

General Travel Guidelines

Some of the most important travel considerations are:

- Valid passport with plenty of blank visa pages
- Visas for each country as necessary (Many countries allow you to purchase visas upon entering the country.)
- Health certificates as recommended by your physician for your specific destination(s)
- Airline tickets or E-ticket receipts (Always reconfirm reservations 72 hours in advance)
- Traveler's checks, credit cards, debit cards, and cash
- Inform all credit card companies prior to departure of your travel plans to avoid unpleasant issues
- Follow the security measure included with your traveler's checks, and also leave an additional record of their numbers at home
- Customs registration for items like cameras, videos, binoculars, and expensive watches
- Exercise the same safety precautions throughout your travels as you would at home
- It is advisable to keep all travel documents together securely. This should include tickets, passports, vaccination certificates, and travel insurance documents
- Be especially careful of your passport, and memorize its number, date of issue, and place of issue
- It is also advisable to carry a photocopy of the informational pages of your passport (the pages containing your photograph and passport details, as well as any amendment pages and visas) and to leave an extra copy at home
- It is a good idea to leave valuables such as expensive watches, jewelry, etc., at home
- In any country, do not automatically expect your belongings to be safe in any hotel/lodge/tent accommodation.

Note: Please be aware that although Ker & Downey will advise you of the current information concerning visas and other requirements, it is your responsibility to reconfirm the information and obtain all necessary documents for entry to countries listed on your itinerary. Visa requirements change frequently.

Travel Insurance

Ker & Downey strongly recommends that all clients take out appropriate personal and travel insurance and that they carry the details of their coverage with them at all times on their journey. We offer a program to our U.S. and Canadian residents, and information on coverage available will be included in your pre-tour materials (as will the cancellation policies applying to your tour.)

Safety

- Do not leave your hotel to walk around at night or on weekends when streets are usually deserted.
- Do not leave valuables out in your hotel room. Use the hotel or in-room safe.
- Carry a minimum amount of money and keep it hidden if possible.
- In towns and cities, take a taxi when you do not have access to previously arranged transportation.

Health Requirements and Information

Anyone travel with physical disabilities or medical requirements should advise Ker & Downey at the time of booking.

Note: Please remember that Ker & Downey is a tour operator and is no way authorized to prescribe any inoculations or medications; we can only recommend precautions. No responsibility can be accepted by Ker & Downey for actions taken as a result of information contained here. Everyone is advised to seek proper medical advice before, during, and after travel.

Note: Recommendations and requirements can change, sometimes on short notice.

Immunizations

- Check with your local immunization clinic, public health facility, or personal physician to find out what immunizations are required and/or suggested for your overseas journey, if possible around six weeks prior to departure.
- The U.S. Centers for Disease Control (the "CDC") in Atlanta operates a 24-hour recorded "International Travelers' Hotline". You can access the "Hotline" by phoning toll-free 1-877-394-8747. Information can be mailed or faxed to you. You can also access the same information on the CDC website at [www.cdc.gov].
- Vaccines commonly recommended for travel to Africa include: tetanus, diphtheria, cholera, polio, gamma globulin, typhoid, hepatitis A, hepatitis B, yellow fever, rabies, and meningitis.

Malaria

Malaria is caused by certain mosquitoes, and protective measures should be taken to avoid mosquito bites. The malarial mosquitoes are most active (but not limited to) the hours between dusk and dawn. Please see the additional information packet included for more details on malaria and where it can be found. For countries where malaria is a concern, please keep in mind the following:

- It is recommended you bring insect repellent of your own that contains at least 35% DEET.
- The most suitable choice of medication depends on many individual factors, and travelers need careful, professional advice about the advantages and disadvantages of each option. Some malaria medications have serious side effects and reactions. Your doctor can advise you of the most suitable drug available to you.
- Consult your doctor early, as some malaria medications must be taken 2-4 weeks prior to arrival in a malaria-affected country. Most cases of travelers' malaria occur when travelers stop taking

anti-malarial drugs as soon as they get home. Do not change or discontinue your malaria medication without skilled professional advice.

- Symptoms of malaria – and other tropical diseases – may not appear until long after you return home, and you may not necessarily associate them with the trip. Always report any symptoms to your doctor, and make sure that he or she knows that you have been to a malaria zone, even up to twelve months after you return home. Signs of malaria infection can include flu-like symptoms, tiredness, gradual loss of appetite, chills, fever and headache, diarrhea, nausea, or vomiting.

