

shapshap
adventure travel

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Preparing for your African adventure

All the info you need in one document

Thank you for choosing **ShapShap Travel**

A great attitude, an open mind and being well prepared makes an adventure holiday in to the trip of a lifetime. This document will provide you with much of the general information about our tours. For specific route information you should refer to your Tour Dossier. If you have not received this document you can download it from our website, or contact reservations at info@shapshaptravel.com and we will email one to you. Remember you are in Africa. Standards and service should not be compared with first world countries. You came here to get away from all that– to experience Africa as it really is. The unexpected is included in your tour- free of charge! Hakuna Matata !

We make every effort to ensure that this document is up to date, but it should be noted that sudden changes in the operational conditions might result in changes to this information.

WHAT ARE ADVENTURE TOURS?

An adventure Tour is a journey along a suggested route, which is aimed at the more adventurous and budget conscious traveler. It is off the beaten track, and many of the areas visited do not have the infrastructure that the package tourist may require. The route taken may also change from time to time due to unforeseen circumstances. An Adventure Tour is different from a package holiday (on a bus for instance). Instead of limiting the experience to providing transport and accommodation an Adventure Tour aims to provide a more inclusive experience. We also include cultural interaction, game viewing (safari), social interaction and the opportunity to book more adrenaline based experiences such as white water rafting, skydiving, walking with lions and even swimming with dolphins. Our belief is that it's not so much just the arrival at a destination, but the total experience of the adventure tour that is important. We travel together, eat together, learn from each other's cultures and form a strong, supportive team. Although our guides are professionals, they are not "heroes" and won't pamper you. Our guides are passionate about Africa, enthusiastic and will always get you through any challenges with a smile. For a successful expedition, all we need is space under the stars and your willingness to join in!

A typical day with us starts when the sun rises- we live by nature's timetable and use as many daylight hours as possible. If you are camping, tents are set up by nightfall, kettles are boiled, the smell of cooking is in the air and we sit around the camp, enjoying one another's company and chatting about Africa. For those on the accommodated tours, the only difference is that you sleep in a bed. Evenings are for writing diaries, playing cards or board games, or just listening to the African night. Every single trip is different - we like it that way! One of the few things we can guarantee about Africa is that not everything is going to run perfectly. Along the way there are sure to be a few unexpected surprises! These include road closures due to weather conditions, mechanical failure (it happens, but not often) or having wild animals in the campsite! Anything can happen, the main thing to remember is that whatever happens, we are experienced enough to handle the situation and make sure that you still have a fantastic holiday.

WHO IS SUITED TO TAKE AN ADVENTURE TOUR?

Almost anyone can go on an Adventure Tour these days. The nature of an adventure tour tends to attract a certain age group, and experience has shown us that it is best suited (**but not exclusive**) for travelers between 18 and 40 something. The majority of travelers on a camping tour are in their 20s and 30s. The average age on the accommodated tours are normally higher. Clients that are 65+ are required to show a doctor's note that states that they are physically fit and healthy enough for an overland tour in Africa.

Part of the tour is about meeting new people, what we can confirm is that 99% of our travelers find that they get along very well. This is because the people that book an adventure holiday in Africa have similar values and interests.

On a camping tour the maximum number of passengers is 24, although we average about 20 on most tours. On the accommodated tours the maximum number of travelers is 18. We have a large range of nationalities on our tours but about 50% of our travelers come from English speaking countries (USA, Canada, UK, Aus, NZ etc) and the other 50% come from Europe and Asia. Obviously because of history there are a high percentage of Dutch and German travelers to Africa, but we also get people from the Nordic countries and Asia.

Although there are often couples and groups of friends who have booked together, many travelers are single and the male-female mix generally works out about even. Suitability for our trips is not just about fitness, it's about being able to take the rough with the smooth - whether you're up to your elbows in mud rescuing your sinking truck, climbing the nearest tree in an attempt to escape from charging buffaloes or searching for the only bush in the desert to squat behind – expect the unexpected!

CAMPING OR ACCOMMODATED - WHAT'S THE DIFFERENCE?

Our accommodated tours are here to fill the gap between a camping experience and an expensive lodge tour. The accommodation is mostly in National Park style chalets and bungalows. All nights on Accommodated Tours are in twin rooms unless a single supplement is booked or on our East African Tours where we sometimes make use of dorm room accommodation. Ablution facilities are mostly communal and our crew will prepare all meals (unless otherwise stated). You are still required to pack as for the camping tour– including your towel. Please keep in mind that this is an adventure tour in an adventure vehicle and luggage should not include any hard style suitcases. On our Accommodated tours most of our trucks have lockers for the luggage. Only a soft bag will fit in these lockers. A suitcase is far more difficult to store and make secure in our vehicle and this is part of the reason we ask for a backpack or tote bag to be used as your luggage. If you can't carry your own bag, it is too heavy! On the accommodated Cape to Vic and South African tours, there will be a third crew member to help with chores such as washing dishes, cleaning of the truck etc.

BEFORE YOU GO – ESSENTIAL PREPERATIONS

A successful adventure tour requires proper preparation. Travelling in Africa is challenging at the best of times and travelling by an adventure vehicle is a constant adventure. Be prepared to expect the unexpected.

WHAT WE NEED TO KNOW

Please ensure to inform us of the following before you leave on tour:

- **SPECIAL REQUIREMENTS**

Please confirm to us in writing if you have any special dietary requirements, allergies or intolerances. We need to know a week or two before departure to arrange any special requests. This does not include 'I don't like mushrooms'– you can tell your guides about your likes and dislikes– we need to know if 'mushrooms' (for example) will make you ill, or if you cannot eat them for religious reasons.

