

Republic of Zimbabwe



Travel Guide

The following general outline offers practical information, suggestions and answers to some frequently asked questions. It is not intended to be the definitive guide for your trip. Please check the reading listing included for more information.

“Travel has a way of stretching the mind. The stretch comes not from travel's immediate rewards, the inevitable myriad new sights, smells and sounds, but with experiencing firsthand how others do differently what we believed to be the right and only way.”

-- Ralph Crawshaw

Harare ~ Elevation: 4930 feet / Latitude: 17 55S / Longitude: 031 08E

Average Temperature												
°F	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	71	70	70	68	64	59	59	62	68	70	72	71
Average Number of Days With Precipitation												
Days	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
	19	16	15	9	4	2	1	1	2	7	12	19

GENERAL INFORMATION

Zimbabwe is bordered by Zambia, Mozambique, South Africa and Botswana. The central zone of hills gives rise to many rivers, which drain into the man-made Lake Kariba to the northwest, the marshes of Botswana to the west or into the Zambezi River to the northeast. The Victoria Falls are a principal attraction. Formerly Salisbury, the capital, Harare, is Zimbabwe's commercial and industrial centre and also the usual starting point for any visit. It is a clean and sophisticated city, characterised by flowering trees, colourful parks and contemporary architecture. Zimbabwe's second city, Bulawayo, is a major commercial, industrial and tourist centre. The city is home to the National Museum and headquarters of the National Railways of Zimbabwe. From the forested mountains of the Eastern highlands to the sun-washed grasslands of Hwange National Park, from the hot Mopani Forest to the shores of Lake Kariba, more than 11 per cent of Zimbabwe's land – 44,688 sq km (17,254 sq miles) – has been set aside as parks and wildlife estates.

Area: 390,757 sq km (150,873 sq miles).

Population: 12,293,953 (1997).

Population Density: 31.5 per sq km.

Capital: Harare. **Population:** 1,189,103 (1992).

Government: Republic. Gained independence from the UK in 1980.

Head of State and Government: President Robert Mugabe (Head of Government since 1980 and Head of State since 1987).

Language: The official language is English, with Shona and Ndebele dialects.

Religion: Christianity, with traditional beliefs in rural areas, and some Hindu, Muslim and Jewish minorities.

Time: GMT + 2.

Electricity: 220/230 volts AC, 50Hz.

COMMUNICATIONS

Telephone: Full IDD is available. Country code: 263. Outgoing international code: 110.

Mobile telephone: GSM 900 network. Coverage is limited to a few urban areas.

Fax: Widely available.

Internet: E-mail can be accessed from Internet cafes in

Harare and in Mashonaland.

Telegram: Available at post offices and major hotels.

Post: Airmail to Europe takes up to one week.

PASSPORT / VISA

Passports: For international travel, a U.S. passport valid for at least six months from date of departure, containing **at least** two blank pages is necessary.

Visas: Many countries require that travelers obtain visas prior to arrival. Big Five Tours & Expeditions has appointed Zierer Visa Service (ZVS) to process required visas for our passengers. The Visa Application Kit is included with your pre-trip confirmation packet. You can also download the necessary forms from the website: <http://www.zvs.com>. Click on the "members" section to log in. For user name, enter **bigfive**, and the password is **55509**. You will enter the visa section for Big Five Tours & Expeditions. Here you will find a list of country-specific forms. You will also discover useful hints such as how to obtain a passport, adding passport pages, and other tips.

Important: Please look at your passport before you submit it to ZVS to insure that:

- 1) Your passport is valid for at least six months after the date of travel.
- 2) You have sufficient blank pages for visa stamps that will be added as you travel in and out of various countries.

Please note: Pages reserved for amendments and endorsements cannot be used for visas.

MONEY

Currency: Zimbabwe Dollar (Z\$) = 100 cents. Notes are in denominations of Z\$500, 100, 50, 20, 10, 5 and 2. Coins are in denominations of Z\$5, 2 and 1, and 50, 20, 10, 5 and 1 cents.

Currency exchange: Major foreign currencies can be exchanged at banks and major hotels at the official exchange rate.

Credit & debit cards: American Express, Diners Club and Visa are widely accepted, whilst MasterCard has more limited use. Some ATMs accept credit cards. Check with your credit or debit card company for details of merchant acceptability and other services which may be available.