Bilharzia

Bilharzia, also known as “snail fever” or schistosomiasis, is a parasitic disease caused by several species of fluke of the genus *Schistosoma*. It is found in most rivers and lakes in Africa, as well as Asia and South America, especially in areas with water contaminated by freshwater snails, which can carry the parasite.

- Avoid slow moving water, areas close to reeds, and swimming, wading, or walking barefoot along the shore unless you know for certain the area is Bilharzia free.
- Fast moving water usually poses less risk than stagnant water but can still be a problem, and even deep water can contain the carriers. Swimming pools that are well-chlorinated and maintained are safe. Bilharzia does not exist in salt water.

Traveling with Medication

- Travelers should bring their own prescription drugs for personal conditions. These should be carried in your hand luggage and left in the original labeled containers only. If possible, a copy of the prescription should be carried with you.
- If you are a diabetic, in the wake of September 11, there are tighter security measures at airports. Airline security officials now require diabetics to bring all their medicinal items in original pharmacy packaging with pre-printed labels. You should save all of your original packaging in order to be well-prepared when you take a plane trip.
- If you use an insulin pump, be ready to answer questions about it and even to be able to demonstrate how it operates to airline security.
- It is advisable to also carry a letter from your doctor saying that you need supplies such as insulin syringes or lancets.

Note: Be aware that airport security can rules change often and that calling the airline ahead of time to inquire about the airline’s policy on diabetes medication and supplies is absolutely essential. The FAA says passengers should call the airlines at least one day prior to the flight.

Health Tips

It is suggested that you assemble a traveler’s medical kit appropriate to your destination, length of trip, and general health. Your physician can advise you on specific items to include (such as remedies for minor stomach ailments or motion sickness). Remember that some over-the-counter medications, including some common allergy and sinus remedies, are illegal in some countries.

Food and Water Precautions

- Only eat well-cooked meat and fish, preferably served hot. Uncooked, undercooked, partially cooked or reheated meat, fish, eggs, and raw vegetables should be avoided. Peel fruit yourself. Exercise caution in eating foods that can spoil from lack of refrigeration such as salads containing mayonnaise, heavy cream and dairy products.
- In most areas decaf coffee or tea, diet sodas, and sugar substitutes may not be available so you might want to bring some packets with you. A limited supply of soft drinks are available - usually Coca Cola and ginger ale. Sometimes hard liquor is in short supply and you may not find your favorite brands.
- Tap water is generally safe in many of the larger cities, but whenever possible it is recommended you drink bottled water. Outside of the cities **do not drink (or brush your teeth with) the tap water**. Exercise caution when using water that is provided in containers such as flasks or thermoses that are offered in camps, lodges, and hotels. It is usually safer to drink a beverage from a bottle or can, and do not accept ice in drinks.
- Bottled water is available for purchase in most hotels, camps, and lodges. Make sure the cap on bottled liquids is removed in your presence.
- To avoid dehydration, especially in hot or desert climates or on very active excursions, make an effort to drink more water than you normally do, even if you don't feel thirsty.
- Sports bars, dried fruit, trail mix, and other snack foods can be very handy on long days or if local food does not satisfy your palate. (Chocolate is not a good choice as it not only melts but can also be dehydrating.)
- Vegetarians should consider bringing along protein supplements and other items to compliment the limited local variety.
- Every effort will be made to cater to special dietary requirements with advance notification.

Wash your hands every chance you get. This will help to prevent many bacterial and viral infections.

Baggage

Baggage allowances vary with the different airlines, routings, and class of service, depending on your exact itinerary.

General Information

- We urge you to check with your booking agent for the exact baggage regulations pertaining to your specific itinerary.
- While two checked suitcases weighing up to 70 pounds are allowed on Trans-Atlantic flights from North America to Europe, elsewhere a weight limit of 44 pounds of baggage **per person** is still in effect for scheduled flights and is adhered to very strictly.
- We urge travelers to adhere to the lower baggage limit (two pieces weighing up to 44 pounds total, plus one carry-on bag) because that amount of baggage will be accepted on all scheduled flights.
- Any baggage in excess of airline limitations may be subject to substantial freight charges by the airline. These charges are entirely the responsibility of the traveler.