- **ONWARD TRAVEL ARRANGEMENTS**

Please ensure that your onward travel arrangements are made BEFORE you depart on tour, as these cannot be made while on tour. We offer a good value for money transit from Vic-Falls to Johannesburg, which you can add to your tour. Please ask our reservations department (info@shapshaptravel.com) about the options of onward travel with your tour and for names on low cost airlines if you want to fly to your next destination. Please do not book your onward travel on the day the tour ends. If we arrive late you will have a problem – remember, expect the unexpected.

DEPARTURE TAX

Various countries may require that you pay an Airport Departure Tax when departing on an international flight. The following information is given as a guideline only and may change at any time without notice. Please note that ALL departure taxes must be paid in hard currency cash (US dollars are usually best). The list below only serves as an indication and the information may be different at the time of travel:

AIRPORT

Cape Town CPT
Johannesburg JNB
Windhoek WDH
Victoria Falls VFA
Livingstone LVI
Dar es Salaam DAR
Zanzibar ZNZ
Arusha / MoshiJ RO
Nairobi NBO
Kampala EBB

Cape Town Int. South Africa
Oliver R Tambo Int. South Africa
Hosea Kutako Int. Namibia
Victoria Falls Int. Zimbabwe
Livingstone Int. Zambia
Dar es Salaam Int. Tanzania
Zanzibar Kisauni Int. Tanzania
Kilimanjaro Int. Tanzania
Nairobi Wilson Int. Kenya
Entebbe Int Uganda

DEPARTURE TAX

Included in airline ticket
Included in airline ticket
Included in airline ticket
USD 30
USD 25
USD 20
USD 30
USD 20
USD 20
USD 20
USD 20

FLEXIBLE ITINERARIES

Although we intend to stick to the published itineraries it is critical to understand that the routing can change. Africa is unpredictable and many variables may require changes to the itinerary. This cannot be stressed enough. If we are forced to make a change to a tour we will make sure that we still provide what we specified in our brochure. If we can no longer provide what is published in the brochure we will provide a comparable experience of the same value. We will of course inform you as soon as we can about any changes.

WHAT TO BRING?

Your luggage is limited to ONE backpack and ONE daypack weighing no more than 20kg. As a general rule, if you cannot lift your own luggage - you've got too much stuff! Most people make the mistake of bringing too many clothes. Suitcases are not suitable on tour– especially huge Samsonite-style cases! Bags with wheels are of no use when you are moving you bag from the truck to your tent/chalet through sand.

YOU SHOULD PACK THE FOLLOWING:

Kit for all weather conditions including:

- 2/ 3 shorts/ skirts
- 1 jacket/ anorak
- Tracksuit/ pullover



- 2 pairs of long pants/ jeans
- 2 pairs of walking shoes/ boots/ trainers
- 1 pair of sandals
- 3 or 4 T-shirts/ short sleeve shirts or sundresses
- 2/ 3 Long Sleeve Shirts
- Smart casual change of clothes
- Swimwear
- Underwear & socks
- Sun Hat – preferably that covers the back of your neck.
- Raincoat



Your clothing should be easy to wash and dry and should preferably not need ironing. Avoid synthetics, which can be very uncomfortable in hot weather. Many people underestimate how cold Africa can be– remember that jersey/ jacket! There are also nights that are warm but you must still wear clothes that cover arms and legs from mosquitoes. Take a set of casual but smart clothes for the occasional evening out in a restaurant or club. If you wear glasses (or contacts) it is also advisable to bring a spare pair.

Additional Items:

- Towel & facecloth
- Baby wipes/ Wet Wipes
- Personal toiletries
- Sleeping bag.
- Torch/ head lamp & enough spare batteries
- Camera & spare batteries and film
- Insect and Mosquito repellent
- Suntan lotion, sun block & after sun lotion
- Sunglasses
- Watch
- Biodegradable laundry detergent
- Small basic First Aid kit (painkillers, band aids, after-sun lotion, eye drops, anti- diarrhea tablets etc.)
- Passport (plus a copy of your passport & visas)
- Extra passport photos
- Vaccination certificate
- Money
- Small sewing kit
- Plastic bags
- Clothes line and pegs



LIFE ON TOUR – WHAT YOU NEED TO KNOW (YOUR EXPECTATIONS)

It is very important to separate issues that you control from issues that ShapShap Travel and its partners control. It is unreasonable to hold ShapShap Travel and its partners responsible for things out of our control. Understanding this will help you get some perspective and to have realistic expectations.

THE GUIDES

Both crew members are trained and qualified guides, but only 1 may be tour leader. Although our guides are qualified for the work they do, please remember they are human too. Adventure tours place enormous demands on our guides due to their nature and duration. Working 18 hours a day, week after week would place a strain on anyone. They do it because they love their job and like people so please treat them with respect and decency.

It should also be noted that clients often hold guides responsible for things out of their control. So please be fair to them, the guides are not personal servants, butlers or maids.

Sometimes our tour leaders and drivers have to make a decision with regards to health, safety, security and circumstances beyond their control. This may not always be a popular decision. As far as possible, your guide will take into account the wishes of the group as a whole, but your understanding and patience at these times will be much appreciated. Sometimes both crew members will need to discuss the matter together, this means that you'll not always have someone in the back of the vehicle to answer questions and remark on certain locations. For anything that you would like to know or have explained, please ask the guides so they may assist. The Tour Leader has complete authority on tour and his/her decision is final.