Travellers cheques: Banks and major hotels will exchange these. To avoid additional exchange rate charges, travellers

are advised to take travellers cheques in US Dollars or Pounds Sterling.

Currency restrictions: The import and export of local currency is limited to Z\$2000. The import of foreign currency is unlimited. The export of foreign currency is unlimited as long as supported by the visitor's currency declaration form.

Banking hours: Mon-Tue and Thurs-Fri 0800-1500, Wed 0800-1300 and Sat 0800-1130.

DUTY FREE

The following items may be imported into Zimbabwe without incurring customs duty: *Goods up to a value of US\$250 per person inclusive of tobacco, perfume and gifts; for persons of 18 years of age or older, 5l of alcoholic beverages (up to 2l of which may be spirits).*

Note: (a) The import of drugs, honey, pornographic literature, toy firearms, flick knives and lockable knives is prohibited. (b) Permits are issued on arrival for firearms and ammunition. (c) Agricultural products including seeds and bulbs require an import licence.

PUBLIC HOLIDAYS

Jan 1	New Year's Day
Apr 9	Good Friday
Apr 12	Easter Monday
Apr 18	Independence Day
May 1	Workers' Day
May 25	Africa Day
Aug 11	Heroes' Day
Aug 12	Defence Forces Day
Dec 22	Unity Day
Dec 25-26	Christmas

HEALTH

- A yellow fever vaccination certificate is required from travellers arriving from infected areas.
- Following WHO guidelines issued in 1973, a cholera vaccination certificate is not a condition of entry to Zimbabwe. However, cholera is a risk in this country and precautions are advisable. Up-to-date advice should be sought before deciding whether these precautions should include vaccination, as medical opinion is divided over its effectiveness.
- Vaccination against typhoid is advised.
- Malaria risk, predominantly in the malignant *falciparum* form, exists from November to June in all areas below 1200m (3937ft) and throughout the year in the Zambezi Valley although there is negligible risk in Harare and Bulawayo. Resistance to chloroquine has been reported.

Food & drink: All water should be regarded as being a potential health risk. Water used for drinking, brushing teeth or making ice should have first been boiled or otherwise sterilised.

Other risks: *Bilharzia (schistosomiasis)* is present. Avoid swimming and paddling in fresh water. Swimming pools

which are well chlorinated and maintained are safe. *Human trypanosomiasis* (sleeping sickness) has been reported. *Trachoma and Hepatitis A and E* are widespread. *Hepatitis B* is hyperendemic. Epidemics of *meningococcal meningitis* may occur, particularly in the savannah areas during the dry season. There may be a small risk of plague in rural areas, especially Matabeleland. *Rabies* is present. For those at high risk, vaccination before arrival should be considered. If you are bitten, seek medical advice without delay. For more information, consult the *Health* appendix. *AIDS* is a high risk throughout the country and precautions should be taken.

Health care: Medical facilities are good in the major towns and there are well-equipped clinics in most outlying areas. There may be drug shortages in public hospitals. There is no reciprocal agreement with the UK. Health insurance is essential; adequate medical provision is often only provided privately, especially in urban areas. Private hospitals may require health insurance or a cash payment before admission.

TRAVEL – INTERNATIONAL

Approximate flight times: From Harare to London is 9 hours 50 minutes. There are direct flights connecting London with Victoria Falls. Connections from the capital to Bulawayo take approximately 1 hour.

Departure tax: US\$20 (non-residents) or Z\$20 (residents). Children under two years and transit passengers are exempt.

RAIL: There are train connections from South Africa through Botswana to Bulawayo. There is a link to Zambia via Victoria Falls.

ROAD: There are roads from Tanzania, Malawi, South Africa, Mozambique, Botswana and Zambia. Off the main routes (Beitbridge and Victoria Falls), travel conditions are often difficult during heavy rains. Border posts are generally open from 0600-1800 although the more popular routes through Beitbridge, Plumtree and Victoria Falls are open from 0600-2000.

SOCIAL PROFILE

Food & Drink: Zimbabwe is a cosmopolitan society and enjoys both local and international cuisine. Eating out is popular and comparatively cheap. A traditional dish is *sadza* (a stiff maize meal) eaten with meat and/or gravy and a relish. Table service is the norm in restaurants.