- Many airlines have begun charging fees for checked bags. Please check with the individual carriers for information about these fees.
- If you have large suitcases, or extra bags, it may be possible to store them along the way. Please ask your tour consultant for more information.
- We recommend that you do not lock your baggage due to Transportation Security Administration (TSA) screening of all checked bags. However, should you choose to lock your bags, there are now locks available at many retail outlets that can be used to secure your luggage without creating the need to break the lock or damage your bag.
- Each piece of checked (as well as stored) luggage should include identification both outside and inside the bag.
- When arriving in secured passenger areas internationally, regulations at most airports do not permit passengers to be met or assisted with baggage handling. Most airports have luggage carts available.
- Please refer to the included country information packets for country-specific baggage requirements, such as those for light aircraft flights.

Note: Ker & Downey cannot be held responsible for personal property or lost, damaged, or stolen baggage. We strongly recommend the purchase of adequate baggage insurance for each traveler.

Heightened Security Regulations Regarding Liquids, Gels, and Aerosols

Restrictions have been introduced to limit the amount of liquids, aerosols, and gels that can be taken through the security screening point. Any liquids, aerosols, or gels such as drinks, creams, perfumes, sprays, gels, and toothpaste must be in containers that do not have a capacity greater than 100 milliliters/grams, and all containers should fit comfortably in a transparent, re-sealable plastic bag. The bag must have a volume no greater than one liter, such as a freezer bag (20cm x 20cm or 25cm x 15cm) sold in most supermarkets.

If these limitations are not adhered to, items will be confiscated by airport security and airlines will not be able to recover these for customers. When proceeding through airport security checkpoints, the bag must be separated from all other cabin baggage. Please remove it from your carry-on bag before entering the security checkpoint to avoid delay.

Items that need to be placed in this bag include, but are not limited to:

- Water and other drinks, soups, syrups, jams, stews, sauces, and pastes
- Foods in sauces or containing a high liquid content
- Creams, lotions, cosmetics, and oils
- Perfumes
- Sprays
- Gels, including hair and shower gels
- Contents of pressurized containers, including shaving foam, other foam, and deodorants
- Pastes, including toothpaste

- Liquid-solid mixtures
- Makeup
- Formula milk
- Food for babies in small containers
- Prescription medication in liquid or gel form
- Essential non-prescription liquid medication not exceeding 100ml per container
- Eye care products
- Liquids and gels
- Juice needed by diabetics
- Lipstick in tubes
- Solid or gel deodorants
- Lip balm, mascara, and similar solids

Please refer to the TSA website for more detailed and up-to-date information. [www.tsa.gov]

Duty-free purchases

Any duty-free liquid, gel, or aerosol products purchased after security checkpoints should be placed in special security bags by the store and customers connecting to further destinations are advised to keep these sealed throughout their journey.

Check-in

Travelers are urged to prepare for the new rules in the pre-travel stage of their trip and allow extra time at check-in and security check points arriving at least three hours prior to an international departure.

Packing Checklist

To assist you in planning for your trip, we have prepared a “Packing Checklist”, meant as a guideline only. Always take your own preferences into account when determining what to take. We recommend that you travel light. There is a daily laundry service at most camps and hotels, and some include this service in their rates.

Clothing

Please refer to your checklist for specific suggestions.

- **Do not over pack.** In most cases, you will want to take lightweight clothing. Cotton and cotton/synthetic mixtures are most comfortable. Dress mainly for outdoor comfort. A cotton bush jacket or golf jacket with pockets is a good idea. You might want to take two sets of lightweight outer clothing for travel and game viewing so that you can wear one while the other is being laundered.
- You will want an informal change of clothing for dinner at the end of the day. In the austral winter, you will need a heavy sweater or jacket when out of doors in the early morning and evening. This is a must.
- Bring a hat for sun protection.

- Generally, you will not need heavy footwear unless you plan to do a great deal of walking. A pair of comfortable walking shoes, tennis shoes, or desert boots will suffice. A change of shoes at the end of the day is pleasant. Therefore, an extra pair of lightweight shoes (low heels for women) is recommended for evenings at the lodges. Flip flops and thin-soled shoes such as ballet slippers are not recommended for outdoor camps and lodges. Flip flops, however, can be helpful in situations where you will be sharing shower facilities.
- Carry lightweight sleepwear, as blankets are usually readily available.
- All clothes should be loose fitting (undergarments included) to help keep you cool and to reduce your chances of being bitten by insects.
- Heavy articles of clothing needed for your trip to and from the countries you are visiting when the weather will be cold elsewhere may possibly be left in hotels or airport storage facilities so that you do not suffer the inconvenience of carrying them throughout the trip. You would be able to collect them at the end of your journey. Please keep in mind that this depends on the itinerary you are following. You should discuss with your consultant whether or not this will be possible.
- Please refer to the included country information packets for country-specific clothing recommendations.