TIPPING

In Africa tipping is not compulsory. Tipping in restaurants is usually 10% for good service and more if you feel you received exceptional service. You do not normally tip Taxi's. We provide specific information with regards to tipping certain groups such as the porters on Kilimanjaro and the Polers in the Okavango Delta for instance. Our Crew can be tipped if you feel that they have done a good job and/ or gone above and beyond the call of duty.

The best way to arrange tips is to elect one person in the group to collect the money. We recommend USD1 (or about R5) per day per person, per guide as a fair tip. So if you have 3 crew on a tour, we would recommend that 3 envelopes are used and each crewmembers name written on one. Place what you feel is fair in to each envelope and the elected person can give these to the crew at the end of the tour.

If you do not feel that the crew deserve a tip, please, do not tip them. You must remember that tipping is only for exceptional service.

THE GROUP – WHAT TO EXPECT?

Traveling in a group offers many advantages and allows you to share the experience with like-minded fun seekers! It's also a cheaper and more secure way to explore an unfamiliar continent. Making friends with your fellow travelers will certainly help you make the most of your tour. An open mind may sometimes be necessary as we have a range of cultures and nationalities on our trucks. The guides are there to ensure that the tour runs smoothly and this includes the group dynamic. If you feel that someone is behaving in an unsociable way the mature thing to do would be to mention this in a non confrontational way to the individual. If you do not feel comfortable with this please speak to our crew. You are traveling in a truck together and the best way to avoid petty conflict is to follow the Guide's schedule with regards to keeping the truck and environment clean and tidy at all times. The fastest way to lose friends on tour is to leave you smelly hiking boots all over the place. In all honesty, it is very rare that we have passenger conflict on tour.

EACH DAY – WHAT TO EXPECT?

The days usually start early and end late. Although a lot of time is spent travelling, we do cram a lot into every day. Expect some frustrations, you are in Africa and things don't work that well sometimes. Coming with an open mind, flexible attitude and realistic expectations will ensure you have a great time. An average day on tour begins around 6am and departure is after breakfast at around 7am. There are some mornings that need a very early start to reach our next destination, or to photograph a spectacular African sunrise. It's all part of the adventure. Prepare yourself for the worst, especially in winter when days are shorter. We usually take a lunch-break en-route and, depending on the distance to be covered, afternoons are often spent relaxing or exploring the lay of the land. Every few days we usually spend a couple of days at one venue to break the travel. Most evenings are spent around the camp-fire talking about Africa. Your tour dossier will have details of where you will be each night and the prices of meals if we are spending an evening at leisure in a city or town.

TRANSPORTATION– ON THE ROAD

The transportation on tour is a major component of all adventure tours. These tours are road trips. Long drives, bumpy roads and possible mechanical problems are part of the deal. Digging the vehicle out of mud is sometimes a highlight. These setbacks are what you make of them. Please be prepared. Please note that we have TRUCKS and not Busses. You Crew will be very unhappy if you call them bus-drivers.

THE TRUCKS– OVERLAND TRUCKS

These vehicles are amongst some of the finest on the road. However, do not forget the nature of an adventure tour. This is not a bus trip. Nor do we provide up-market tours.

They are still budget tours aimed at the adventurous traveler.

There are no onboard toilets or air-conditioning. No vehicle is designed to operate under the conditions in which our trucks run. We run a strict maintenance program but unfortunately break-downs are not uncommon. If a problem occurs, please be patient. It takes time to resolve mechanical problems in Africa. Make the best of the situation.

DISTANCES AND ROAD CONDITIONS

All of our tours cover long distances on the roads of Africa. Our job is to show you the magnificent sights of this continent. This involves many hours spent driving which cannot be rushed for the following reasons: You are in a truck. It's not a sports car! Expect average speeds of around 80kph. However, there are roads where we are forced to reduce to speeds of 30kph due to bad roads or safety concerns. Distances between highlights are often on a bigger scale than those at home. Often there is absolutely nothing between focal points except vast open deserts. Most tours average around 350 km per day. However, there can be stretches of up to 650km in a single day, that's a long way! Be prepared.

We will be travelling along winding dirt roads. Your safety is paramount. Keep this in mind when you are tired, hot and irritable.

PARTICIPATION & INTERACTION – WHAT'S EXPECTED OF YOU?

Although we do most of the work, the nature of these tours is not that of a beach holiday. Assistance makes a real difference. The more time guides have for you the better the tour will be, so getting involved definitely enhances the tour experience. This is an adventure tour.

All of our group tours are limited participation tours: All we require you to do is:

- Assist with washing up duties.
- Loading and unloading your bag
- Putting up and taking down your tent. The first time is a challenge – thereafter, it's a breeze!

On most of the accommodated tours there will be an extra crew member, who will do the washing up and most of the work will be done for you. You are however welcome to assist wherever possible and the more willing hands, the smoother things will run, and the more enjoyable it will be for all. Your tent and camping equipment and kitchen utensils are provided on your tour. Please take care of our equipment, as anything broken or lost on tour cannot be easily replaced.

Our guides do all the cooking; however you are welcome to share your culinary skills with the group. The more you join in, the greater the experience!