Beer is the most widely consumed alcoholic beverage. Imported wines, spirits and liqueurs are available in hotels. Traditional maize beer, *whawha*, is made in large quantities on special occasions. Public bars are almost always part of a hotel. Licensing hours in Zimbabwe are 1030-1500 and 1630-2300. Major hotels have 24-hour bars and room service.

Nightlife: Rather limited outside the cities with emphasis on eating and discos, but larger cities have nightclubs, cinemas and repertory theatres. The three main tourist areas have casinos.

Shopping: A sales tax of 10 to 22 per cent is added to all purchases, the higher rate being on luxury items, except those which are to be exported. Special purchases are

copper, wooden and soapstone carvings, gameskin and leather products, pottery and basketwork.

Shopping hours: Mon-Fri 0800-1700& Sat 0800-1300.

Social Conventions: Urban culture in Zimbabwe is greatly influenced by Western culture and education but in rural areas traditional values and crafts continue. Shaking hands is the customary form of greeting. European courtesies and codes of practice should be observed when visiting someone's home. Return invitations are appreciated. Giving a token of appreciation is optional. Casual wear is suitable for daytime and men are only expected to wear suits and ties for business meetings. Smart restaurants or hotel bars require male guests to wear a jacket and tie. Smoking is common, although it is prohibited on public transport and in some public buildings.

Photography: The local authorities are very sensitive about taking pictures of governmental buildings, military installations and embassies. A permit can be granted by the government office.

Tipping: A 10 to 15 per cent tip is usual.

BUSINESS PROFILE

Economy: Zimbabwe's economy is now in freefall. Half the workforce is unemployed; hyper-inflation (estimated at 620 per cent annually at the end of 2003) has taken hold while GDP has contracted by 10 per cent per year for the last four years. There are four main reasons: a catastrophic decline in the value of the Zimbabwean dollar; the chaos in the vital agricultural and agro-industrial sectors caused by government policies on land redistribution; the drought which is afflicting the entire region; and the growing impact of the very high rates of HIV/AIDS infection on the workforce. Approximately two-thirds of the population face food shortages. The situation is now extremely serious and the immediate prospects of recovery are virtually zero without radical political change. Under other circumstances Zimbabwe would have one of the most diverse and best-performing economies on the African continent.

The agricultural base relies on tobacco and other cash crops, including sugar, coffee, cotton and maize, as the main export earners. Livestock rearing is also important. The mining industry produces gold and nickel, mainly for export, as well as smaller quantities of a host of other minerals including silver, emeralds, lithium, tin, iron ore, manganese, cobalt, coal, diamonds and a number of rare metals. Large coal deposits and hydroelectric plants supply the country's power stations. Manufacturing industry was well developed by regional standards: food processing, metals, chemicals and textiles were the main components. In the service sector, tourism grew rapidly in the period after independence. Worth \$200 million in 2002, the industry has all but vanished. Although better developed than many of its neighbours – especially as regards basic infrastructure such as roads, telecommunications, water and electricity – much of this benefit has been squandered or allowed to disintegrate through neglect. Zimbabwe's economy remains heavily dependent on South Africa. The South Africans have been more sympathetic to the Zimbabwean government than most of the rest of the international community; all the major donors in Europe and North America have now suspended grants and loans to Zimbabwe, further depressing economic prospects. The IMF has expelled Zimbabwe, as has the

Commonwealth (formerly a valuable source of aid). Although Zimbabwe is a member of the Southern African Development Community and has signed up to the Common Market for Eastern and Southern Africa, these are of marginal assistance in present circumstances. Zimbabwe's once thriving trade patterns have been all but wrecked as the country has become isolated internationally.

Business: Normal courtesies should be observed and men should wear a suit and tie. The atmosphere will generally be less formal than in many European countries.

Office hours: Mon-Fri 0800-1630.

CLIMATE

Although located in the tropics, temperate conditions prevail all year, as the climate is moderated by altitude and the inland position of the country. The hot and dry season is from September to October, and the rainy season from November to March. The best months to visit are April to May and August to September. Night-time temperatures can fall below freezing. *Please see temperature / rainfall chart at beginning of booklet.*

Required clothing: Light- to mediumweights with warmer clothes for evenings and rainwear for the wet season. *There is a suggested equipment list further on in this booklet.*

INTRODUCTION

Running from northeast to southwest down the centre of the country, and connecting its two largest cities, is the Highveld, a chain of low mountains and Zimbabwe's most populous area.

