

# ESSENTIAL INFORMATION WINGS OVER SOUTHERN AFRICA

## PASSPORT AND VISA INFORMATION

Your passport needs to be valid for **at least six (6) months** after your journey ends, and should have a minimum of eleven (11) blank visa pages for entry and exit stamps. *Note: you will need two (2) consecutive blank visa pages for each entry into South Africa.*

### Botswana and South Africa

Holders of U.S. and Canadian passports are not required to obtain a tourist visa for entry into either **Botswana** or **South Africa** for stays of up to 90 days.

### Namibia

**A tourist visa is required for U.S. and Canadian passport holders for entry into Namibia.**

Tourist visas are currently being offered free of charge on arrival at all points of entry (subject to change without notice).

### Zambia

**Holders of U.S. and Canadian passports are not required to obtain a tourist visa for entry into Zambia for stays of up to 30 days.** A tourist visa/permit is issued free of charge upon arrival (subject to change without notice).

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at [visacentral.com/abercrombiekent](http://visacentral.com/abercrombiekent) or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

### Of Special Note: Adults Entering and/or Exiting Namibia and/or Botswana with Minor Children

Namibia and Botswana have instituted requirements for adults travelling with children under the age of 18.

Parents travelling with children will be requested to provide an official birth certificate that includes the details of the full name of both the child's father and the mother of all travelling children. This applies even when both parents are travelling with their children and it also applies to foreigners and citizens of Namibia and Botswana alike. When children are travelling with guardians, these adults are required to produce affidavits from parents providing permission for the children to travel. All documents must be in English.

#### **Both parents travelling with child:**

- When both parents are travelling with a child, such parents must produce an official birth certificate that includes the details of both the child's father and mother.

#### **One parent travelling with child:**

- In the case of one parent travelling with a child, he or she must produce an official birth certificate that includes the details of both the child's father and the mother. In addition, the parent must produce one of the following:
  - If the travelling parent has shared legal custody of the child: Consent in the form of an affidavit from the other parent registered as a parent on the birth certificate of the child authorizing him or her to enter into or depart from Namibia and/or Botswana with the child he or she is travelling with.

- If the travelling parent has sole legal custody of the child: A court order granting full parental responsibilities and rights, or legal guardianship, in respect of the child, if he or she is the parent or legal guardian of the child; or where applicable, a death certificate of the other parent registered as a parent of the child on the birth certificate.

**Child travelling with persons who are not their biological parents, for example adoptive parents, grandparents or persons given the parents' approval to enter into or depart from Namibia and/or Botswana with child:**

- Where a person is travelling with a child who is not his or her biological child, he or she must produce a copy of the official birth certificate that includes the details of both the child's father and the mother.
- An affidavit from the parents or legal guardian of the child confirming that he or she has permission to travel with the child.
- Copies of the identity documents or passports of the parents or legal guardian of the child.
- The contact details of the parents or legal guardian of the child.
- Where applicable: copy of an adoption order, death certificate or a court order granting full parental responsibilities and rights /legal guardianship in respect of the child.

## YELLOW FEVER VACCINATION & MALARIA PREVENTION

A yellow fever vaccination is only required to enter all four countries if you are arriving from, or have transited through, a yellow fever-endemic area in South America or Africa. The CDC and WHO each provide a current list of all affected countries. If vaccination for yellow fever is necessary, you must carry an International Certificate of Vaccination provided by your physician; you may be denied entry without it. If your physician advises against receiving the vaccination because of your personal medical history, he or she can provide you with the necessary documentation for the country/countries you are visiting.

You will be travelling to areas of malaria transmission. We strongly advise that you speak with your doctor or travel clinic regarding your itinerary, individual risk assessment and options for mosquito bite prevention and antimalarial drugs. We recommend filling any prescriptions before you depart.

## LOCAL HEALTH & SAFETY PROTOCOLS

### Restrictions on Taking Non-Prescription Medications into Zambia

The Zambian Drug Enforcement Commission (DEC) has in the past detained a number of travellers for possession of Benadryl and other over-the-counter medications which contain small quantities of diphenhydramine, an active ingredient that is on Zambia's list of controlled substances. Although unaware of these restrictions, travellers have been charged with drug trafficking offenses, had their passports confiscated, and been jailed. As a result, you should consider leaving all non-prescription medications behind.

## CASH & CREDIT CARDS

**Botswana:** The country has a cash-based economy. Cash transactions can be made in either U.S. dollars or local currency. U.S. dollars should be recently issued bills in smaller denominations. Major credit cards are accepted on a limited basis at shops, hotels, safari lodges and restaurants. Access to ATM machines is limited to locations in Maun and Kasane.

**Namibia:** Cash transactions should be made in Namibian Dollars. Major credit cards are widely accepted at shops, hotels, safari lodges and restaurants. Access to ATM machines is widespread in Windhoek and other larger cities but limited in rural areas.

**South Africa:** Cash transactions should be made in South African Rand. Major credit cards are widely accepted at shops, hotels, safari lodges and restaurants. Access to ATM machines is widespread in large cities such as Johannesburg and Cape Town but limited in rural areas.

**Zambia:** The country has a cash-based economy. Cash transactions can be made in either U.S. dollars or local currency. U.S. dollars should be recently issued bills in smaller denominations. Major credit cards are accepted on a limited basis at shops, hotels, safari lodges and restaurants. Access to ATM machines is extremely limited.