COMMUNICATIONS

An enjoyable trip depends heavily on open and honest communication between yourself, the guides and your fellow passengers. Many a problem has its root in lack of communication. On Tour when on tour be sure to keep the communication channels open with your fellow passengers and the guides. This is the key to a successful trip. If you are unhappy – discuss it. Problems cannot be resolved if no one knows there is a problem. Feel free to approach your guides at any time. The smallest problems can turn into big ones very quickly! How others can reach you. Although you will not be able to communicate easily on tour – we are always able to find you. Feel free to provide your family with our contact details and should there be an emergency of any kind at home we will be able to contact you almost anywhere. Please bear in mind that in certain instances there may be a charge for this– in some areas there are not even radio facilities- should we have to physically send someone by boat, road or air to your campsite, the person we send will expect to be compensated. Please inform your families that although we can find you– it must be a real emergency- as we will not be sending one of our local contacts 500km over terrible roads to remind you to change your underwear regularly!

In an emergency your family can contact the emergency number provided in your tour voucher, or they can send an e-mail to info@shapshaptravel.com or they can call our offices on +31 70 888 9519. We advise that you should also contact family and friends before leaving and tell them that you are on an adventure tour and that you will probably be out of touch for that period. There are telephones in some places but do not count on these being all that reliable! Our guides do not have mobile cellular phones, as there is often no reception outside of South Africa. In East Africa you can expect to pay up to USD 3 per minute for a phone call. E-mail facilities can be found in major towns and city centers, but it is often very slow and expensive.

CLIMATE AND WEATHER CONDITIONS

Please ensure that you are familiar with the exact weather conditions to be expected on your particular tour. Be prepared. Weather in Africa can be extreme. In rainy season, prepare to get wet and in dry season, prepare to bake. The weather is part of Africa but it can be a tough taskmaster. The African sun is fierce especially in Namibia and Botswana. We suggest a factor 30 sunscreen and that you wear a hat. From October until April you can experience extremely hot temperatures.

During the winter months the nights can be cold, even dropping down to zero, but the days are generally warm to hot. In Southern Africa, the short rains are from October to December, but the main rainy season begins in February and can last until April, Cape Town on the other hand experiences winter rainfall from May– August.

In Central and East Africa the rainy season is from December to around April. Botswana, Zimbabwe and Zambia experience low average rainfall, usually during the summer months from October– April. From October until April you can expect temperatures up to 50 degrees Celsius in the desert regions of Namibia and Botswana. During the winter months the nights can be cold, even dropping to freezing, but the days are warm to hot. The Namib Desert is one of the driest places on earth.

COUNTRY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
BOTSWANA	19/32	19/31	18/31	15/31	10/28	05/25	05/25	09/29	14/32	19/35	19/34	19/32
ETHIOPIA	16/23	17/24	18/24	18/24	18/24	16/22	15/20	15/20	16/21	16/22	16/22	15/22
KENYA	12/25	13/26	14/26	14/24	13/22	12/21	11/21	11/21	11/24	13/24	13/23	13/23
MADAGASCAR	21/26	21/26	21/26	20/26	17/24	15/21	14/20	15/21	17/24	19/26	20/27	21/27
MALAWI	17/27	17/27	16/27	14/27	11/25	08/23	07/23	09/25	12/27	15/30	17/29	18/28
MOZAMBIQUE	16/30	16/28	16/26	14/26	14/23	12/22	10/20	10/20	12/22	14/25	16/27	15/30
NAMIBIA	17/29	16/28	16/27	13/25	09/22	07/20	05/20	08/23	12/25	15/29	15/29	17/30
SOUTH AFRICA	16/26	16/26	14/25	12/22	09/19	08/18	07/17	08/18	19/18	11/21	13/23	14/24
TANZANIA	13/26	14/26	15/27	16/25	15/23	13/22	12/23	12/23	13/25	14/27	14/27	14/27
UGANDA	09/24	11/24	11/23	11/23	11/23	09/23	09/23	09/23	11/23	10/24	11/23	10/23
ZAMBIA	17/26	17/26	17/26	17/26	12/26	10/23	09/23	12/25	15/25	18/31	18/20	17/27
ZIMABAWE	16/26	16/26	14/26	13/26	09/23	07/21	07/21	08/23	12/26	14/28	16/27	16/25

Please note that this is only a general indication

FACILITIES ON TOUR– WHAT’S AVAILABLE?

This is an adventure tour. We are trying to take you into remote regions. By definition we are attempting to remove ourselves from facilities. Although there are some they should be seen as a bonus not an expectation. Details of what facilities are available at each overnight stop are in the tour dossier provided for your tour.

ACCOMMODATION

Camping Tour:

On a camping tour you will be sleeping in two-man, heavy duty, canvas dome tents. The tents are all large (2.2m x 2.2m or larger) and on most tours a mattress will be provided. You need to provide your own pillow and sleeping bag. The tents are easy to put up and have flexible self-supporting poles. No unnecessary pegs to fight with! There is a fly-sheet provided for rainy weather and a built- in mosquito net, which should be kept closed at all times. Please make sure that you pay attention when the guides explain the correct way of putting up and taking down your tent. The incorrect use can cause problems with the tent.

Most of the campsites we use have good toilet and shower facilities, but hot water is sometimes a luxury. Fortunately, most places we visit on tour are warm! Some places that we visit are bush camps where there are no facilities.