Accessories

- A pair of dark glasses is almost a necessity, in addition to the hat previously mentioned.
- Bring sunscreen or sun block of at least SPF25.
- If you wear prescription glasses, take an extra pair and a copy of the prescription.
- Carry binoculars for game viewing and long distance sight-seeing. A lightweight six-power pair will most likely be adequate and easy to hold.
- Take a small, lightweight flashlight.
- Electric razors and hair dryers can be a problem because of voltage, which varies based on location. If these items are necessary, we suggest that you invest in a transformer kit, complete with a set of plugs. If possible, use battery-run appliances and take extra batteries.
- It is advisable to have insect repellent such as Cutter®.
- Moist towelettes are useful to freshen up, as are tissue packets.
- Lip balm and moisturizing creams are especially useful for dry climates.

Voltage

Please make note of the voltage used in each country you are visiting, as mentioned in the individual country packets. You can purchase adapters in luggage stores or most anywhere travel items are sold. Also note that simple plug adapters that change the shape of the plug DO NOT convert the electrical current. If your equipment cannot handle dual voltage, you will need to purchase a 220 to 110 volt transformer, which is much heavier and bulkier than a small adapter.

Photography Tips

For photographing birds and animals, a telephoto lens is essential. The minimum lens size recommended for large animals is 200mm. Serious bird photographers might want to consider lenses starting at 300mm. Larger lenses can provide better results, but do have negative issues to be considered. For example, with

a 500mm lens, you may have problems steadying the shot. As a common rule, lenses up to 300mm can be relatively easily handheld. Tripods are generally impractical on safari. Lenses that are “image stabilized” perform well on safari.

Digital Photography

Digital technology has increased the convenience of traveling with cameras. Below are some of the points to consider when preparing for your digital safari experience.

- Modern flash cards carry a lot of images. For instance, a 1GB card can carry approximately 250 high resolution images depending upon your camera and its settings. Consider carrying several medium capacity flash cards (1GB) instead of one high capacity card (4GB). This insures that you will be able to continue taking pictures should your primary flash card become unusable.
- Take enough removable media to capture all of your photographs. Do not compromise image quality to fit more on the camera media.
- Some travelers prefer to bring a small laptop to transfer images after each day. You can then back up your media by burning pictures from the computer to a CD or DVD. If you choose to do this, please **be careful** that you do not exceed your luggage limitations with the addition of the laptop computer.
- As mentioned previously, wildlife photography requires a telephoto lens or zoom lens. Because the imaging chip in digital cameras is about 40 percent smaller than a 35mm frame, there is a lens magnification factor of approximately 1.3 to 1.6 (depending on your camera) times the focal length of your lens. If you are using a lens designed for a 35mm camera, the effective focal length of the lens increases by about 50 percent when used on a digital SLR. (An 80-200mm lens on a digital body will have a field view of 120-300mm.)
- Many locations can be harsh environments for your camera, and it is important that you protect your equipment. Bring zippered plastic bags to protect your camera in between shooting sessions. Dust on the CCD sensor decreases the quality of your images. Be extra careful when changing lenses, as this is the time when dust is attracted to the camera’s mirror. It would be good to bring some cleaning supplies for your equipment and to become comfortable with cleaning the CCD before your trip.
- Many lodges and tents provide power receptacles in rooms and in tents. Be aware that many cut power a few hours after sundown since the generators are noisy and can disturb guests at night.
- Always bring extra batteries for your camera.
- Bring a car adaptor for your recharger.
- Consider using a UV filter.

Film Photography

Use film with which you are familiar. Big lenses often require fast film, and depending on the conditions, you may need to bring some fast film such as ASA400 or 1000. Transport all film as carry-on luggage.

Do not pack undeveloped film in your checked bags. New TSA screening equipment will damage the film. Take all film out of the canisters, and place them in clear plastic bags. High-speed film (800ASA and up) should be hand checked and not allowed to go through the carry-on screening equipment.