Harare: Formerly Salisbury, the capital is Zimbabwe's commercial and industrial centre and also the usual starting point for any visit. It is a clean and sophisticated city, characterised by flowering trees, colourful parks and contemporary architecture. Local sightseeing includes the modern museum and art gallery, the Robert Mcllwaine Recreational Park, which has a lake and game reserve, the Lion & Cheetah Park, the Larvon Bird Gardens and the landscaped gardens of aloes and cycads at Ewanrigg Botanical Gardens. Because of its pleasant climate, Harare is known as the 'Sunshine City'.

Bulawayo: Zimbabwe's second city is a major commercial, industrial and tourist centre. The city is rich in historical associations and is the home of the National Museum and headquarters of the National Railways of Zimbabwe. Nearby are the ancient Khami ruins, while to the south is the Rhodes Matopos National Park, notable for its exotic formations of huge granite boulders. Dams with excellent fishing, caves with rock paintings, Cecil Rhodes' grave and a well-stocked game park make this area popular with visitors.

The Eastern Highlands: The Inyanga, Vumba and Chimanimani mountain ranges are one of the country's principal holiday areas for both Zimbabweans and tourists and are ideal for those who want to relax and enjoy crisp mountain air. The country's highest mountain, Inyangani (2592m/8504ft), is in this area. The scenery is striking in its variety, with deep valleys, gorges, bare granite peaks, pine-forested slopes and bubbling trout streams rolling down steep cliffs. There are challenging hilly golf courses and pony rides

through the heather, as well as the opportunity for mountain climbing, squash, tennis, bowls, fishing, snooker and gambling in the casino. Because of the mountainous and forested terrain, game-viewing in this region is more a matter of chance but for the lucky there are leopards and rare forest antelopes.

Elsewhere: A holiday in Zimbabwe would be incomplete without a visit to the Great Zimbabwe National Monument, the largest complex of ruins in Africa south of the pyramids in Egypt. The Main Enclosure, or Temple, has walls over 9m (30ft) tall, 4m (14ft) thick and over 228m (250 yards) in circumference, giving approximately 485,521 cubic metres (635,000 cubic ft) of hand-trimmed mortarless stonework. The remains are what is left of a city-state that flourished between the 13th and 15th centuries, trading in gold. Lake Kyle National Park is not far away; there is a well-organised campsite close to the lake.

PARKS & WILDLIFE

From the forested mountains of the Eastern highlands to the sun-washed grasslands of Hwange National Park, from the hot **Mopani Forest** to the shores of Lake Kariba, more than 11 per cent of Zimbabwe's land – 44,688 sq km (17,254 sq miles) – has been set aside as parks and wildlife estates. There are ten national parks and ten recreational parks around the country, plus several botanical gardens, sanctuaries and 14 national safari areas for hunting (an activity which helps to finance the conservation programme and is strictly controlled).

Note: For safety reasons, visitors may not enter any national park by motorcycle.

Hwange National Park: Formerly Wankie National Park, this is one of Zimbabwe's largest parks, both in size, 14,620 sq km (5,644 sq miles), and in the variety of animals and birds that may be seen. From the three camps, networks of game-viewing roads guide visitors to areas with good animal concentrations and to waterholes where, in the evenings, great numbers of wild animals congregate. At some waterholes, platforms are erected from which one can observe game closely and in safety. Hwange is one of the last of the great elephant sanctuaries in Africa and herds of up to 100 elephants may be seen drinking and bathing at the waterholes, particularly at the end of the dry season in September.

Victoria Falls: 120km (75 miles) from the Hwange National Park are the largest waterfalls in the world – 2.5km (1.5 miles) wide, 550 million litres of water plunge every minute 100m (330ft) into a narrow chasm; the spray can be seen 30km (20 miles) away. To gain an overall impression of the Falls, the 'Flight of the Angels' light plane trip is a must, as is a cruise up the mighty Zambezi River. It is possible to walk across to Zambia (with the minimum of formalities) to view from the other side; this is also highly recommended, for the Falls are without a doubt one of the world's grandest natural spectacles and every viewpoint reveals something new. Nearby is the Zambezi National Park, where sable antelopes and other exotic animals graze in a parkland setting.