Accommodated Tour:

Our Accommodated Tours are intended as an upgraded camping product. In order to keep our fantastically low prices on these tours the accommodation that we book is not luxury or 5 star! Please expect 1- 2 Star lodges and chalets. We also make use of permanent tents in certain areas. Sleeping bags are not required on our Accommodated Tours in Southern Africa, but please bring your own towel, as these are not always provided. All the accommodation booked is in twin rooms in Southern Africa and in East Africa we book twin rooms where we can, if we can get twin rooms, then dorm rooms are provided. If you are a single traveler a single supplement is payable on booking to secure the single room. It should be noted that often we book cabins/ chalets/ bungalows, these will have 2 bedrooms, but often only one bathroom. Specific details of each tour can be found in the tour dossier. Not all accommodation is en suite on our accommodated tours.

LAUNDRY

Most camps have hand-washing facilities and in Swakopmund, Vic Falls and certain camps in East Africa there are laundry facilities. Please remember to bring some environmentally friendly washing-powder for your laundry. For a small fee you can often have your laundry washed by someone else— ask your guide for assistance en-route.

SECURITY

The truck has a safe for passports, money, credit cards and flight tickets only. Please use this facility as lost passports/ money causes delays and may result in you having to leave the tour. The truck safe is not large enough for cameras, cell phones, ipods and other digital equipment. These items should be kept in your day pack and your day pack should be kept with you. The camps that we use are generally safe but please be-aware all the time, as tourists are easy-to spot targets in Africa – as well as in the rest of the world! Make photocopies of travel documents and keep separate from the originals. Your possessions are your responsibility at all times. It is advised that you take out comprehensive insurance if you are planning on bringing expensive items like digital cameras etc on tour. Although all care and attention will be exercised neither ShapShap Travel and its partners, Employees or operators will accept responsibility for anything deposited in the truck safe or left on the vehicle.

PHOTOGRAPHY

Please ask the guide to stop if you would like to take photos at any time. The guides will also stop at panoramic viewpoints along the route, to ensure you get the best scenic photo. Please stock up on memory chips (film) and spare camera batteries before departure, as these can be difficult to find en-route.

If you are going on a tour to the Serengeti NP or Kruger NP you may find that you take a LOT of pictures trying to get that perfect shot. 2GB Memory is minimum and if you are

interested in photography we would recommend more! Please take care of your photographic equipment in the dusty areas we pass through. At some campsites power points to recharge batteries for video/digital cameras are available, but you will have to provide the necessary connections and adaptors.

Forbidden Photos

Don't take pictures at border crossings, government buildings, and military installations and avoid photographing army, police or anywhere else if your guide advises against it. Please remember we are guests in the countries we visit and respect local customs and feelings. Certain tribes in Southern and Central Africa do not allow their picture taken. Please ask your guides before whether it is permissible or not. You may also have to pay a nominal fee to take photos of some local people (especially Masaai).

RESPONSIBLE TOURING

ShapShap Travel is committed to the principles of responsible environmental tourism. It would be appreciated if you would respect the customs, laws and environment of the countries and areas we visit. Please be 'green minded' and dispose of rubbish in the appropriate manner. We have a dustbin on board and we ensure that we have cleaned up everything before leaving our campsites.

YOUR MONEY

Money can make or break a tour, obviously. Make sure you have enough and tailor your trip to your pocket. Africa is not cheap. Spend wisely and note the prices of the optional activities in your tour dossier.

WHATS INCLUDED AND WHATS NOT?– OPTIONAL ACTIVITIES

There is no such thing as an all inclusive tour. We provide you with a great tour, but there are always additional activities that you can do en-route. In your tour dossier you are provided with a full list of all the Optional Activities that can be booked on the tour you have chosen. There are many activities available and your guide will help you chose what is best for you. If you want to go white water rafting or bungee jumping we will make sure you book this with the safest and most professional company. On tour there are also other expenses such as dinners at local restaurants, tips and shopping. The dinners and tips we have tried to cover in detail, but other expenses such as snacks and alcoholic drinks you have to budget for yourself

Doing What You Can Afford

Unfortunately, not everyone can afford all of the activities. We keep the tour price as low as we can without compromising quality so you have choices. The optional experiences and activities are carefully and strategically selected to give you a break from the routine of travelling adventure tour style. They enhance your holiday and give you an adrenaline

rush when you need one! These are selected for their value for money, enjoyment factor and the feedback from clients. Optional activities are not included in the price of the tour for three simple reasons:

- Not everyone can afford to do them all
- Not everyone wants to do them all! (No point in throwing you out of a plane if you can't bear heights!)
- We leave the running and safety of these specialized activities to the people who do them best. We take you there and then let the professionals take care of you in pursuit of your thrills and spills!

CURRENCY, MONEY AND BANKING – THE FACTS

Optional Activity Package

The Optional Activity Package covers what we consider to be the essential, not to be missed activities on our tours. Ideally we would include all of these, but not everyone can afford this. This payment is 100% transparent and is listed in the detailed tour documents.

If you want to include the all the activities in the Activity Package to your tour, you can pay for the complete package when you book the tour, or you can pay for it in cash on the morning of the tour departure.

If you don't want to include the Activity Package in your tour, you can still change your mind later and pay for the activities on the spot during your tour- just keep in mind that it will be subject to availability.

SOUTHERN AFRICA

The South African Rand is usable throughout Namibia, Botswana & Zimbabwe. Credit cards can be used in South Africa and Namibia. Credit cards should not be used in Zimbabwe. Botswana only accepts Visa Card cards and not Master/Maestro cards, but it can be difficult to get money at cash machines there. American Express, Diner's Club and some debit cards are not widely accepted. Get ALL your US Dollars before you depart on tour. In Southern Africa the South African Rand is also widely accepted, although you will get change in local currency.