Shopping

Please note: Ker & Downey assumes no responsibility for any purchases made by our clients while traveling. As a courtesy to our clients, our overseas offices can, if requested, refer you to a shop that carries the merchandise you are looking for. This is not intended as Ker & Downey's endorsement of that shop or as any assumption of responsibility for any merchandise purchased at the shop. Further, Ker & Downey will not take responsibility for following up if any merchandise that you choose to have shipped home is not received or is received in unsatisfactory condition. You must contact the shop directly if you have any problems with the purchase. Therefore, we urge every traveler to heed the following shopping guidelines based on our own experiences in order to avoid disappointment over purchasing decisions.

- **Bring your purchases home with you**, unless you are prepared to wait several months to receive your merchandise.
- **Do not purchase expensive goods of supposed high quality unless you are absolutely sure of what you are buying** (or unless you like the item enough to buy it even if it is not authentic or as valuable as you originally thought.) Unless you are an expert in gems, furniture, etc., do not assume that the quality and/or value of your purchase are as represented by the vendor.
- **Always take the time to read the charge slips for credit card purchases before you sign them.** This may seem obvious, but in the excitement of making a foreign purchase, travelers sometimes overlook this simple step and are unpleasantly surprised when they return home and receive their credit card bill. Taking a few moments to review the charge slip before signing it can save you headaches later. It is also suggested that you make a note of the total amount of the purchase in the local currency and compute the exchange rate to be sure that you are being charged the correct amount.
- For purchases made abroad that are being hand-carried home, keep all sales receipts with you in your hand luggage. It is also suggested that you pack all of your foreign purchases together in one bag (separate from your other personal belongings, if possible). You might consider bringing some bubble wrap and string for packing any fragile merchandise you purchase while traveling.
- Please see the individual country packets for specific information on shopping in the country you are visiting.

Please note that the purchase of "national treasures" for export from any country is strictly illegal and that the responsibility rests entirely on the purchaser. In addition, U.S. and Canadian Customs prohibit the importation of any products from endangered species of wildlife. If you are approached by someone offering this type of "curio" for sale, do not buy it. International agreements are such that, if you are caught with this type of restricted item, it will almost certainly lead to prosecution.

Currency

- Generally, you should limit the amount of money you convert into local currencies and exchange only what you think you will spend before leaving any foreign country.
- We suggest that you exchange money only at authorized facilities such as banks, hotels, and authorized money changers or Forex Bureaus at the airport or in major cities.
- Be aware that only paper currency will normally be accepted for exchange. Coins will usually not be accepted.
- While traveling, cash, traveler's checks, or local currency should be kept with you at all times and not left in camp or lodge rooms.
- It is suggested that you carry more cash than traveler's checks, as cash is more readily accepted. Certain establishments accept traveler's checks, but they can be difficult to exchange. Many places add a surcharge when cashing them.
- In most countries, U.S. paper currency printed before the year 2000 will not be accepted due to counterfeiting schemes.
- It is suggested that for countries in which tipping is accepted in U.S. currency that you prepare your tips before you travel. A tipping chart will be included in your final travel documents that you can use for reference. One example would be to separate the tipping amounts into envelopes labeled with the different accommodations or services to which you have assigned them.

Contact

- Ker & Downey in Houston has a **24-hour emergency** number: **281-802-9265**. This number is to assist clients that find themselves stranded in an emergency situation after their travel arrangements have begun. **This number is for emergencies only.** Please use the contact list provided in your travel documents to contact the individual service companies or accommodations in country before using the Ker & Downey emergency number.
- In the event that you must be reached while traveling, we have included an extra copy of your travel itinerary and contact list for you to give your relative or other emergency contact.

Telephone

- To dial out from a foreign country to call the United States or Canada, an additional code will be needed before dialing the number. Refer to your phone carrier's list of international calling codes.
- Please be advised that most hotels impose surcharges that can more than double the cost of international calls. Be sure to check the hotel policy **before** placing an international call from a hotel.
- When renting a car in a foreign country, we highly recommend that you also rent a cellular phone or purchase a prepaid one on arrival in the country if your personal phone is not capable of making calls from foreign countries. We can offer assistance with this in some countries.

Consular Information Sheets

The U.S. Department of State issues Consular Information sheets for every country of the world. They give important information about each country, including the location of U.S. Embassies and Consulates abroad. You can listen to the Consular Information Sheets by calling toll free (888) 407-4747.

Alternatively, the information can be faxed to you by dialing (202) 647-3000 from your fax machine and following the prompts. This information is also readily available on their website at [<http://travel.state.gov>]. **Note:** Do not use “www” in this URL. The website also offers the most up-to-date travel warnings and travel advisories for U.S. citizens traveling abroad.