLOTHING:

## DRESS ON A CAMPING SAFARI

When you are packing your clothing, pack as little as possible. The

climate in sub-sahraha Africa is moderate to warm throughout the year. Most people make the mistake of taking along too much clothing. Bring comfortable, casual and semi-casual, "wash and wear" clothes. Hiking pants and T-shirts are commonly used during the day, complemented by sweaters, fleeces and waterproof jackets. It is convenient to have light rain gear available in the daypack (rain poncho or jacket and/or rain pants) as the weather could change. Try to find the type of clothes that are quick drying, and wick sweat away. Stay away from cotton. It doesn't dry. Go to an REI or Eastern Mountain Sport for some recommendations. A windbreaker/gortex jack

- Casual and loose fitting clothing.
- You should pack both long and short pants, Lightweight breatheable pants
- Please avoid clothes resembling army uniforms, ie jackets. Dress appropriately when crossing borders and when visiting villages and markets (no bare chests, no bare feet, no bikini tops)
- warm clothing such as a light sweater and trousers for the evenings and nights and a fleece, scarf. Nights spent in lodges/hotels are fairly casual. When on a camping safari, please note the emphasis is on comfort and durability of gear.
- While in the bush, you are advised to wear colorless clothing that provides camouflage in the natural environment. The most preferred colors are gray, , light green, light brown. shorts, t-shirts, good hat, scarf for the dust
- walking shoes and 'slops/sandals.' Kikoi is handy (traditional African rectangular woven fabric- can be used as a sarong). Pants and shirts with pockets are great.

**IN RWANDA:**

**The rainforest is full of horrible stinging nettles. It hurts to get stung. Protect yourself by bringing a pair of thick gloves (gardening gloves would be perfect), wearing knee-high hiking gaters, a long-sleeved lightweight shirt and wearing fairly thick pants (although it is quite warm so don't wear your thermals)**

**Clothing**

- 1 Pair of jeans/trousers;
- Light pair of pants
- Heavy pair of pants for Rwanda or rain pants to protect you from nettles
- Hiking Pants. I highly recommend the convertible pants that zip off into shorts. ( you may want biking shorts, but not long ride)
- 2 or 3 pairs of shorts- long shorts (convertible pants are best-ones that go to shorts)
- Fast-wicking and quick to dry top and bottom base layer
- Sun hat- with brim (one that ties around the neck best)
- Knee high gaitors for Rwanda for the mud
- Thick garden gloves for Rwanda
- Fleece jacket or sweater for morning temperatures
- Wind breaker / rain jacket
- short and long sleeved t-shirt
- Long-sleeved light weight shirt
- Multiple pairs of synthetic blend hiking socks (The number of

	<p>pairs may be altered depending upon the number of days that you will be hiking.)</p> <ul style="list-style-type: none"> <li>• Pairs of polypropylene or capilene liner socks for use while hiking</li> <li>• Pairs of cotton socks for evenings</li> <li>• pajamas</li> <li>• Sarong versatile use as scart to cover shoulders, or skirt for legs</li> <li>• Broken-in hiking boots preferable water proof( Ankle-supportive hiking boots with a gripping, lugged sole that are <i>already broken in</i> are a necessity. Smooth bottomed tennis shoes are not recommended, as they are not comfortable for extended hikes.)</li> <li>• Pair of sandals/flip flop</li> <li>• Comfortable shoes other than hiking boots but good for walking or biking (gym shoes_</li> <li>• Toiletries: Make sure you are self-sufficient with toiletries and personal hygiene items <ul style="list-style-type: none"> <li>toothbrush/toothpaste</li> <li>shampoo and conditioner</li> <li>deodorant</li> <li>comb/hair brush</li> <li>razor/blades</li> <li>tampons</li> <li>contact lens cleaning solution</li> <li>soap</li> <li>body lotion</li> <li>comb and small mirror</li> </ul> </li> <li>• Bathing suit</li> <li>• scarf(to protect from wind &amp; cold)</li> <li>• Quick drying underwear (ExOfficio has good brand</li> <li>• HIGH GATORS</li> </ul>
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<p><b>FOOTWEAR</b></p>	<p><b>To prevent injury and discomfort, here are some guidelines:</b></p> <ul style="list-style-type: none"> <li>• Wear comfortable, well fitting shoes.</li> <li>• Always wear good hiking socks. Keep your feet clean and dry</li> <li>• If you start to notice irritation or start to feel pain or a "hot spot" forming on your feet, this is usually an indication that a blister is forming. It is best to treat a problem area before blisters form and increased pain develops. Depending on the severity and type of irritation, you can:</li> <li>• Cover the entire irritated area with <b>moleskin</b>; make sure the moleskin lies flat on your foot.</li> <li>• Cut a doughnut out of the moleskin and place it around a blister that is forming.</li> </ul> <p>Use a piece of second skin to cover the problem area.</p>
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## **RWANDA: GORILLA TIPS**

<p><b>KEEPING THE GORILLAS SAFE</b></p>	<p>After trauma, respiratory illness is the <u>biggest cause of death in wild gorillas</u>. Stricter gorilla watching guidelines are a very positive thing. They were needed before the pandemic, and we hope that they'll last long after the pandemic. On average, even if a tour follows the rules, gorillas used to humans will come into close quarters with 7-23 people every day. From what we now know about Covid-19, social distance (that phrase of 2020), duration and the number of interactions we have with others are all things we can manage to reduce our chance of catching coronavirus. That also goes for our interactions with gorillas. Tourists are particularly prone to being carriers of Covid-19, thanks to travel stresses and our increased exposure to germs on public transport. Symptoms like fatigue and</p>
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	<p>coughing can be confused with jetlag and dehydration. You'll also only be trekking for 2-3 days; Covid-19 usually doesn't cause symptoms until the fourth day onwards. Often, it doesn't cause symptoms at all, so self-analysing whether we feel ill isn't enough of a safety precaution.</p> <p><b>GORILLA WATCHING GUIDELINES</b></p> <ul style="list-style-type: none"> <li>• Get vaccinated from Covid-19. Get all other recommended jabs, too, including yellow fever, tetanus, hepatitis A and B, polio and MMR. The flu vaccine isn't always on the recommended list, but there's no such thing as being too cautious when protecting gorillas.</li> <li>• Don't go if you feel ill.</li> <li>• Bring face masks and wear them properly. The World Health Organisation shows you how. The International Union for Conservation of Nature (IUCN) strongly recommends wearing a N95 mask, which filters almost all airborne particles. Cloth face masks are more environmentally friendly, but aren't held up to as exacting scientific standards. They'll do if you can't get hold of a N95, however, which can be in short supply.</li> <li>• Wash your hands thoroughly before trekking.</li> <li>• Avoid touching your eyes, nose and mouth.</li> <li>• Take distancing seriously. Scrap the 2m rule. In fact, scrap the previous 5-7m rule that applied to gorilla trekking and stay at least 10m away from gorillas. That's a bit more than the length of a bus. Over 60 percent of gorillas have lost their fear of humans, so it's up to you to keep that distance (which is almost painfully tricky when you have baby gorillas gambolling towards you).</li> <li>• Turn away from the gorillas if you need to cough or sneeze.</li> <li>• Rwanda has introduced mandatory PCR tests and requires a negative Covid-19</li> </ul>
<p><b>MAKE THE MOST OF YOUR ONE HOUR</b></p>	<p>You are only allowed one hour with gorillas. This is so that gorilla groups don't get stressed by too much contact with tourists (to be honest, more than an hour with a bunch of ogling camera-toting tourists would be enough for me, too). Make the most of the hour! It goes by so fast – it really was the shortest hour of my life. While you'll want to take a thousand photos and shoot video, you also need to take time to just appreciate being in the presence of these animals, without viewing them through your camera.</p>
<p><b>READ WATCH: Gorillas in the MIST</b></p>	<p><i>Gorillas in the Mist</i> is about Dian Fossey's experience of living with and studying mountain gorillas in the DRC and Rwanda. The film was shot in Rwanda, so you can excited for the beautiful landscapes before you arrive in the country, and get extremely excited about being able to see mountain gorillas (although don't expect them to hold your hand like they do in the movie with Dian).</p>
<p><b>COUNTRY INFORMATION: Tanzania</b></p>	
<p><b>TIME:</b></p>	<p>Tanzania is 2 hours ahead of GMT or 7 hours ahead of Eastern standard time Rwanda is 6 hours ahead of Eastern Standard Time</p>
<p><b>CULTURAL DIFFERENCES:</b></p>	<p>Bear in mind you will be travelling in some rural areas where the people have had little contact with foreigners. Never tip children, even if they have helped you find your way. The minute you tip a child, the temptation (or even family pressure) for</p>

them to not attend school can become too appealing. If a child is obviously very poor and you wish to help in exchange for a kind act, buy the child a meal directly but do not give money. If you experience an act of spontaneous kindness (and you most likely will many times) then ask your guide if it's appropriate to tip. If you don't have a guide to ask, an offer to buy lunch, or "help with school fees" or something of that nature, may be appropriate. Whatever you decide to bring or buy, hand it to the head of school, not the children directly.

**Bringing Candy and Trinkets**  
 There is nothing wrong with sharing sweets if you're eating them, but don't bring them with the purpose of handing them out to local kids. Rural African children have little access to dental care. Also, you would never just hand out candy to kids you don't know at home. They may have dietary issues, or their parents may not want you to give their kids sweets. You will turn kids into beggars and rob them of their self-esteem. There are plenty of villages around Africa where at the first sight of a tourist, the yells for "bon bons" or "give me pen" are deafening. It's not a great relationship.

Tanzanians are well known for their friendly, laid-back attitude. In most cases you will be humbled by their hospitality despite the fact that most people are a lot poorer than you. As you travel in touristy areas, you will probably attract your fair share of souvenir hawkers and beggars. Remember that these are poor people who are trying to earn money to feed their families. If you aren't interested, then say so, but remain polite.

**LANGUAGE:**

The official language of Rwanda is English, but the national language is Kinyarwanda; French and Swahili are also spoken in Rwanda.

Swahili is the official language in Tanzania. Most locals speak Swahili. There are many other tribal languages spoken in various areas. In hotels, staff will speak English and in the larger cities, most people involved with tourists speak English.

**Basic Swahili Course**

**Greetings**

- Jambo - Hi/hello
- Habari (How are you?) – Nzuri (fine)
- Shikamoo (a young person greeting an elder) – Marhaba
- Habari za asubuhi (Good morning) – Nzuri (fine) or Mbaya (not good)
- Habari za mchana (Good afternoon) - Nzuri (fine) or Mbaya (not good)
- Habari za jioni (Good evening) - Nzuri (fine) or Mbaya (not good)
- Usiku mwema (Goodnight) - Na wewe pia (you too)
- Later – (Baadaye)

**Casual Greetings on the Streets (Mostly used with young people)**

- Mambo (What's up?) – Safi (fine), Poa (cool) or Freshi (Fresh – Slang of English fresh)
- Vipi (How? Or How are you?) - Safi (fine) or Poa (cool)
- Sema (Speak?) – Poa (cool)

**Appreciation, show concern and other courtesies**

- Thanks/Thank you – Asante
- Thank you - Asanteni (to more than 1 person)
- Thank you very much – Asante sana
- Uko sawa? (Are you okay?) – Ndiyo (Yes), Nipo Sawa (I am fine) or Hapana

	<p>(No)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Please – Tafadhali</li> <li><input type="checkbox"/> Sorry – Pole</li> <li><input type="checkbox"/> Very Sorry – Pole sana</li> <li><input type="checkbox"/> No worries – Hakuna matata/Usijali</li> <li><input type="checkbox"/> No problem – Hamna shida</li> <li><input type="checkbox"/> Welcome – Karibu</li> <li><input type="checkbox"/> Welcome – Karibuni (to more than one person)</li> <li><input type="checkbox"/> Excuse me – Samahani</li> <li><input type="checkbox"/> Jina lako nani (what is your name) – Jina langu ni XX (My name is XX)</li> <li><input type="checkbox"/> Nice to meet you – Ninafuraha kukutana na wewe</li> </ul> <p><b>Agreement Disagreement</b>  Ok/Okay - Sawa No - Hapana  Yes - Ndiyo I don't Understand - Sielewi  I understand - Naelewa  I like it (a lot/very much) – Napenda (sana)</p>
<p><b>PERSONAL SAFETY:</b></p>	<p>Tanzania is a friendly country. However, as with any city/town, please be VERY careful when shopping, do not wander around at night in towns (use taxis), and do not leave valuables in hotel rooms etc.</p> <p>Passports and valuables should be stored in safety deposit boxes or safes in the hotels where available. While travelling, theft is always a possibility- precautions should be taken accordingly. A money belt or pouch is a good idea.</p> <p>Rwanda:  Rwanda is generally safe but there have been recent incidents of street crime. Exercise caution at night.  There is a threat of terrorism. But you should be aware of the global risk of indiscriminate terrorist attacks which could be in public areas, including those frequented by expatriates and foreign travelers.</p> <p>US Embassy in Rwanda  US Embassy, 2757 Avenue de la Gendarmerie (Kacyiru)  PO Box 28 Kiali, Rwanda  Tel: (+250) 252 596 400  Fax: (+250) 252 580 325  Website: <a href="https://rw.usembassy.gov">https://rw.usembassy.gov</a></p> <p>US Embassy in Tanzania  686 Old Bagamoyo Road, Msasani  PO Box 9123, Dar es Salaam, Tanzania  Tel: [255] 22-229-4000 Emergency After-Hours- dial '1' for emergency operator  Tel: [255] 22-229-4122  Fax: [255] 22-229-4721  Email: <a href="mailto:drsacs@state.gov">drsacs@state.gov</a>  Website: <a href="https://tz.usembassy.gov">https://tz.usembassy.gov</a></p>