CENTRAL & EAST AFRICA

Credit cards should be avoided in Zimbabwe, Zambia, Malawi, Tanzania, Uganda and Kenya. US Dollars are the most widely accepted currency in Zambia, Malawi, Tanzania, Kenya and Uganda. It is essential that your US Dollar notes are from the year 2004 (or younger) as notes from the year 1999 and older are not accepted and many places will not accept USD 100 notes so make sure you bring lots of USD 1, USD 5, USD 10 for

tips and craft markets. USD 20 and USD 50 notes are good to change into local currency. It is generally cheaper and easier to arrange your foreign exchange in your home country. Foreign Currency can be purchased in South Africa – but you will require proof that you are travelling out of South Africa – i.e.: your tour voucher or onward air ticket.

COUNTRY CURRENCY INDICATION

Botswana	Pula and ZAR (South African Rand) are on a 1:1.5 ratio. Rand can be used in Botswana.
Kenya	Kenya Shilling. It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.
Lesotho	Loti and ZAR are on a 1:1 ratio. Rand can be used in Lesotho, but you will receive your change in Loti.
Malawi	Kwacha. It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.
Mozambique	Metical. It isn't necessary to obtain monies in this currency beforehand. You will require USD or ZAR.
Namibia	Namibian Dollar and ZAR are on a 1:1 ratio. Rand can be used in Namibia, but you will receive your change in N\$.
Swaziland	Lilangeli and ZAR are on a 1:1 ratio. Rand can be used in Swaziland, but you will receive your change in Lilangeli
Tanzania	Tanzanian Shilling. It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.
Uganda	Uganda Shilling. It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.
Zambia	Zambian Kwacha. It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.
Zimbabwe	Zimbabwe Dollar. It isn't necessary to obtain monies in this currency beforehand. The preferred currency is USD.

SPENDING MONEY

It is difficult to estimate how much you will spend on tour as this depends largely on your personal preferences- smoking, drinking, shopping, snacks etc. USD \$10 - \$15 per day or around R100– R150 per day is usually enough for the average person, but this is greatly affected by how many beers you have each evening and if you drink coca-cola instead of water...

We recommend that you bring some money in cash – USD denominations. Credit cards can be used in some places so can be a useful resource. However, credit cards should not be relied upon as a main source of funds as there are many places (especially north

of Zimbabwe) where cards cannot be used, especially for cash advances. Speak to our reservations department - they have personal experience of these issues and will give you sound advice about exchange and currency matters on tour! It is also a good idea to speak to the guide on day one of your tour if you have questions about money.

HEALTH AND WELFARE

Staying healthy on tour means staying happy. It's no fun being sick on holiday, and even less fun on an African adventure tour. Added to the normal health issues, Africa has some nasty bugs and diseases. Please take note of the following:

GENERAL

The guide has authority on tour at all times and this includes decisions regarding safety. AIDS is an enormous problem in Africa. HIV estimates range between 20% and 50% of the population. In some areas it is even higher than this. Please be careful and practical! Condoms are cheap and freely available. It is important that you inform us of any medical conditions or prescription drugs that you are taking such as diabetes or asthma etc. as we are sometimes 300km or more from the nearest medical assistance. This is especially important if your medication has to be kept at a certain temperature – we must know about this beforehand! Please report to the tour leader if you are feeling even slightly ill, as they may need to make plans for you to get to medical assistance promptly. Many travelers can feel sick within the first two weeks of travelling. This is very common and due to your body reacting to germs and bacteria it is unfamiliar with. Keep this in mind, but do NOT take it lightly! Speak to your guides.

FIRST AID

There is a First Aid Kit for emergencies on board. This is for emergencies only. The guides will not use it as a dispensary. We strongly recommend that you take a personal medical kit. All of our guides are qualified in First Aid. Suggested contents include:

- Lip balm
- Anti-histamine cream or tablets
- Sunscreen and after sun balm
- Water purifying tablets
- Pain killers
- Anti diarrhea remedy
- Moisturizer
- Dehydration salts
- Elastoplasts/ band-aids
- Insect repellent
- Sterile dressings
- Antiseptic cream



Personal hygiene is very important on tour as you are travelling together in the truck in warm to hot climates. Please be considerate and attentive to your personal cleanliness. Being ill on tour is not fun and the enjoyment of the group as a whole depends largely on everyone being healthy. It is quite normal for some people in the group to have diarrhea at some stage of the tour. This is generally not serious, usually being the reaction to the food, water and the anti-malarial tablets. It can often be the result of a lack of attention to basic hygiene. If you suffer from this at any stage please inform your guide immediately.

Please pay attention when washing dishes and cutlery, as this is the quickest way for the whole group to fall ill. Make sure that your plates are thoroughly cleaned. We provide anti-bacterial washing up liquid – please use it liberally. We supply an anti-bacterial soap for the washing of hands. Please ensure that you use it regularly, especially before meals.

MEDICAL INSURANCE

Please note that it is a condition of booking on any ShapShap Travel tour that you have adequate medical insurance. We require the details of your insurance policy for our records before you will be permitted to depart on tour. Please check the small print of any ‘free’ credit-card insurance– your insurance must cover you in the instance that you need to be airlifted to a hospital. As many public hospitals in Africa are below western standards you might have to be airlifted to South Africa for a simple problem. Many insurance policies do not cover adrenaline sports: i.e.: bungee jumping – please check this before you book the activity.