Mana Pools National Park: One of Zimbabwe's most beautiful national parks, occupying 2196 sq km (848 sq miles) of forest along the shores of the Zambezi River. The animal population includes hippo, elephant, rhino, buffalo and many types of antelope. Game-viewing on foot is allowed. The

birdlife along the river and in the bush is particularly prolific. It is possible to fish for tigerfish, bream and the giant vundu.

Lake Kariba: Situated in the northwest of the country on the Zambian border, Lake Kariba covers 7770 sq km (3000 sq miles) and holds a million gallons of water. Game can be viewed from the comfort of various safari camps, or from well-appointed cruise vessels and self-contained safari-crafts.

Matobo National Park: Located close to Bulawayo, Zimbabwe's second major city, the park is noted for its spectacular granite rock formations and its wealth of ancient rock paintings. Cecil Rhodes' tomb can be visited at Malindidzimu (View of the World). The Nswatugi and Pomongwe caves are worth visiting.

Nyanga National Park: Situated in the mountain range that covers the eastern part of Zimbabwe, Nyanga National Park is an area of high grasslands, evergreen forests, waterfalls, cliffs and lakeside cottages. Trout fishing is very popular and the trout hatchery is well worth a visit. Visitors can also climb Mount Nyangani, the country's highest peak. The World's View offers a panoramic view across northern Zimbabwe. From here, a steep footpath leads to the road to Nyanga village with its English gardens, village common and church.

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LUGGAGE

Traveling light is always the first and best rule! We recommend passengers limit their luggage to one medium-sized soft bag per person or two small duffle bags. In this security conscious era, airline luggage restrictions may change without notice. Also, luggage limits vary depending on ticket class, plane size, destinations, etc. It is always best to confirm with airlines for specific limitations.

Generally speaking, from the US, economy class passengers are allowed to check in two (2) normal size pieces of luggage (each piece measuring no more than about 62 linear inches, which means length plus width plus height), and not exceeding 70 pounds per bag.

Johannesburg International Airport introduced baggage limitations (weight and size) to reduce injuries amongst airport handling staff. Scales will be placed in the terminal, to assist passengers with verifying their baggage weight prior to checking-in. From September 1, the following standard, per baggage piece restrictions will apply:

- 900mm length = 36 inches
- 720mm height = 29 inches
- 450mm width = 18 inches
- 32 kg in weight per piece = 70 lbs

The maximum weight limit relates to single items of luggage and does not affect passengers' overall baggage allowance and excess baggage, which individual airlines determine. Should the above parameters be exceeded, baggage should

be processed through the 'out of gauge' route or through cargo.

Scheduled flights from other countries and within foreign countries generally limit luggage to 44 pounds total, plus one carry-on personal item. Further restrictions apply for charter flights. For charter flights on small planes in Costa Rica and Southern Africa, for example, the total **including** carry-on is usually 11 to 15 pounds, depending on the destination. We will advise you of those restrictions in your final documents.

Most airlines now allow only one carry-on bag in addition to one personal item such as a laptop or handbag. Most bags within the 22 x 14 x 9 (or, a total of 45 linear inches) size restriction will be considered legal carry-on size by major domestic U.S. airlines. Many US airlines check-in desks have sizing boxes within which your bag must fit. Obviously, no knives or cutting instruments are allowed in carry-on baggage.

All luggage should have identification inside as well as secure baggage tags on the outside.

Please note that the US National Transportation and Safety Board now suggests that you do not lock your checked luggage. If a screener has to open your bag, the locks may have to be broken. This applies to flights within the US and international flights originating in the US. This, however, does not address other international travel issues. We suggest that you lock your luggage and bring a couple of spare locks in the event one or more are cut off. But the choice is up to each individual traveler to make.

Hint: Some companies such as Aurora Luggage (<http://www.auroraluggage.com/>) post the most current luggage requirements for many individual airlines on their web sites.

FLYING SAFARIS LUGGAGE & ALLOWANCES

For those traveling on a flying safari, no formal clothes are needed so we recommend that you keep your luggage to the very basics.

