

TRAVEL TIPS FOR EAST AFRICA

PASSPORT & VISAS

A valid passport is required to travel to East Africa. It is advisable to seek information from the relevant Mission in your respective country. Visas can be obtained at the High Commission in your country of residence or alternatively on arrival in Kenya or Tanzania at the major airports or border control points. For more information please visit (<http://www.immigration.go.ke/>) for Kenya and (<http://immigration.go.tz/>) for Tanzania.

HEALTH AND IMMUNISATION

A course of anti-malarial tablets is essential, seek advice from a GP. A mosquito repellent is also advisable. Swimming is not recommended except in hotel pools and in the ocean.

If on medication, it is best to take a supply of medicines to last the entire trip.

Yellow Fever Vaccination is now obligatory for all visitors to Tanzania and Zanzibar. Please ensure that you have this before your arrival.

TRAVEL INSURANCE

It is advisable to buy travel insurance covering accidents, illness or hospitalization or repatriation for the period of your stay. Temporary membership in East African Flying Doctors' Service is also recommended for safari goers. Members who require emergency medical attention on safari are flown to the nearest Hospital for the best medical attention available in the country.

CURRENCY

The Kenyan currency is denominated in notes and coins as follows: 1000/- note, 500/- note, 200/- note, 100/- note, 50/- note, 40/- coin, 20/- coin, 10/- coin, 5 /- coin, 1/- coin and 50 cent coin while Tanzanian Currency is denominated in coins of =/05 cents, =/10 cents, =/20 cents, =/50 cents, 1/= shilling, 5/=shillings, 10/=shillings, 20/= shillings, 50/=shillings, 100/=shillings and 200/= shillings and notes of 500, 1,000, 2,000, 5,000 and 10,000. US dollars are acceptable but it is advisable to have local currency on you. There are several Foreign Exchange bureaus at the airport and in the major cities where you can convert US Dollars to the local currency of the country you are visiting. This could also be obtained from ATMS in banks as well as designated shopping malls.

A commission is levied for changing of the foreign currency. However, most of the Banks and establishments including Destination Keya will not accept US Dollar bills printed before the year 2000.

CUSTOMS

Visitors may import, duty-free, 200 cigarettes or 50 cigars, and one litre of spirit.

MEETING POINT ON ARRIVAL

Once you clear immigration and customs - our representatives will meet you on arrival entry outside the Customs Hall. We will page either the name of the group, Family name or the Name for the Individual Traveller.

POWER

The National grid power supply in East Africa ranges between 240v-220v. Many of our lodges/camps in the parks and reserves get this supply from the National grid. Most of them generate their own power supply from generators and power ranges 240v –220v. However, a variety of plugs are usable and an adaptor is available upon request.

TELECOMMUNICATION

Auto roaming of mobile phones is available in Kenya & Tanzania with excellent network in the cities and in and around some of the national parks and reserves. This will however depend on whether there is a reciprocative agreement with your country. Otherwise, most lodges/hotels are connected to land lines. There is a cost for usage of the phones. You may also buy a Pre-Paid line from Airtel or Safaricom (with easy switch over from Kenya to Tanzania), whilst on holiday here. This is the cheapest option.

WATER

Water in Kenya & Tanzania is chlorinated and safe to use for showering and washing of hands but should not be drunk directly from the tap. We recommend that you use the mineral water provided for you at the hotel or you may buy some at the hotel bar/shops and service stations. We also stock water in our safari vehicles for all our visitors while on safari.

FLYING DOCTORS

The temporary membership cost is US\$ 20 per person and is valid for a 14 days visit in East Africa. It entitles the subscriber to one free 'evacuation' flight from a radius of 1000 Km within East Africa. The areas we are traveling to fall within this range of mileage. The evacuation flight consists of, depending on the emergency, a nurse, a doctor, flight attendant and of course the crew. The aircrafts are equipped with Blood, Oxygen, etc. So, if we had an accident or somebody fell ill, we could call upon the Flying Doctors and within a turn-around time of a maximum of 40 minutes to one hour, they would be at the nearest airstrip to our location. For more information kindly visit: <http://www.amref.org/flying-doctors>.

WHAT TO CARRY...TRAVEL LIGHT!

Clients should be encouraged to carry soft duffle bags as opposed to hard or roller cases such as Samsonite, etc. which cannot be accommodated in our mini-vans that carry a maximum of 6 (six) persons.

This also saves time during the loading and offloading of the safari vehicles.

Other Personal Items

Don't forget the camera, camcorder and spare batteries. A pair of binoculars will greatly enhance game viewing while a torch to find your way around camp after dark is a good idea. Books, pencils, crayons and crackers are very welcome as gifts to the children of local villages that you would pass (or visit) whilst on safari.

WHAT TO WEAR

Summer clothing is worn throughout the year, although at times a jacket and light raincoat may be necessary. On dawn and dusk safaris, a sweater is likely to be needed.

On safari, wear neutral colours, such as brown, beige and khaki - bright colours may alarm the animals. Sensible walking shoes are also recommended. Since laundry is only possible where you are staying for 2 nights, try to carry quick-dry type of clothing. Casual wear is the norm during the day, a short-sleeved shirt for men, light cotton dresses, or a skirt and top for women. In the evening, all hotels and restaurants require long trousers for men in particular. Sunglasses and a hat for protection against the sun are recommended and swimsuits should be packed for the swimming pool or beach. Topless sunbathing is not permitted.

SHOPPING

There is a big variety of souvenirs to take home. Most hotels have licensed souvenir shops and there are a large number of such outlets in the main towns. Popular items are wood carvings, African art, African clothing, soap stone carvings, wax batiks, tie and dyes, African jewelry, gem stones among others.

The Cultural Heritage Centre outside Arusha stocks a wide range of African crafts, and is a bonafide dealer in gemstones such as Tanzanite and Tsavorite stones.

As you move along from point to point, you will come across many souvenir shops "kiosks", if you like something, BARGAIN and BUY. As your time can be limited, don't put off your shopping till the 'last day'. Often some of these 'kiosks' may stock items that are not available in the city. The traders accept all major currencies in cash and some of the bigger outlets also take International Credit Cards.

VALUE ADDED TAX

Nearly everything in Kenya and Tanzania is Taxable (Value Added Tax). There is no facility for tax refund. However, you may purchase duty free items from the duty free shops located at our international airports.

COST OF LIVING

The average cost of eating out is equivalent to that in most developed countries. Lunch costs around \$20 per head and an "a la carte" dinner is between USD \$25 and USD \$50 per person. You can choose between Local, Indian, European-Continental and Asian cuisine. There are also fast food outlets and fish-and-chip shops!

Kenyan & Tanzanian beer is actually very good and costs around USD \$4 for 300ml bottle.

Destination Kenya