Medical insurance is usually relatively inexpensive and we recommend that you buy a separate policy in your country of origin. If you purchase insurance in Africa please note that it will not cover you to be returned to your own country in the event of an emergency, it will only return you to the country in which you purchased the policy.

WATER

One of the most common ailments on tour is dehydration. You should be drinking a minimum of 3 liters of water per day, and even more during the hot summer months. The water on tour is generally drinkable, but your guides will advise you when not to drink the local water. There is a 200-litre water tank on the truck for emergency use. Mineral water is available in most places, but this can be expensive. In some places it is necessary for you to buy your own drinking water.

MALARIA

Malaria is a serious problem in Africa. It does not have to be a problem for you as long as you are vigilant about using your mosquito repellent and you take your malaria pills. Malaria is transmitted by mosquitoes and is more prevalent where there are high concentrations of people – i.e.: in towns. There are two main malaria strains:

Plasmodium vivax, falciparum (Vivax accounts for about 90% of the cases) the main points to remember:

Prevent getting bitten! Use an effective prophylactic! Insect repellent is the single most important line of defense. Make sure you bring enough of an effective (preferably stick or lotion) repellent and that you use it liberally and frequently! You need to look for the active ingredient (DEET) on the bottle. Keep the mosquito nets in the tent closed at all times. Wear long-shirts, socks/shoes and long-pants after dark. Most mosquito bites occur below the knee.

Malaria Prophylactics:

Malaria prophylactics do not prevent Malaria, but do treat it if you come down with the disease. They also prevent you from getting seriously ill. It is NOT true that Malaria cannot be cured. You have 2 broad malaria prophylaxis choices:

Daily tablets: Doxycycline or Chloroquine & Paludrine combination pills

Weekly tablets: Larium, Mefliam, Mefloquine, Malarine.

Please note that the Chloroquine & Paludrine combination pills are virtually ineffective in East Africa due to their widespread usage there in the past. We do not recommend that you take this type of prophylaxis unless you are unable to take any of the others. You may have heard negative reports about Larium and its side effects. However, it is 95% effective while the daily tablets are only about 30% effective. Please consult your doctor before selecting your prophylaxis. It is very important to begin taking your tablets one week before entering a malaria area, and for four weeks after leaving, as this is the incubation period. For more information on Malaria, visit www.travelclinic.co.za

ALCOHOL AND DRUGS

We do not run booze-cruise tours. We want you to enjoy yourselves and it is great to sit around the fire exchanging stories enjoying your favorite tipples, but the attitude of drinking from early morning until late at night makes for unpleasantness. You dehydrate even quicker consuming alcohol. Most campsites have bar facilities; we simply ask that drinking is kept to a reasonable level for your enjoyment. We have a firm policy about drugs on tour. We do not tolerate them! Police regularly inspect our trucks and campsites and we make numerous border crossings. If you are caught in possession of illegal substances we cannot help. You do not want to add a spell in a local jail to your experiences!

LOCAL LAWS AND CUSTOMS

Passengers are required to obey all laws of the countries through which we pass. This particularly applies to the smuggling of contraband and possession of narcotic drugs and

firearms. Any passenger found contravening such laws or putting other passengers at risk may be required to leave the tour immediately with no refund of the tour fare. Please remember that we are guests in each of the countries we visit, it is good manners to comply with their customs.

YOUR PASSPORT

Your passport must have enough pages for any visas. Your passport should have 2 pages free for every country to be visited. Please ensure that you take your own passport out from your hotel / backpackers safe the night before departure. We suggest that you take a photo copy of your passport with you to Africa and it is a good idea that you also leave a copy at home or with some friends. Please note that South Africa insists on people having 2-free pages available when you enter. Keep this in mind if you are going to fly home from South Africa after completing a tour to multiple African countries. Please ensure that your passport is valid for at least six months after your date of departure from Africa. You (the passenger) are personally responsible for ensuring that passports, visas, vaccination certificates and other travel documents are in order and for all costs relating thereto. Please note that it is not advisable to use more than one passport (to avoid visa payments) when travelling.

When entering (for example) Namibia, the immigration official needs to see the exit stamp for South Africa and it must be in the same passport in order to allow entry.

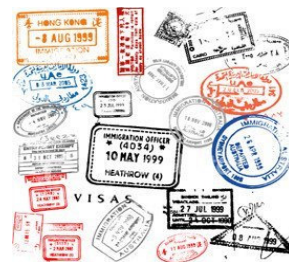
VISAS - Very important!

As visa requirements vary considerably, please contact the various embassies or a visa service agent to recheck, visa requirements at least 4 weeks prior to departing. Please note that visas are the responsibility of the traveler and that ShapShap Travel nor its partners will be held responsible for clients being denied entry should they not be in the possession of the relevant visas. All travelers must be in possession of a valid onward/return air ticket or proof of other means of transport enabling the traveler to leave the country in which your adventure tour terminates. Alternatively you must have proof of sufficient funds (e.g. credit card) enabling you to purchase an air ticket to leave the country. Should the adventure tour you are joining be re-entering a country, be sure to have a multiple entry visa that enables you to re-enter the country.

IN DOUBT OR REQUIRE A VISA?

Contact the embassy in your home country or contact:

VISA SOLUTIONS (R.S.A)
Corner of Riebeeck and Long Streets
Cape Town, 8001, South Africa
Telephone +27 21 425 5896
E-mail: visasolution@mweb.co.za



NB: As visa requirements sometimes change whilst you are on safari we recommend that you allow a little extra USD cash.