For safety and space reasons, **26 pounds is the weight limit** on luggage due to specific restrictions for light aircraft that are strictly enforced. That 26-pound limit **includes** camera bag and equipment. On light aircraft, a soft carryall (instead of a suitcase) is required with the following maximum dimensions: 32 in long by 14 in wide. *Please keep in mind that the light aircraft have no baggage compartments, so all bags must be carried inside the aircraft, and space is very limited.*

Additionally, a guest traveling alone who weighs 200 pounds or more, or two guests traveling together whose combined weight is 390 pounds or more, must advise us. All weight limits are due to safety factors involved in the light aircraft transfers. Please note that if these limitations are exceeded, it may be necessary to charge for an additional aircraft.

If you are using only scheduled flights on your safari, the weight limit is 44 pounds maximum plus camera equipment within reason.

Note: passengers who bring more than the allotted weight allowance may necessitate the use of an extra charter aircraft, in which case, the clients will be charged for the extra charter costs, which can be considerable. Excess baggage can be stored.

SUGGESTED EQUIPMENT LIST –

MAXIMUM 26 LBS IN ONE SOFT SPORTS BAG

(Including camera equipment within reason, but within the 26 pounds)

1. Good-quality sunglasses, UV protected and preferably polarized. Tinted fashion glasses are not much good in harsh light, and can damage your eyes.
2. Bush hat
3. T-shirts and one long sleeved cotton shirt
4. Shorts and skirts
5. Long trousers
6. Track suit
7. Underwear and socks
8. Good walking shoes
9. Thongs / sandals
10. Swimsuit
11. Sweater/parka (important for cold winter mornings)
12. Dust-proof camera bag is highly recommended.
13. Extra glasses and contacts. If you usually wear contacts, bring a pair of glasses in case your eyes get irritated from the dust.
14. Lightweight rain gear for Jan. to April as well as scarf and gloves in winter
15. Head scarf for the dust.
16. Basic medical kit (aspirins, Band-Aids, Imodium, antiseptic and antihistamine creams, etc)
17. Binoculars – essential!
18. Malaria tablets
19. Moisturizing cream & suntan lotion
20. Playing cards, chess, etc.
21. Personal toiletries, tissues, insect repellent
22. Visas, air tickets, money, traveler's checks and credit cards.
23. Passport. Bring copies of passport and tickets, etc. in case originals are lost
24. A flashlight is necessary as the grounds of lodges/camps may be unfenced, and you may encounter *wild animals* in camp at night. You should also bring a spare bulb as well as batteries as they will be difficult to obtain outside the cities. Most camps can supply a flashlight, but it is good to have your own backup.

CAMERAS & FILM

Photography: Please, approach Africans with an attitude of respect, just as you would want to be treated. Do not take anyone's picture without permission. Many times it is necessary to negotiate a fee beforehand. Never take any photos of airports, police or government buildings, military installations, or borders.

Equipment: Bring cameras and lenses you are comfortable using. If you get new equipment before you go, do so as far in advance as possible. Shoot and develop at least a dozen rolls before departure to work out problems. And, don't forget your camera operation manual, filters, and a flash unit. *Cameras should be packed with good cushioning.* The roads are sometimes rough, and constant vibration can do damage.

Keep your camera with you as much as possible, *and do not leave it on the floor of the safari vehicle when on the road.* Roads in the wildlife parks and reserves are gravel or dirt and dusty. Make sure you have lens caps for all your lenses. Clean your equipment frequently. Bring along a puffer brush and lens cleaning tissues.

Lenses: A combination of fixed and/or zoom lenses with focal lengths from 28 mm to 200 mm is good for general travel photography, although you can take excellent photographs with only a 50 mm lens. Zoom lenses such as 35-80mm, 70-210 mm, or 100-300 mm will help you capture the sights in a variety of different settings. Many times, however, animals are very close and you will not need high-powered zoom lenses. But serious photographers will want them handy. A macro lens is helpful for shooting close-ups, but a good set of extension tubes will work very well. A 2x converter is also a handy. Point and shoot cameras are nice for a group or indoor shots, but leave something to be desired when photographing animals on a safari. Bring a small cleaning kit and blower brush to keep equipment clean.