## OF SPECIAL NOTE

### Age Restrictions on Bush Walks in Southern Africa

Due to South African government regulations, persons under the age of 16 are not allowed to participate in bush walks (game viewing on foot) at National Parks and private game reserves in Botswana and Namibia. Persons over the age of 60 are required to produce a note from their physician stating that they are fit enough for such an activity. Note: Enforcement of these regulations can vary at each safari property Namibia. We recommend guests over the age of 60 carry the physician's note as a precaution.

### Plastic Bags

Most countries visited on this journey have implemented a ban on plastic bags. The ban applies to "carrier and flat bags," primarily targeting bags from shops and grocery stores, but also extends to Ziploc bags, duty-free bags and bubble wrap. If travellers have these types of bags visible upon entry into any national park or reserve, they are likely to be confiscated. Bags designed for repeated use, such as zippered cosmetic bags, are not included in the ban.

## PACKING LIST & BAGGAGE RESTRICTIONS

On local flights during this journey, each passenger is limited to 1 piece of checked luggage and 1 carry-on bag with a maximum combined total weight of 44 pounds (20 kilograms). This includes the weight of purses and camera equipment in addition to your other luggage. Dimensions of your checked bag should not exceed 23 inches (58 centimeters) long x 13 inches (33 centimeters) high x 10 inches (25 centimeters) wide, and must be soft-sided. As a convenience, A&K provides each safari guest with a complimentary, custom-designed A&K Duffel. This bag is specifically crafted to meet aircraft standards\*. Carry-on luggage is restricted to 11 pounds (5 kilograms) and must fit under your seat. There is no overhead storage aboard the aircraft used during this journey. These luggage restrictions are adhered to very strictly and passengers should pack their bags accordingly.

\*Note: in addition to the size and weight restrictions noted above, O.R. Tambo International Airport in Johannesburg, South Africa also imposes additional restrictions for checked baggage. The A&K Duffel meets these additional requirements as well. However, if you plan to check any bags other than the A&K Duffel during the course of your journey, please be aware of the following regulations:

- Only regular shaped bags will be allowed to be checked in. All bags must have at least one flat surface to be accepted. Round or irregular-shaped bags will not be allowed.

- Bags with long straps will not be allowed. Long straps need to be detached and stored in the luggage (the strap on the A&K Duffel easily detaches and can be stored inside).

Passengers whose bags do not conform to the above rules will be required to have their baggage wrapped with one flat side at an approved baggage wrapping station within the airport.

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to collect and manage your luggage for you.

## Clothing

Choose comfortable and casual clothing in natural, "breathable" fabrics and versatile styles that can be layered as temperatures may vary considerably in the course of the day. For game viewing, wear neutral colors (though not camouflage, which is illegal in most national parks and reserves). Black, navy or other dark colors tend to attract insects. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

- Casual slacks
- Walking shorts
- Polo shirts, casual short-sleeve shirts or blouses
- Long sleeve shirts or blouses
- Comfortable walking shoes with traction
- If you are travelling during Africa's winter months of mid-May through early September, bring warm clothing —heavy sweater, hat, gloves, lined jacket —to protect against chilly early morning and evening temperatures
- A pair of rubber beach sandals to use as slippers.
- Brimmed hat for sun protection
- Swimwear/cover-up
- Personal garments
- Sports bra for women for bumpy roads
- Sleepwear
- Socks

## Other Recommended Items

- Face masks and hand sanitizer
- Insect repellent with high % of DEET to protect against mosquitos and tsetse flies\*
- Sunglasses / Sun block
- Simple first-aid kit
- Prescriptions and medications (in their original bottles and/or packaging)
- Smartphone
- Extra eyeglasses/contact lenses
- Global travel adapter
- Charging cables for electronics

## Optional Items

- Small LED flashlight
- Foldable walking stick
- Lightweight binoculars
- Small daypack or fanny pack
- Inflatable pillow or stadium cushion can make bumpy roads more comfortable
- Low-suds detergent for washing small items of personal laundry

\*Note: many properties provide insect repellent in rooms/tents. However you may wish to bring your own preferred brand.

Laundry Service is available at most hotels, lodges and camps. Because some laundries in Africa do not accept any underclothing, be prepared to wash your own smalls. Laundry techniques may not be suitable for delicate and/or synthetic fabrics. Check costs and return times before using these services.

## TIPPING GUIDELINES

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey.

	<b>All Small Group Journeys and Pre/Post Tour Group Extensions</b>	<b>Tailor Made Journeys</b>
Resident Tour Director or Group Extension Guide	\$15 per person, per day	Not applicable
Local Safari Guides	Included	\$20 per person, per day (full day)
Game Trackers (spot game from front of vehicle to assist Safari Guide)	Included	\$15 per person, per day (full day)
Driver-Guides for City Sightseeing	Included	\$20 per person, per day (full day)
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag
Bush Lodges and Permanent Tented Camps	Included	\$10 per person, per day – Gratuities are accepted at each property and shared among the staff.
Staff aboard Trains or Cruise Vessels (if applicable)	Included	\$10-\$15 per person, per day – Gratuities are accepted on board and shared among the staff.
Housekeepers	Included	\$2 per person, per night
Included Meals	Included	Included
Restaurants or Room Service on Own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a Small Group Journey, please follow the Tailor Made Journeys guidelines for these days only.