Herewith is a guideline as to which nationalities require visas, and which do not.

Nationality	NAM	BOTS	ZIM	ZAM	MAL	TANZ	KEN	UGA	LES	MOZ	SWAZ	ETH	MAD
American	no	no	yes	yes	no	yes	yes	yes	no	yes	yes	yes	yes
Argentinian	no	no	yes	no	no	yes	yes	yes	no	yes	no	yes	yes
Australian	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
Brazilian	no	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
Canadian	no	no	yes	no	no	yes	yes	yes	yes	yes	no	yes	yes
Chinese	yes	yes	yes	yes	yes	yes	yes	yes	no	yes	yes	yes	yes
Croatian	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
Danish	no	no	yes	yes	no	yes	yes	yes	no	yes	no	yes	yes
Congolese	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
Dutch	no	no	yes	yes	no	yes	yes	yes	no	yes	yes	yes	yes
Finnish	no	no	yes	yes	no	yes	yes	yes	no	yes	yes	yes	yes
French	no	no	yes	yes	yes	yes	yes	yes	no	yes	no	yes	yes
German	no	no	yes	yes	no	yes	yes	yes	no	yes	no	yes	yes
Greek	yes	no	yes	yes	yes	yes	yes	yes	no	yes	yes	yes	yes
Israeli	yes	yes	yes	yes	no	yes	yes	yes	no	yes	no	yes	yes
Italian	no	no	yes	yes	yes	yes	yes	yes	yes	yes	no	yes	yes
Kenian	no	no	no	no	no	yes	no	no	yes	yes	no	yes	yes
Korean	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	no	yes	yes
Mexican	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes
Namibian		no	no	no	no	yes	no	yes	no	yes	no	yes	yes
New Zealand	no	no	yes	yes	no	yes	yes	yes	no	yes	no	yes	yes
Norwegian	no	no	no	yes	no	yes	yes	yes	no	yes	no	yes	yes
Polish	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	no	yes	yes
Portuguese	no	no	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes
Spanish	no	no	yes	yes	yes	yes	yes	yes	yes	yes	no	yes	yes
South-African	no	no	no	no	no	no	no	no	no	yes	no	yes	yes
Swedish	no	no	no	yes	no	yes	yes	yes	no	yes	no	yes	yes
Swiss	no	no	yes	yes	yes	yes	yes	yes	no	yes	no	yes	yes
UK	no	no	yes	yes	no	yes	yes	yes	no	yes	yes	yes	yes



Overland Truck (example)



Canvas tents (example)

VACCINATIONS

We recommend that you have the following vaccinations for Africa: Hepatitis A (Havrax), Cholera, Tetanus Booster Shot, Rabies

Please note this guide is for information only- you should consult your doctor or travel clinic for the latest requirements

CNTR	Tetan	Dift	Polio	Hep A	Hep B	Tyfus	Mening	Rabies	YF	Malaria
BOTS	A	A	A	A	A	A		A	*	A
ETHI	A	A	A	A	A	A	A	A	A	A
KEN	A	A		A	A	A		A	A*	A
LES	A	A		A	A	A		A		
MAD	A	A		A	A	A		A		A
MAL	A	A		A	A	A		A	*	A
MOZ	A	A		A	A	A		A	*	A
NAM	A	A		A		A		A	*	A
Z AF	A	A		A				A	*	A
SWA	A	A		A	A	A		A		A
TAN	A	A		A		A		A	V	A
OEG	A	A		A	A	A		A	V	A
ZAM	A	A		A	A	A		A	*	A
ZIM	A	A		A	A	A		A	*	A

Keys:

YF: Yellow fever

A: Advised

V: Compulsory

***:** If you are entering one country from a Yellow Fever infected area, you must have a vaccination certificate.

If travelling further north of Vic Falls (Zimbabwe), then you will definitely require proof of a Yellow Fever vaccination. Travel Clinics provide vaccinations and Malaria tablets, as well as free consultations. This is useful before and after the tour. Many of the clinics listed below also have branches in Johannesburg or Pretoria.

SECURITY

Travelling in any strange place has its potential dangers. Africa is no different. Due to massive levels of poverty, petty theft is rampant.

Basic rules apply:

- Do not bring unnecessary valuables along with you such as jewelry or expensive watches.
- Do not leave your personal possessions unattended
- Do not be reckless in your behavior. Be careful
- Always walk together as a group, especially at night

It is also suggested that you photocopy all your travel documents and store them separately to the originals. Security of the vehicle is part of the reality of tour-life and you will be expected to assist when necessary. Although all care and attention will be exercised, ShapShap Travel nor its partners and employees can accept responsibility for anything deposited in the truck safe or left on the vehicle. Travel insurance for personal belongings is also advisable, as you are not covered by ShapShap Travel and its partners for personal items such as clothes, cameras etc. **You are responsible for your possessions at all times.**

PLEASE NOTE

All information provided in this booklet has been compiled with great care. To the best of our knowledge all the information is as accurate as possible, however it must be accepted that various details are subject to change according to local conditions

AND FINALLY...

We would be most grateful if you would help us by completing the questionnaire provided at the end of your holiday or write to us with your comments. The constructive views of previous clients have helped us to refine our itineraries and maintain high operating standards. If you are not given a feedback form at the end of the tour all comments can be sent to info@shapshaptravel.com

HAVE A WONDERFUL TOUR AND SEE YOU ON THE ROAD...