Video: If you are planning to shoot video on a safari, be sure to bring plenty of tape and batteries with you. Do not plan to buy videotape. Videotape is not affected by airport x-ray; only magnetic fields or prolonged exposure to heat will damage videotape. Your battery charger should be capable of automatically adjusting to 240 volts. You will probably have no problem finding a plug in most of the lodges and larger tented camps, but be prepared with plenty of batteries

Batteries: Put fresh photo-quality batteries in your camera and other electric equipment before you leave and bring at least two sets of spare batteries with you. Your camera will be useless without them, and batteries can be hard to find and expensive.

Film: It is always best to bring along whatever you need with you. Film is generally more expensive abroad and it may be hard to locate. Larger lodges in Africa sell film, but it is expensive. You'll be surprised at how much film you use when you are trying to capture all those special moments and rare animal poses. Even those not all that interested in photography will probably shoot a couple of 36-exposure rolls per day, and enthusiastic shooters will easily double or triple that amount. Be sure film is fresh and, when possible, keep it refrigerated. A film speed of ASA/ISO 64 is an excellent choice for color slide film. Use this speed when possible rather than higher speed films. There is a noticeable difference in quality that it is worth the extra effort to keep your camera steady at a somewhat slower shutter speed than you would otherwise use. For color prints, there are several good choices, including Kodak and Fuji films (ASA/ISO 100 & 200) for daylight photography, ASA/ISO 400 & 1000 are good for lower light and nighttime situations.

It is helpful to set up a numbering system for your film, marking each roll with masking tape and numbers or letters, before leaving home. This way you can code the rolls of film and where they were shot. It's quite a job to sort through hundreds of pictures with no clue where or when they were taken.

Avoid airport x-ray machines whenever possible and request a hand search of your film only. While security people are often obliging, some are not so allow a little extra time. X-rays are cumulative on exposed and unexposed film so the more times film is x-rayed, the more risk of damage. This is especially true with older machines found in many countries. Lead bags for film are available for purchase and

are worth the small investment. Do not have film in your camera because it may be opened for inspection.

NOTE: Recent news reports warn that new explosive detectors used in more than 100 US airports to scan checked baggage will ruin unprotected, unexposed film. This technology will eventually be in place at all airports worldwide. Experts suggest either carrying your film in your carry-on luggage and/or placing film in safety, lead-lined bags to prevent X-ray damage.

SAFETY

Common sense safety precautions you normally observe when traveling anywhere should be followed to minimize the risk of personal injury or property loss. While on a safari, lodges and camps are located in or near wildlife parks and reserves, and be aware that you may find wildlife wandering onto the grounds after dark. Remember that this is not an amusement park, these animals are wild. It is always best to follow guidelines of each property with regard to safety. Incidents involving animals in East Africa are rare and are almost always the result of someone doing something they have been advised not to do.

Leave jewelry at home! Do not leave cash, traveler's checks, airline tickets, etc. in an unattended room, even in a locked suitcase. Most of the lodges, hotels, and camps have safe deposit facilities at the front desk for your valuables. Use them.

In cities here as in cities at home, be aware! During the day and in crowds, be careful when carrying purses or cameras. Do not carry large amounts of currency or valuables. Take taxis from hotels and do not accept rides from unauthorized cabs. Do not walk around unfamiliar cities alone at night. Be wary of entering into conversation with unknown people on the street. These are the same precautions a visitor would observe in North American cities. Common sense is the best defense.

Pamphlets addressing safety issues abroad are available from the *Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402* or from the *Bureau of Consular Affairs' website at travel.state.gov.*

TRAVELER'S ETIQUETTE

You are guaranteed to come up against cultural differences between our modern society and that of Africa. Africans think and do things differently from the way we do them. Traditions and philosophies, some of which are very old, govern attitudes toward time, business, family, and politics. But this is at the heart of why we travel -- to experience the world through other cultures and other people.

Travel necessitates being a good-natured realist as well as a romantic. Being a genial traveling companion makes for an enjoyable travel experience for everyone and a great safari. Observing simple rules of common courtesy will better assure the success of your travel.

