

## **Ikuka Safari Camp Pre-stay information**

### **Climate**

In Ruaha the rainy season occurs between December and April, when temperatures are also at their warmest, reaching around 32 °C (89.6 °F) and often accompanied by humidity.

### **Time**

Tanzania is GMT + 3hours. We don't have daylight saving time, and since we're quite close to the equator, there is not a great variance in hours of daylight during the year.

### **Electricity**

Tanzania works on 240volt mains power with a UK style 3 square-prong plug. We cannot cater for hairdryers as we rely on solar power and our system can't handle the load.

### **Communication**

There are a number of cell phone networks in Tanzania, the most common being Vodacom and Airtel. Distribution is patchy across the country so you may not always be able to connect. Roaming charges can be very high so check with your provider before you leave home so you are prepared.

We have wifi in the main communal area, speeds can sometimes be slow so don't bank on being able to upload videos or images all the time.

### **Health insurance and flying doctor**

We strongly recommend that you take out a comprehensive travel and health insurance before travelling, not least to cover yourself in the event of cancellation charges should your plans change. In addition, we include medical evacuation cover with AMREF Flying Doctors in all our stays.

Ruaha is remote and it is imperative that, in the unfortunate cases of medical emergency, you'll reach a well-equipped hospital fast and with expert care en route. Many tour operators today do require you to take out travel insurance before allowing clients to travel and while most good policies will include

medical evacuation cover (which incurs huge costs for anyone not covered), inevitably emergencies arise out of hours and delays whilst seeking authority from tour operators/international medical insurers (or even Flying Doctors themselves when they are dealing with patients who do not carry their cover) can mean the difference between life and death. AMREF cover is a nominal amount of just \$10 per person per safari of up to 30 days and it offers vital assurance that we can mobilise help quickly if you need it.

## **Vaccinations**

Please be sure to contact your local GP or travel clinic well in advance of travel to obtain professional medical advice and discuss up to date vaccination requirements for Tanzania.

## **Yellow Fever**

According to the latest health ministry advice, Tanzania is mapped as a low risk country because no Yellow Fever virus has been isolated in the country. However, favourable ecological conditions and the fact that Tanzania is within close proximity of Yellow Fever endemic countries (which include Kenya, Uganda and DRC) pose potential risk for Yellow Fever if the virus is introduced to the country.

Therefore, to conform to International Health Regulations and to safeguard public health security in Tanzania, Yellow Fever vaccination is mandatory to travellers arriving from Yellow Fever endemic countries. This does not apply to travellers transiting through an endemic country, providing they do not leave the airport and the transit lasts under 12 hours and place of origin is not an endemic country.

Travellers arriving into Tanzania from an endemic country will be asked to show valid Yellow Fever certificates.

We would always recommend discussing Yellow Fever vaccination requirements with your local travel clinic to ensure update and relevant information for Tanzania.

## **Malaria**

Malaria is prevalent in many parts of Tanzania and we advise you to consult your GP before you depart about taking prophylactics. It's also important to cover up in the evenings when the malaria-carrying Anopheles mosquito usually feeds. We provide mosquito insect-proof tents and insect repellent in

the tents. The incubation period of malaria is 1-3 weeks and so if you experience any flu-like symptoms, headaches, aching joints and back or nausea and diarrhea, it is recommended that you get tested at the earliest opportunity and let the medical people know you've recently travelled to Africa.

## **Tsetse**

Tsetse flies can transmit trypanosomiasis (more commonly known as sleeping sickness) but more commonly are just a nuisance as their bite is sharp and they are resilient to repellent. They occur in wooded areas in some parts of Ruaha and although much has been done to eradicate them, they also serve to keep certain areas pristine as they are a menace to cattle. When in tsetse areas, avoid wearing dark colours especially blue or black. The repellent, Deet, seems to be quite effective, as does a tin of smoldering dry elephant dung! If you have a particularly bad reaction to the bites, take oral antihistamine tablets and apply the cream. Try hard not to scratch the bites which will result in an infection.

## **Entry Requirements**

A valid passport with at least six months validity, as well as a valid visa for those not exempted. Single entry visas only can be applied for in advance from the Tanzanian embassy or purchased easily upon arrival at the immigration desk. Please have the correct money in US Dollar cash and be prepared for queues.

\* Yellow Fever certificate is required if arriving from/via any endemic Yellow Fever country, unless in transit and not leaving the airport, in which case it is not required.

## **Packing Suggestions**

Please check with your international airline regarding their luggage policy as these vary. Once in Tanzania, there are strict limitations on luggage on internal flights, and pilots WILL leave bags behind rather than risk flying too heavy, in which case we will have to pass on costs incurred to reunite you with your luggage. The allowance is 15kg per person to be packed in SOFT BAGS (no hard-shell suitcases permitted). You can expect to carry an additional 5kg of hand luggage in addition to this. Any excess is charged at around \$3 per kg but depends on available space on the plane so there are no guarantees. Laundry is included at Ikuka and is normally returned within 24 hours.

## **What to bring**

Every safari, and every travellers needs are different so below is a list of things that we've found useful, from our experience of travelling in Africa. We'd be glad to answer any specific questions about kit.

- Shorts, lightweight trousers, short & long sleeved shirts in neutral, bush colours. Sweater or fleece, light rain jacket.
- Swim suit/sarong
- Comfortable lightweight but sturdy walking shoes or boots, flip flops or sandals
- Sun hat and sun glasses
- High factor sun lotion
- Camera plus plenty of film/memory cards.
- Binoculars

## **Dietary requirements**

The most common dietary requirements can be accommodated (vegetarianism, gluten or lactose free), and we will do our best to accommodate any requirement given sufficient notice. Supplies often come from far away and without enough prior notice to pre-plan, we won't be able to meet your requirements, so please do let us know as soon as possible.

## **Tipping Guidelines**

You should only tip if you genuinely feel that the service you have received warrants it. Tips for camp staff are popped into the communal tip box at the mess and they are then distributed equally. We're often asked for a guideline and while this depends very much on how you feel, we'd suggest around US\$10 per guest per night. It is quite normal to tip your guide or ranger separately using the same guidelines (around US\$10 per person per night). Equally it's not unusual for families to pitch it slightly below this figure given they're travelling as a group and these amounts can quickly add up. This is entirely discretionary, different cultures approach this issue in varying ways so

please don't feel pressured to contribute more than you're comfortable with.