ON SAFARI

Numerous national park regulations govern the behavior of visitors. This is for your safety as well as the safety of the animals. Be considerate of the habitat was well. Many heavily visited parks prohibit driving off-road, but this is seldom a problem in getting up close to the animals, as there is an intricate pattern of roads throughout the parks.

Keep your head and arms in the vehicle area, don't make sudden moves or wave to try to attract attention. The less you impact environment of the animals you want to see, the longer they will stay in your presence, and the better you'll be able to observe their natural behavior.

A safari is a very spiritually and emotionally stimulating experience. Although many of the roads are rough and dusty, you will end each day tired but very content.

Respect for Wildlife

- Observe animals silently and with a minimum of disturbance to their natural activities. Loud talking on game drives can frighten animals away.
- Never attempt to attract an animal's attention. **Do not** imitate animal sounds, clap your hands, pound the vehicle or throw objects.
- Please respect your driver-guide's judgement about the proximity to lions, cheetahs, and leopards. Don't insist that he take the vehicle closer so you can get a better photograph. A vehicle driven too close can hinder a hunt, or cause animals to abandon a hard-earned meal. **Big Five drivers are strictly prohibited from harassing or chasing animals.**
- **Never Litter!** Litter tossed on the ground can choke or poison animals and birds. Secondly, it is unsightly and ruins the experience for others.
- Never attempt to feed or approach any wild animal on foot. This is especially important near lodges or in campsites where animals may have become accustomed to human visitors.
- Refrain from smoking on game drives. The dry African bush ignites very easily, and a flash fire can kill countless animals.

DEALING WITH JET LAG

With the joys and adventures of international travel come certain unavoidable inconveniences such as occasional lost luggage or bouts of jet lag. In fact, studies reveal that as much as 90% of long distance travelers experience a degree of jet lag.

Jet lag describes that out-of-sorts feeling associated with long flights, particularly those across time zones. Symptoms and severity vary but may include drowsiness, fatigue, irritability, difficulty concentrating, headaches, insomnia, and swelling of the extremities.

The number of time zones crossed affects the severity of jet lag. The internal body clock follows circadian rhythm, which is controlled by the hypothalamus that processes nerve signals. That clock is designed for regular cycles of light and darkness. Depending on the number of time zones crossed, it may take several days for that rhythm to be restored.

But that is not the only influence. Other factors include cabin pressure, stale air, lack of humidity, and your overall physical condition at the beginning of your trip.

Although jet lag can not be completely avoided, there are some simple things you can do to help minimize its affects.

Consider the following for your next scheduled trip.

- Start your trip well rested with a good night's sleep prior to departure. Getting adequate rest before starting on your journey will help minimize the amount of catching up you'll have to do when you arrive at the destination. Once home, try to schedule a day of rest before returning to work.
- Drink plenty of fluids -- water and juices will help you to stay well hydrated. Seasoned travelers recommend that you carry a bottle of drinking water with you and drink eight ounces every hour.
- Avoid alcohol and caffeine just before and during flights. Both possess diuretic properties that promote dehydration. Alcohol also causes drowsiness and contributes to feeling sluggish.
- Once settled onboard, reset your watch to the time zone to which you are traveling. This small act helps you begin adjusting to your destination's local time.
- As much as possible, create a dark environment during flight. Studies have shown that bright lights strongly affect individuals' body clocks. If necessary, try eyeshades and earplugs to help block distractions and convince your body that it is nighttime. Closing window shades and turning off overhead lights may also help. Sleep on the plane if your flight has an early morning arrival time.
- Wear loose-fitting clothing and comfortable shoes that will help in the event you experience mild swelling. Experienced travelers often bring lightweight slippers to wear during flights.
- Although not always feasible, look for opportunities to walk around while in flight. Do simple isometric exercises (contracting and relaxing as many muscle groups as possible) in your seat. These will improve circulation, help promote increased alertness, and reduce chances of swelling.
- If you arrive in the morning, plan to stay awake. If possible, wait until the local bedtime to sleep. Many people swear that this is key in determining how quickly they adapt to local conditions. You will sleep better and will be less likely to suffer insomnia than if you nap upon arrival.
- During extended stopovers, showers are sometimes available. If you have the opportunity, shower. Trans-Pacific pilots report that taking a shower in Hawaii helps them recover more quickly from the general effects of jet lag after the flight.

NOTES: