

This information pack has been put together so that you can prepare for your overland tour. It has been developed over many years of experience overlanding. Please read it carefully.

Departure dates for Namibia Nomad

Departs Victoria Falls	Finish Cape Town	Price	Local Payment
10 Mar 2020	01 Apr 2020	£860	US\$360
18 Mar 2020	09 Apr 2020	£860	US\$360
31 Mar 2020	22 Apr 2020	£860	US\$360
03 Jun 2020	25 Jun 2020	£860	US\$360
10 Jul 2020	01 Aug 2020	£860	US\$360
04 Aug 2020	26 Aug 2020	£860	US\$360
17 Aug 2020	08 Sep 2020	£860	US\$360
16 Sep 2020	08 Oct 2020	£860	US\$360
07 Oct 2020	29 Oct 2020	£860	US\$360
13 Nov 2020	05 Dec 2020	£860	US\$360
08 Dec 2020	31 Dec 2020	£860	US\$360
27 Jan 2021	18 Feb 2021	£860	US\$360
19 Mar 2021	10 Apr 2021	£860	US\$360
20 Apr 2021	12 May 2021	£860	US\$360
23 Jun 2021	15 Jul 2021	£860	US\$360
23 Jul 2021	14 Aug 2021	£860	US\$360
17 Aug 2021	08 Sep 2021	£860	US\$360
03 Sep 2021	25 Sep 2021	£860	US\$360
19 Sep 2021	11 Oct 2021	£860	US\$360

Countries visited: Zimbabwe • Zambia • Botswana • Namibia • South Africa

Highlights - Prior to departure: White water rafting on the Zambezi • Flights over the Falls • Bungee jump • Gorge swing • Zip line • Sunset cruise •

Highlights - On Safari: Chobe National Park • Okavango Delta mokoro safari • Flights over the Delta • Bushman visit • Etosha National Park • Africat Carnivore Care • Skeleton Coast • Cape Cross Seal Colony • Swakopmund • Dune quad-biking • Sand-boarding • Tandem skydiving • Horse riding • Township tour • Namib Naukluft National Park • Sossusvlei Dunes • Guided walk on the dunes • Fish River Canyon • Orange River • Stellenbosch • Wine tour • Cape Town

Safari structure: Arrive a few days early to enjoy all the fun activities surrounding the Victoria Falls before we head on safari into Botswana's Chobe National Park and the Okavango Delta, an area of untouched natural beauty. The drive through Namibia then takes us on a long and fascinating journey through a dry, desert country of much beauty, many different places of interest and extraordinarily varied scenery. We finish this safari in what is often described as one of the most beautiful cities in the world, Cape Town. There is a lot to see in this fantastic city so do give yourself enough time here if you can to enjoy some of the many highlights available.

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Flights

When arranging your flights into Africa we suggest that you arrive at The Falls three to four days prior to departure to ensure you get to enjoy all there is to offer. This tour arrives into Cape Town on the final day and so we would recommend allowing a few days before booking outbound flights to explore the city and its surrounds.

At certain times of the year flight availability can become very limited and if you delay your booking, you might have to pay a higher price. Please organise your flights as soon as you can once you decide to travel.

Please note this safari can commence in Vic Falls on either the Livingstone, Zambian side, or the Victoria Falls, Zimbabwean side, side of the Zambezi River. There is an airport in Victoria Falls and in Livingstone. When budgeting please be aware there can be extra visa and transfer costs incurred if you need to cross the border to meet us. Feel free to contact us for further information.

The usual flight arrangements for this trip are sometimes known as 'open jaw' flights. These allow you to fly in to one destination and out of another. If searching online these are often called 'multi city' or 'multi stop' tickets.

There are several airlines that fly into The Falls and onwards from Cape Town including British Airways and South African Airways.

Kulula @ www.kulula.com is the budget carrier that flies between Johannesburg and Livingstone.

British Airways and Qantas can be used if traveling on to Australia or New Zealand.

As a rough guide only open jaw flights London - Livingstone via Johannesburg, then Cape Town - London vary from approximately £670 in low season to £920 in peak season.

We can help you with a flight quote. Please feel free to call the office if you would like assistance.

A friendly reminder - When purchasing flights check whether your flight ticket already includes departure tax (if applicable) for the country you are flying out of and, if not, to keep the necessary funds aside in USD to make this payment at the end of your trip.

Insurance

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Your safety and enjoyment when travelling with Absolute Africa are of the utmost importance to us, which is why it is essential that you have arranged adequate travel insurance to cover the entire duration of your trip.

We are happy to introduce you to specialist insurance brokers Campbell Irvine, underwritten by AWP P&C SA. The cover includes a 24-Hour Worldwide Emergency Medical Service who are expert in providing friendly and professional emergency help.

Click on the following link to the page on our website to find out more:
www.absoluteafrica.com/Insurance

Do note that is a condition of booking that you have contacted your insurers to confirm that the cover you have arranged is appropriate for your requirements, given the remote nature of overland travel, and that any hazardous activities you may intend to undertake including white water rafting on grade 5 rapids, scuba diving, trekking Kilimanjaro, volunteer work, lion walks, tandem sky diving and bungee jumping are fully covered.

When selecting insurance carefully consider what cancellation cover the policy has as well as cover for any valuables you might take. If purchasing insurance in the UK you should check your policy is valid if you are a non-UK resident and provision for one way travel if this is required.

Remember when travelling it is important to take all sensible precautions in regards to your security, safety and health, including taking precautions to avoid illness such as malaria. We advise you to make an appointment with a travel clinic as soon as possible after deciding to travel. Your travel insurance might also be affected by the relevant government's Travel Advice for the countries on your route. Do stay up to date with the latest official government Travel Advice.

Visa requirements for Namibia Nomad

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Your passport needs to be valid for at least 6 months after your trip finishes. Ensure as well you have adequate pages in your passport for each country you visit. Up to 2 consecutive blank pages can be required when you enter South Africa at the end of your trip. As a guide then, for the Namibian Nomad you will want to have a minimum of 6 blank pages (sides).

If you have dual nationality you can only use one passport for the entire trip, whilst bringing both is wise as a back up. More information can be found in the different country listings on the FCO's website (www.fco.gov.uk) under 'entry requirements'. Do be aware it can be illegal to travel in Africa on two passports.

Visas for most passport holders including British, Australian, Irish, South African, German, French, Dutch, Canadian and American passport holders can be arranged in Africa en route. This includes the Zimbabwean visa which, for most passport holders, can be easily obtained upon arrival at Victoria Falls airport. Visas can only be paid for in US dollars cash.

Do note that New Zealand passport holders need to get a visa for South Africa beforehand at an embassy.

Please note if flying into Livingstone airport, Zambia, you will need to budget for a Zambian visa (which can be purchased at the airport for most passport holders), as well as your Zimbabwean visa. The cost is 50 USD for most passport holders, except South African and Irish citizens who do not require a visa for

Zambia.

Below is an estimation of current visa requirements and their cost:

Passport	Zimbabwe	South Africa	No of Visas	Total Value US\$
Australian	\$30		1	\$30
New Zealand	\$30	<i>Payable in advance</i>	2	<i>\$30 + SA visa charge</i>
South African	-		0	\$0
Canadian	\$75		1	\$75
American	\$30		1	\$30
British	\$55		1	\$55
German	\$30		1	\$30
Dutch	\$30		1	\$30
Irish	\$55		1	\$55
French	\$30		1	\$30

Visas are not normally required for Botswana, Namibia or South Africa for most passport holders except for New Zealanders.

The above information covers current visa requirements for British, Australian, New Zealand, Irish, South Africa, German, French, Dutch, Canadian and American passport holders only. If your passport is not detailed above please do not hesitate to contact the office if you would like further details of your visa requirements.

Be aware that visa requirements can change without prior notice. This information is given as a guide only. We do ask that you also check your personal current visa requirements with the relevant embassies well in advance before you travel. Ultimately you are responsible to ensure you have the appropriate visas for your trip. For more information on visas check out www.projectvisa.com

Pre and post safari information

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Joining us at The Falls

We arrive into The Falls a few days before departure and can stay on either side of the Falls of the Zambezi, either in Victoria Falls, Zimbabwe or Livingstone, Zambia. Some passengers will have travelled down from East Africa on the truck and are going onto Cape Town on the Namibia Nomad as well. It is a great idea then to arrive in early if you can and meet up with everyone, and as well join in as many of the activities as you wish.

There is an airport on both sides of the Falls and we can book a taxi transfer through to our camp from either airport.

In Livingstone we would recommend Jollyboys Backpackers if you want some time there, and in Victoria Falls we can book rooms at **Shoestrings Backpackers** where the group camps at the start of the Namibia Nomad trip.

Dorm room:	approx. 15 USD
Twin/Double non a/c:	approx. 45 USD
Twin/Double ac room:	approx. 55 USD

Shoestrings Backpackers has a bar, restaurant, pool, internet access and travel desk.

Airport transfer to Shoestrings: 15 USD per person from Victoria Falls airport; 30 USD per person from Livingstone airport depending on number of passengers. (Please note price for 1 person from Livingstone airport is 60 USD).

Alternatively quite regularly there may be a tent available from the truck if you would like to camp with us. Budget 5 USD for camping.

Important pre-safari details

Upon booking this overland safari we send you a form where you can let us know your pre-safari accommodation and transfer needs so we can get these booked for you, as well as any accommodation requirements you have in Cape Town. It is an immense help to us if you can return this to us 10 weeks before departure if possible. The crew are happy to assist you organising activities at the Falls such as rafting, sunset cruises, bungee jumping, etc. You can also let us know ahead of time of any activities you might like to do on this form if you wish to ensure availability. You can also update us on this form of any change in your details and confirm your insurance details, if you don't know these when booking.

Departure from Livingstone/Victoria Falls

On the departure date we will leave around 7.00am from the Falls heading for the Botswanan border. On our first day we visit Chobe National Park where we can head out on a game cruise.

The crew will organise a meeting on Day One to go through all the basics you need to know about your safari, including health, hygiene, security and safety procedures. Please ensure you read the relevant sections in this dossier carefully. The crew will also collect the local payment, organise rosters and tent partners, show you how to put up your tent, and answer any questions you may have. There will probably be many aspects of going on an overland camping safari in Africa that will be very new for you, so do listen carefully.

Your crew are there to do all they can to help. Please feel free to discuss any matter with them. Do remember you are on a group trip and it is as valuable to listen to other people's ideas as it is to contribute your own. Your crew have been trained and do know your route. They will facilitate group discussions and will advise to the best of their abilities.

In the event of any last minute delays or problems there are emergency contact numbers for the Absolute office on your Booking Voucher which is issued upon final payment of your trip. For out of hours service in an emergency, for example if you need to rearrange a taxi and accommodation, please use these and not the main Absolute Africa phone number.

Flight departure

Check in as early as possible prior to your departure time: your flight ticket will indicate how early you should check in. When checking in you may need to show your Booking Voucher to demonstrate that you will be leaving the country on safari. Please remember to carry this with your personal documents.

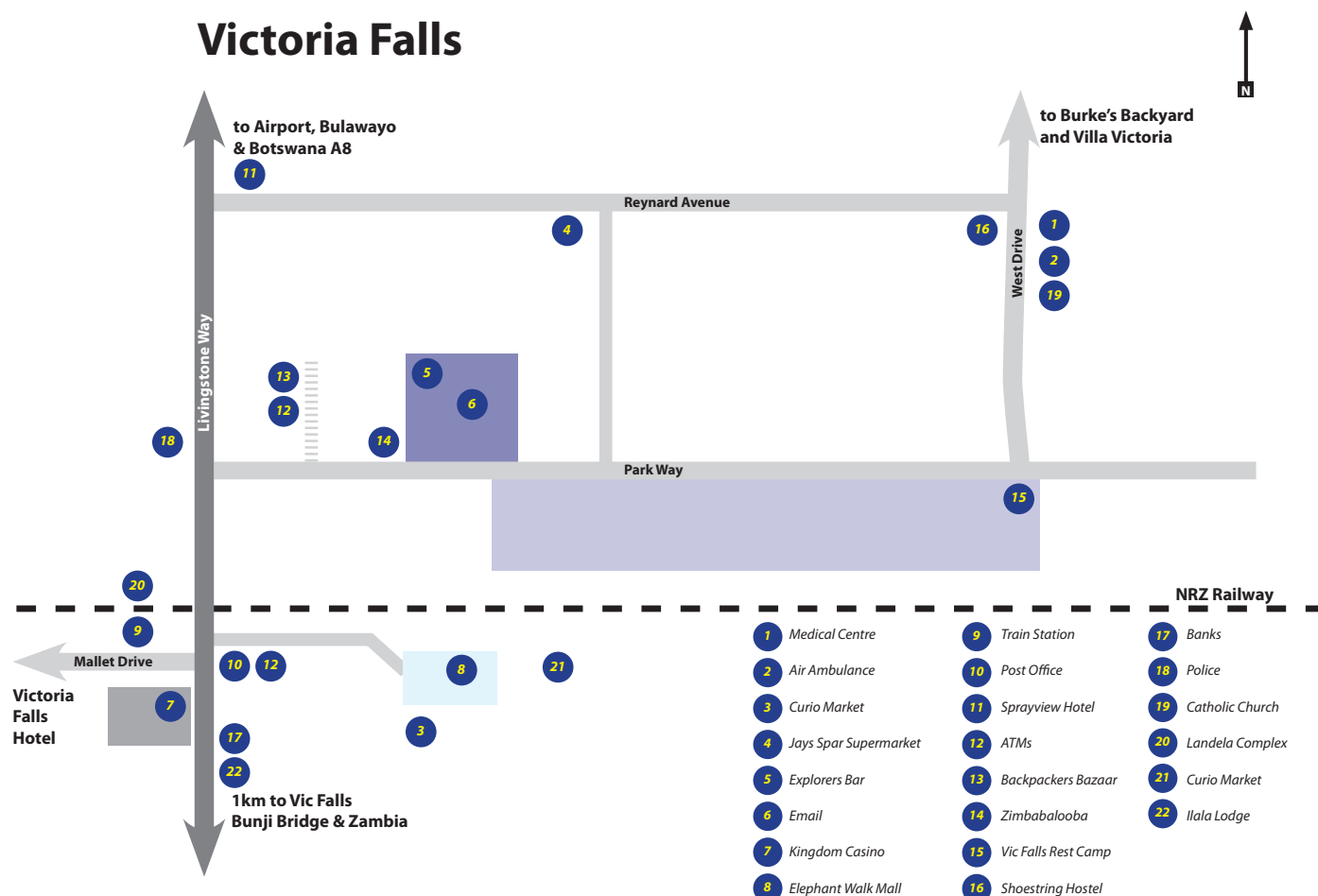
Arriving in Livingstone/Victoria Falls International Airport

At these airports you will find that signs are in English. There is normally a bank open for international arrivals.

If flying into Livingstone and staying on the Zambian side of the Falls you should change up money into Zambian kwacha upon arrival. If flying into Victoria Falls and staying on the Zimbabwean side, USD is the current working local currency required day to day. Make sure you carry enough US cash to cover your requirements at the Falls for your first few days in the Falls as well as your local payment, visas and spending money, etc.

Do remember that you need to pay for any meals you will have before the trip starts, including breakfast on the morning of the departure, as well as your accommodation and transfers prior to departure.

Victoria Falls airport is situated 20km from Vic Falls town itself, and Livingstone airport is 5km from Livingstone town. The easiest and safest way to get into either Vic Falls town or Livingstone town is to use a taxi. If you would like the Absolute Office to order a taxi for you ahead of time so that there is someone waiting for you at the airport, do let us know using the previously mentioned form.



The end of your safari

The Namibia Nomad finishes at Ashanti Lodge at the foot of Table Mountain, Cape Town. Your final night's accommodation in a dorm at the Ashanti Lodge is covered by your payment.

The Ashanti holds beds for us ahead of our arrival and the crew will reconfirm your exact requirements, including upgrades and/or extended stays, as early as possible after you join the trip. Let your crew know if you want to upgrade, and you can then just pay the difference.

Dorm accommodation	approx 20 USD (280 Rand)
Single rooms	approx 45 USD (620 Rand)
Double/twin rooms	approx 60 USD per room per night (840 Rand)
Double/Twin Ensuite	approx 79 USD per room per night (1100 Rand)

Exchange rate at time of writing is approximately 1 USD = 16 ZAR (March 2020).

The Ashanti also has a travel shop, which can assist you with all your onward arrangements including airport transfers, car hire, and bus tickets for the Baz Bus and coach seats through to Johannesburg as well as flights.

Remember to budget for any excursions you might wish to do after your safari.

Typical excursions among many that might be of interest are

• Topless Bus Cape Town City Tour	R200
• Robben Island	R360
Ferry leaves hourly between 9 and 3. Please speak to your leader about booking ahead of time.	
• Cable Car to Table Mountain (return)	R293
• Abseil Table Mountain	R1095
• Paragliding	R1300
• Aquarium	R175

• Township tour	R585
• Cape Malay Cooking Experience - Tuesdays and Saturdays	R825
• Cape Point and Peninsular Tour	R1100
• Skydiving	R2850
• Whale watching tour	R1200
• Wine lands tour	R880
• White Shark Cage Diving - (inc food, transport and drinks)	R2200

Heading further afield

We also run an Add On Safari at the end of this safari along the Garden Route to Johannesburg visiting all the big highlights including white shark dives, the highest bungee in the world, the Cango Caves and the Ostrich Farm. Details can be found @ <http://www.absoluteafrica.com/The-Garden-Route/GR16>

For those already booked on the Namibia Nomad we offer a special price for this add on safari, £1145.00. Limited places available so do contact us for further details.

If you need an internal flight - www.kulula.com or alternatively have a look at www.flymango.com

Health and immunisation

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Prior to departure it is essential that you contact a specialist travel medical clinic. Clinics such as Nomad Travel Stores and Medical Centre in London will provide you with the latest recommendations for travel in Africa.

You will need to have the required immunisations and start a course of anti-malarials prior to departure for this trip. Traveling to Africa will expose you to diseases and health hazards that you may not have come across before, such as malaria and waterborne parasites including bilharzia. You must consult a medical professional who specialises in travel medicine before you depart to discuss where you will be traveling in regard to the above, your immunisation schedule and any other requirements. Remember to start your vaccination program in good time, so that it is completed before you go. About six weeks is usually adequate, depending on how up to date you currently are.

Ensure you are well informed about any health concerns en route so you can stay fit and healthy to relax and enjoy your trip. The Lonely Planet publishes a medical travel guide for the region that may be of interest called 'Healthy Travel Africa'.

You may also like to check out the following websites:

www.fitfortravel.nhs.uk

www.dh.gov.uk

Suggested travel clinics in the United Kingdom

Nomad Travel Stores and Clinics

Tel: 01341 555 061

- Wellington Terrace, 3 Turnpike Ln, Wood Green, London N8 0PX,
- Beatty House, 1 Admirals Way, Canary Wharf, London E14 9UF, UK
- 11 S Molton St, Mayfair, London W1K 5QP, UK
- 65 London Wall, London, EC2M 5TU
- 52 Grosvenor Gardens, London, SW1W 0AU

There are also Nomad clinics in Bath, Birmingham, Bristol, Cardiff and Manchester.

Visit www.nomadtravel.co.uk for further information.

If travelling from Australia, Fiji, New Zealand, South Africa or destinations in Asia we recommend you contact Travel Doctor/TMVC. Their websites are at:

www.traveldoctor.com.au/

www.traveldoctor.co.nz

www.traveldoctor.co.za/

There are travel clinics in many of the big centres in Australia, New Zealand and South Africa, as well as in Thailand, Singapore, Hanoi, Bali and Nadi.

Suggested immunisation requirements (This is a guide only)

The immunisations usually suggested for the countries visited on this safari are:

- Yellow fever, if you have travelled to East Africa, or within Zambia, prior to the tour – Vaccination must not be left any later than 10 days prior to departure and you must be able to show proof i.e. carry your certificate of vaccination with you.
- Typhoid
- Polio
- Tetanus
- Hepatitis A (three months)
- Meningitis
- Diphtheria
- Tuberculosis
- Other Suggested Immunisations – Hepatitis B, rabies.

It is essential to take a course of anti-malarials. It is best to discuss the type of anti-malarial medication you should take with a travel clinic such as Nomad. They will have the latest information on which medication is most effective in the countries through which you will be traveling. They can also advise on possible side effects and which drug might best suit you. Do follow all medical advice given with your prescribed medication. Do be aware that some anti-malarials can have negative side effects and also that your choice of drug needs to be appropriate to protect against strains of malaria specific to the regions in Africa through which you are traveling.

The choices usually suggested are:

Larium, taken x1 a week

Doxycycline, taken x1 a day

Malarone, taken x1 a day

Do think about how to set up a reminder system for yourself so you remember to take your medication. If you are taking a daily medication as an anti-malarial, do remember also to carry it with you on the plane in your hand luggage.

As well as your anti-malarials, you will need to bring a number of other medical items in a simple Personal Medical Kit. Medical kits can usually be bought at travel clinics. Alternatively lists as to the types of items you are advised to carry can be found in the 'What do I need to bring on safari?' section.

General information on avoiding malaria

The best way to avoid malaria is to guard against being bitten by mosquitoes and stick strictly to your chosen medication regime. To protect yourself from being bitten:

- Cover exposed skin thoroughly in insect repellent, such as DEET, from dusk to dawn, and reapply it regularly. When applying with sunblock, put it on top of the sunblock.
- Ensure you carry enough DEET with you to Africa. It is not easy to get hold of mosquito repellent once on the road.
- Always sleep under a mosquito net or in a secure tent with all zips zipped up.
- Cover up at the beginning and end of the day including wearing long-sleeves and long-legged lightweight clothing as well as socks.
- Wear impregnated wrist and ankle bands.
- You may wish to treat clothing with permethrin.

Do be aware also your insurance cover may well assume you are on a recognised course of anti-malarials. If you don't take a recognised anti-malarial, it may affect your cover.

Other medical issues

You are reminded that the incidence of HIV AIDS is very high in the countries through which we travel. Sexual contact and dirty needles are the main ways that the disease is spread. Do take all necessary precautions. Use condoms. If you have to have any kind of injection, do ensure that the needle is

unwrapped in front of you.

You are advised also that the waterborne bilharzia parasite is present in many bodies of fresh water in Africa. Bilharzia can be serious. Once diagnosed it is treatable but of course it is best to avoid getting infected. It is recommended also to have a medical check up including a blood test particularly to check for bilharzia upon your return from your safari as a precaution.

Please ensure you contact a travel health clinic prior to departure for the most recent professional medical advice. The above is given as a broad guide only.

Remember it is a condition of booking that you let us know upon booking or at the earliest opportunity if you have any medical conditions, and particularly if you are on regular medication.

It is wise to know your blood group particularly when travelling in the Third World. As this is the case, as a precaution on day 1 your crew will ask for your blood type can you please have this information available for them.

Itinerary for Namibia Nomad Safari

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Days 1 - 2: Victoria Falls, Zimbabwe to Kasane, Botswana

On our first day we leave the mighty Victoria Falls behind us and enter Botswana.

We arrive at Kasane by midday and arrange our game viewing options in our first game park, Chobe National Park, a park blessed with abundant game and particularly with large herds of elephant. We can take a river cruise on the Chobe River, as well as game drives deep into the park. The cruise allows us to enjoy views of elephant, crocodile and hippopotamus as well as of the other game drawn to the river, daily access to water being an essential to many species, particularly in dry season. Zebra, buffalo and many different antelope species call Chobe home too. The concentration of prey also attracts predators and the area is known to have lion, leopard and cheetah.

Distance, Day 1: 87 kms

Est. Drive Time, Day 1: 3 hours (depending on the border)

Meals: X2 Breakfasts, X2 Dinners

Optional excursions: Chobe National Park - game drives and game cruise.

Day 3: Kasane to Maun

Departing from Kasane we travel to the town of Maun, passing by the Makgadikgadi Pans.

Distance: 666 kms

Est. Drive Time: 9 hours incl. stop for lunch

Meals: X1 Breakfast, X1 Dinner

Days 4 – 6: Maun - Optional mokoro safari in the Okavango Delta

We now have the option of taking a three day safari into the wilds of the Okavango Delta in a mokoro, the traditional dugout canoe of the Delta boatmen. In our mokoros we are poled deep into the Delta by trained guides, a truly relaxing way to travel and to spot the rich bird life and unusual flora of the Delta, as well as elephant, hippo, crocodile and the special sitatunga and lechwe. Our camp for the night is on one of the small islands in the Delta. During our time here we can also take guided game walks, swim in the clear waters, take a sunset mokoro ride and perhaps even learn the difficult art of poling. After your safari in the Delta we have one final night relaxing at the camp in Maun.

Distance: 0 kms

Est. Drive Time: 0 hours

Meals: X3 Breakfasts, X3 Dinners

Optional excursions: Okavango Delta guided mokoro safari including X2 breakfasts and X2 dinners, flights over the Delta

Days 7– 9: Maun to Etosha National Park, Namibia

Leaving Maun we head for Namibia. On the way to Namibia's most well known National Park, Etosha, we stop to see the Hoba meteorite. Discovered in the 1920's, Hoba is estimated to be at least 190 million years old and is the world's largest meteorite. En route too, we stop over to visit traditional Bushmen near Grootfontein for cultural options, giving us an insight into their traditional way of life.

Distance over three days: 1,111 kms

Est. Drive Time, Day 7: +/- 13 hours (depending on the border) incl. lunch stop

Est. Drive Time, Day 8: 4 – 5 hours

Est. Drive Time, Day 9: +/- 5 hours to Etosha entrance, then afternoon game drives in Etosha

Meals: X3 Breakfasts, X3 Dinners

Included wildlife activity: Afternoon game drives, Etosha National Park

Vehicle for game drive: Overland truck

Optional excursions: Walk with warrior bushmen, visit women's village, Hoba meteorite

Day 10: Etosha National Park, Namibia

Etosha is one of the largest game reserves in Africa and home to all the large mammals for which Africa is famous, including many endangered species such as black rhino, cheetah and the black-faced impala.

The many watering holes in this park offer unrivalled game viewing. At night each of the campsites spotlight the nearby water hole and we wait quietly from sunset to savour the experience as a multitude of species including elephant, black rhino, zebra, wildebeest, giraffe and different antelope species arrive en masse for an evening drink. Etosha has a large lion population and sightings of cheetah are frequently reported.

We do a full day game drive here. Optional evening game drives can also be organized. A host of wildlife takes advantage of darkness to move about and feed. In the heat of the day we relax and enjoy the facilities at the campsite.

Distance: 0 kms

Est. Drive Time: Game drives through the day

Meals: X1 Breakfast, X1 Dinner

Included wildlife activities: Full day game drive in Etosha National Park

Vehicle for game drives: Overland truck

Optional excursion: Evening game drive, Etosha National Park.

Day 11: Etosha National Park to Africat, Otjiwarongo

Rising early we make the most of our final morning game drive this morning before we leave the park to head south.

Leaving Etosha we visit the Africat Foundation to get up close and personal with this magnificent endangered cat. This is a non-profit organization focusing on the conservation of Namibia's predators, particularly cheetah, in their natural habitat. Here we can actively take part in the programme and learn more about these beautiful and amazing animals.

Distance: 182 kms

Est. Drive Time: 7 hours incl. short game drive and stops for shopping and lunch

Meals: X1 Breakfast, X1 Dinner

Included wildlife activities: Short game drive in Etosha, Africat carnivore care

Vehicle for game drive: Overland truck

Days 12 - 13: Otjiwarongo to Spitzkoppe

There is an option of an early morning game drive before setting off past the Brandberg Mountain, the highest in Namibia, to the beautiful rock formations of Spitzkoppe, camping this evening under the stars in the Namibian bush.

The next day we travel to Cape Cross seal colony, a breeding colony of 200,000 Cape fur seals, and then on

to Swakopmund, home to some of the finest open-sea fishing in the world, where we check in to a lodge to give us a break from life on the truck and camping.

Distance over two days: 534 kms
Est. Drive Time, Day 12: 4 hours
Est. Drive Time, Day 13: +/- 4.5 hours
Meals: X2 Breakfasts, X1 Dinner

Included wildlife activities: Cape Cross seal colony visit

Optional excursions: Morning game drive, Africat. Guided walk incl. viewing of rock paintings.

Days 14 - 15: Swakopmund

Staying in Swakopmund for a couple of days, we have a break from life on the truck staying in a lodge while we are here. We also have a choice of the many different adrenaline activities that are on offer here. Flights over the Namib Desert and the Skeleton Coast, horse riding, quad biking, sand boarding, skydiving, go-karting, township tours are all available for the more adventurous, while shops, cafes and massages are some of the other attractions of this former German colonial town.

Distance: 0 kms
Est. Drive Time: 0 hours
Meals: None

Optional excursions: Quad biking, sand boarding, skydiving, go-karting, desert tours, open-sea fishing, seal and dolphin cruise, sea kayaking, township tours, horse riding

Day 16: Swakopmund to Sesriem

The Namib Desert is an impressive and beautiful expanse whilst a harsh and unforgiving environment. In the afternoon we can visit the Sesriem gorge, where you can go for a walk in the gorge.

Distance: 344 kms
Est. Drive Time: 8.5 hours incl. lunch stop
Meals: X1 Dinner

Days 17 – 18: Sesreim to Ai Ais

In the morning we head off into the Namib desert to scale the monumental star-shaped dunes that reach hundreds of metres to their summit. The photos of sunrise at Sossusvlei reveal fantastic red-gold colours. After this there is the option to go into Sossusvlei on 4x4's to visit the Dead Vlei pan and see more of this amazing landscape.

Then we travel on to the Fish River Canyon, reputedly the second largest canyon in the world, a truly spectacular sight. We then head to our camp at Ai Ais and enjoy a soak in the hot springs in the lower reaches of the Canyon

Distance over two days: 613 kms
Est. Drive Time, Day 17: +/- 5 hours
Est. Drive Time, Day 18: +/- 9 hours incl. stop at the canyon
Meals: X2 Breakfasts, X2 Dinners

Included activities: Visit to Dune 45, visit to Fish River Canyon.

Optional excursion: Visit to Sossusvlei

Day 19: Ai Ais to Orange River

Today we camp beside the Orange River that marks the border between Namibia and South Africa and here we can canoe or raft through some of the most rugged terrain in Southern Africa.

Distance: 179 kms
Est. Drive Time: 3 hours incl. shopping
Meals: X1 Breakfast, X1 Dinner

Optional excursion: Canoeing on the Orange River.

Days 20 – 22: Orange River to Stellenbosch, South Africa

Crossing into the “rainbow nation”, South Africa, we have reached the final country that we visit on tour. We travel south down the west coast of South Africa and into the wine-growing regions of Cape Province. Wine tours are a popular way to experience some of the regions finest produce, while taking in the historic town of Stellenbosch.

Distance over two days: 678 kms

Est. Drive Time, Day 20: +/- 10 hours incl. shopping and lunch stop (depending on the border)

Est. Drive Time, Day 21: 6 hours

Meals: X2 Breakfasts, X1 Dinner

Optional excursion: Wine tour.

Day 23: Stellenbosch to Cape Town

We finish the trip in Cape Town, after an easy day's drive down from Stellenbosch, arriving in at Ashanti Lodge, at the base of Table Mountain in Cape Town. We have our last meal together against the extraordinary backdrop of the 1,000 metre high Table Mountain.

Cape Town is a wonderful place to relax with plenty of attractions, shopping and cocktail bars. The Travel Shop at Ashanti can assist you with all you might wish to do – including white shark diving, visiting Robben Island where Nelson Mandela was held for many long years during apartheid, or maybe visit the Cape of Good Hope Nature Reserve, or the penguins at Boulders Beach.

If you want to head further afield in South Africa, have a look at our Garden Route Add-On safari. This follows on from our arrival in Cape Town. It allows two days in Cape Town before taking in highlights along the coastline such as Cape Agulhus and the beaches of Jeffrey's Bay: stops off at the Bloukrans bungee, an Ostrich Farm, Cango Caves and Addo Elephant Park, before finishing in Johannesburg, “the City of Gold”.

Distance: 53 kms

Est. Drive Time: 2 - 3 hours

Meals: X1 Dinner (contribution to the final restaurant meal)

Optional excursion: Meal out at a restaurant

Please note safari itineraries are given as a guide only. A safari is a journey and true journeys in Africa unfold and are of an adventurous nature. The unexpected can arise, so do allow for this.

Money and budgeting

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When costing an overland safari the areas you need to consider are:

Before you go...

1. Your price
2. Your airfare
3. Immunisation and anti-malarials
4. Insurance
5. Equipment

Step off the plane in Africa with...

6. Spending money – This is very individual and often depends on how much you drink, shop and wish to upgrade. A suggested budget would be 460 - 575 USD.
7. Local payment – 360 USD
8. Optional excursions – A traveler who wishes to do most optionals on the trip will spend an average of between 480 - 900 USD.
9. Visas: Up to 55 USD depending on nationality
Purchasing visas in Africa in US dollars for the above passports is currently cheaper than buying ahead of time.
10. Pre and Post safari costs

Please note: You need to carry money with you out to Africa to cover Items 6 to 10 (i.e. for your spending money, local payment, optionals, visas and pre and post safari costs). The figures above are conservative estimates for average spending per person on safari. There is a lot of variation in how much spending money individuals need as this is dictated by personal choice, as is your budget for optional activities.

We have no control over local operators' charges and new or other options that become available after our date of printing. Nor can we control exchange rate fluctuations, which can impact on budgets as some items are only payable in USD or are cheaper when purchased in USD. USD often tends to be the preferred currency. Figures quoted are based on regular information we receive from operators, passengers and crew in the past 12 months. You are advised that prices do go up and down very regularly. Our aim is to keep you informed of the most recent prices. In general you will often find that whilst some prices are underestimated at other times they are overestimated.

How do I take this money to Africa?

We strongly recommend that you organise the money you are wanting to take to Africa *before* you leave for your trip. Clients are currently organising their cash for their safari as follows:

USD cash

We are finding clients find it most convenient to take between approximately 800 - 1,000 USD cash on this trip. This includes money for your local payment, visa payments, some optionals and occasionally to buy local currency when you can't get to a bank or forex bureau, assuming you are also carrying some sterling cash to use for purchasing local currency for spending money as well. Notes need to be dated 2008 or later and in good condition.

When arranging your USD cash a range of denominations is probably the most convenient including 5 USD and 10 USD notes as well as 20s, 50s and 100s.

Do have suitable notes organised to pay the exact amount for your local payment if at all possible. Your local payment is payable on Day One of the trip. The group will get best value if the local payment is paid in large denominations i.e. 100s and 50s, so do organise your denominations accordingly if you can.

Pounds and Euro cash

You may also like to carry up to 120 GBP/EUR cash as well if your money is currently in sterling or euro. This can be useful to buy local currency when you can get to a bank or regular forex bureau. If you are not in sterling or euro consider carrying more USD cash.

When arranging your cash remember small denominations can be useful but the larger denominations will give a better exchange rate. You should also request that your notes are not torn, written on or damaged in any way.

Sterling and euro are best carried as 20s and 50s to be used to buy local currency when you can get to a bank or forex bureau. Please note also that Scottish pound notes are not accepted.

You should change up enough money into Zambian kwacha when you arrive in Livingstone or USD in Zimbabwe for what you at least need to cover your personal needs such as accommodation, transfers and meals including breakfast for the first day before you meet the truck. Please note breakfast is not provided on the first day of the safari.

Cash is carried at your own discretion and should be organised before you leave for Zimbabwe or Zambia.

ATM access and Paying by Card

Note that it will be possible to access ATMs en route if you have a debit (Maestro) card or credit card (Visa and master card)

Do be aware where ATM access is available you can usually only draw local currency which cannot be used for all your costs. Many of your costs such as the local payment, visas and some of the optionals can only be paid in USD cash. Please note as well that Visa is the preferred card to use for payments.

Travel cards and cash passports are not well known and not widely accepted so not recommended to bring.

Do note that ATMs are not always reliable as they can be out of money, broken or the power could be out so do not solely rely on ATMs.

In places like Victoria Falls, Swakopmund and Cape Town a lot of the optionals can also be paid for by card. Note there might be charges for this.

Other things to note in regards to organising your money for Africa

It is not often possible to obtain many of the relevant African currencies prior to going, and where it is possible the rate is usually poor.

Your crew will let you know where it is best to change up as you enter each country into their local currency. It is best not to organise any local currencies prior to arriving.

For your information the currencies you will meet are:

Zambia - Zambian kwacha

Botswana - Botswana pula

Namibia - Namibian dollars

South Africa - South African rand

Your crew can advise you as to what you will need, where exchanges/banks are available etc. as you travel. You will need to consider as you travel what optionals you will wish to do as well as how much you'll require for your personal needs.

This trip is structured so that most of your costs are 'pay as you go' via the local payment, some optionals and your spending money. This allows you to control your budget and only pay for those things you wish to do. Overland trips have been costed this way for many years and for a number of reasons - partly as prices for some optionals can vary a lot month to month, partly as some optionals are quite seasonal such as specific game parks and white water rafting, partly as different clients like to do different options and partly as banking in Africa is quite difficult. Doing it this way you also know that your money is regularly going directly to local operators on the ground in Africa. Do remember also to carry what you need for before and after the safari on top of the above budget.

What we cover from the price and local payment?

GAME DRIVES IN ONE OF AFRICA'S BIG GAME PARKS AS WELL AS OTHER WILDLIFE RESERVES AND HIGHLIGHTS Incl.

- Etosha National Park
- Fish River Canyon
- Namib Naukluft National Park
- Afriat Carnivore Care
- Sossusvlei Dunes
- Cape Cross Seal Colony
- Bushmen visit
- Spitzkoppe rock formations or similar

WE ALSO INCLUDE

- A fully equipped and diesel expedition truck/vehicle including all camping and cooking gear, a fridge, gas cooker, tents, sleeping mats etc
- Services of a driver and safari leader
- The ongoing advice and back up from The Absolute Team.
- All road tolls and taxes are paid

CAMPING, BREAKFAST & DINNER WHILST TRAVELLING ON THE TRUCK i.e.

- 18 Breakfasts & 18 dinners whilst travelling on the truck including a contribution to the final group meal in Cape Town
- 15 nights camping and 6 nights in a lodge or similar including the final night in Ashanti Lodge, Cape Town

WHAT'S NOT INCLUDED

- Flights including taxes
- Optional excursions as listed
- Pre and post tour Add Ons as well as airport transfers and accommodation
- Lunch and drinks throughout, as well as breakfast and dinner when the truck parks up at Swakopmund and Stellenbosch

- Other incidentals including for tips, internet use, upgrades from camping and the occasional cheap excursion such as local walks
- Visa
- Extra equipment including sleeping bag, torch and medical kit
- Personal Travel Insurance

Personal spending money

This amount is individual and variations in budgets depend largely on how much you spend on souvenirs and drink, as well on lunch and snacks. You may also need to spend on personal costs such as email, toiletries etc. It is a regularly updated average the crew and recent passengers have provided. Some weeks you will spend more and other weeks less. The current recommendation to carry as personal spending money for this safari is 460 - 575 USD. Allow an extra 30 USD a week approximately if you think you might want to occasionally upgrade your accommodation to stay in chalets, which are available at some campsites.

For those who enjoy shopping or even browsing there are many different items to tempt you.

Regularly 'smallish' optional activities and these also will be covered by this spending money. Alternatively some clients like to buy a T-shirt at Livingstone of one of the many activities you might try or a DVD of 'the big day out' - white water rafting or gorge swinging. Vic Falls is also one of the places where the local restaurants offer huge variety and after weeks on the road are too tempting to miss, not to mention the nightclub and casino

Tippling: You may like to consider tips for good service, particularly at some of the big highlights such as after the Okavango Delta for example. You may find that you may like to organise this as a group or individually.

If eating out in restaurants, a 10% tip is a good guide to follow.

Crew tips are certainly not expected although Absolute crew do work incredibly hard and often much of this work is done behind the scenes, before or after the group is up and about. A tip or small gift is always appreciated and is also a way to show your appreciation of their efforts if you have had an enjoyable trip.

Do budget carefully to ensure you have adequate spending money to cover all eventualities and enjoy all you wish to do once out in Africa, bearing in mind that it is very difficult to access money from overseas once you are on the trip. Remember also to budget for whatever pre and post safari arrangements you might also have in mind.

Optional activities

These excursions are paid for in Africa. Please contact us if you would like further information about any of these activities or excursions. Many of the optionals are payable in Africa in US\$ (cash). A few may be payable in local currencies. (Prices guide only as at November 2019)

Victoria Falls by the Zambezi

- | | |
|---------------------------|--------|
| • Victoria Falls Entrance | 30 USD |
|---------------------------|--------|

Please note these prices do not include a Zambian visa if you need to cross over. The Zambian day visa is 20 USD.

- | | |
|--|---------|
| • "Flight of the Angels" over Victoria Falls: Depending on time in the air and type of craft - | |
| • Microlite (Zambia) 15 mins | 185 USD |
| • Microlite (Zambia) 30 mins | 366 USD |
| • Helicopter Flights | |
| • Flights of Angels 15 mins (Zim side) | 150 USD |
| • Zambezi Spectacular 25 mins (Zim side) | 270 USD |

White water rafting packages

- | | |
|--|---------|
| • Whitewater rafting full day low water only | 120 USD |
|--|---------|

• Whitewater rafting, half day high water only	120	USD
• Whitewater rafting/riverboarding package (minimum 4 pax)	190	USD
(subject to water levels)		
• Rafting DVD	30	USD
Horse back safaris		
• Horse Rides - Novice, 2 hours	100	USD
• Horse Rides - Experienced – 2.5 hours	100	USD
• Full day horse ride,(experienced riders only)	155	USD
• Village tour (includes return transfers from Victoria Falls, aprox 3 hrs)	60	USD
Bungee Jumping		
• Bungee Jump (111 metres - 3rd highest commercial bungee in the world)	160	USD
• Bridge slide	45	USD
• Tandem bridge slide	70	USD
• Bridge swing	160	USD
• Tandem bridge swing	240	USD
Gorge activities		
• Gorge Swing only (1 jump)	95	USD
• Tandem gorge swing	140	USD
• Single flying fox	45	USD
• Single zip line	70	USD
• Tandem zip line	110	USD
• Canopy Tour	55	USD
• Big Air Combo, 1x bungee, 1x bridge swing, 1x bridge slide	210	USD
• Half day adrenaline - gorge swing, zip line, flying fox	140	USD
• Half day adrenaline/Canopy tour	175	USD
• Raft/ Gorge swing, Combo Half or full day rafting (water level permitting) 1 gorge swing (10 USD park fees for rafting not inclusive)	200	USD
Adventure Pass 1	315	USD
• Any 2 of the following with a sunset cruise		
• Half day rafting Lion Walk		
• Full day rafting 15 minute Helicopter		
• Elephant back safari Canoeing		
• Half day adrenaline		
• (Park fees not included wherre applicable)		
Adventure pass 2	385	USD
• Any 3 of the following activities		
• Half day rafting Lion Walk		
• Full day rafting 15 minute Helicopter		
• Elephant back safari Canoeing		
• Half day adrenaline		
Upper Zambezi Canoeing		
• Zambezi drift - incl. transfers, b'fast, drinks and park fees (7am-2.30 pm)	150	USD
• Wine drift	70	USD
• Half day Canoe Safari including park fees	125	USD
• Full day Canoe Safari including park fees	150	USD
Zambezi River Cruises		
• Sunset/ booze cruise (inc transfer,full bar and snacks)	55	USD
• Dinner/sundowner cruise (inc transfers,full bar,snacks and 3 course dinner)	90	USD

• Zambian day visa (if required)	20 USD
• Devils Pool (incl breakfast)	105 USD
• Devils Pool (incl lunch)	170 USD
• Devils Pool (incl high tea)	145 USD

*subject to availability and season

**visa for Zambia and transfers not included

BOTSWANA

• Chobe National Park - game cruise and guided game drives	820 Pula
• Chobe River cruise	410 Pula
• Chobe National Park - guided game drives	410 Pula
• Okavango Delta guided mokoro safari, one night two days (dep on nos.)	125 - 275 USD
• Okavango Delta guided mokoro safari, two nights three days	145 USD
• Flight over the Delta - max 5 per plane 1 hour	550 USD

NAMIBIA

• Bushmen village activities (warrior walk, women's village etc.) (200 - 300 N\$)	approx 15-20 USD
• Night game drives in Etosha National Park (N\$750)	approx 55 USD
• Game drive at Africat reserve (N\$750)	approx 55 USD

Swakopmund

• Tandem skydive	3000 N\$
• Sandboarding including lunch with beers and sodas - lie down	600 N\$
• Sandboarding - stand up	700 N\$
• Sandboarding - spectator	100 N\$
• Quad biking 2 hours on the dunes	650 N\$
• Open sea fishing	1600 N\$
• Township tour with traditional lunch	550 N\$
• Sea kayaking	800 N\$
• Living desert tour	800 N\$
• Welwischia tour	800 N\$
• Seals and Dolphin Cruise	900 N\$
• Horse riding 1,5 hours sunset tour	970 N\$
• Sossusvlei visit	170 N\$

SOUTH AFRICA

• Canoeing on the Orange River, 2 hours	R 480
• Wine tour	R 650

Options for consider if you have extra time after your trip in and around Cape Town

• Topless Bus Cape Town City Tour from	200 Rand
• Robben Island	360 Rand
<i>Ferry leaves hourly between 9 and 3. Please speak to your leader about booking ahead of time</i>	
• Cable Car to Table Mountain (return)	293 Rand
• Abseil Table Mountain	1095 Rand
• Paragliding	1300 Rand
• Aquarium	175 Rand
• Township tour	585 Rand
• Cape Malay Cooking Experience	825 Rand
• Cape Point and Peninsula Tour	1100 Rand
• Skydiving	2850 Rand
• Whale watching tour	1200 Rand
• Wine Lands tour	880 Rand
• White Shark Cage Diving - (incl food, transport & drinks)	2200 Rand

Please be aware that shark diving is very weather dependent so do get your booking in as early and quickly with time allowed if possible the next day in case you cant go on your original booked date.

Further information about optional excursions and spending money

Paying for excursions in Africa allows you to decide what you wish to do as you travel. Bear in mind that some activities such as white water rafting and also some game park visits can be seasonal. Please note also that prices constantly fluctuate in Africa, partly due to exchange rate fluctuation. The above figures are the very latest currently available to us at the time of writing. They can be taken as a reasonable guide only.

Updates on the price for all optional excursions are usually available in the update information we send out about two months before departure. Do check on-line for the latest copy of this document as well. Do be aware though that you are covering an enormous amount of territory on this trip and visiting many destinations, and consequently you may well spend a lot. Africa is 'not cheap' particularly when you add in game park entry fees and the cost of adventure sports such as tandem sky diving, whitewater rafting, scuba diving and the gorge swing. Much of what you see though will afford you priceless memories and allow you to be actively involved to the limit. And remember that the money you spend also enables much-needed cash to go to local people and wildlife conservation.

The optionals listed are usually those most clients wish to do. If you choose not to do an optional activity, do bear in mind that this is your chance to catch up on washing and communications, read, relax and take time for yourself. During these periods the truck is usually parked up at a campsite where there are adequate facilities for you to be quite comfortable while you wait. Your crew will also, when possible, help you with alternative activities – e.g. safe places to take local walks that might be available throughout the route, swim, cycle, hire a canoe, kick a soccer ball around with the local kids, go fishing, camel ride, visit the local markets or post office, a cinema, a museum, golf course, church, club or coffee shop.

There is a range of availability of things to do from destination to destination on the itinerary. At some places such as Victoria Falls and Swakopmund there is a lot of choice and either/or optional choices. It is probably physically impossible to do all there is to do at Victoria Falls. At other destinations, which are quieter, there are fewer choices if you do not opt for the listed optional excursion/s. This is worth noting particularly for optionals that last over one or two nights as you may not wish to be on your own at a campsite for an extended period.

If you would like further details of any of the different optionals for the safari please do not hesitate to contact the office. It is a group participation safari so it is worthwhile thinking and planning ahead as to what you personally might like to do and to work out a realistic budget accordingly.

Please note also every safari is individual and it is not possible to detail all the possible optionals you will have a choice to do nor to predict new options that can arise. We will endeavour to provide another accurate price update for you just prior to departure. Please also note though that we have no control over local operators' prices or government taxes. Nor do we just select operators only on price; many factors have to be weighed up when selecting operators. We are always keen to get information on new operators and the best prices but do be aware that deals come and go constantly in Africa. Consistent service delivery and safe and respectful ethical practices are also worth searching for and rewarding. Your crew will work very hard to ensure you get the best value for money day to day on the road.

If you would like any assistance in regard to your budget please do not hesitate to get in touch with us.

What do I need to bring?

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We ask that you carry your possessions in one large backpack, travel bag or soft suitcase (65 to 85 litre maximum). Day to day necessities can also be kept in an additional day bag, which should be large enough to carry your needs for a couple of days at a time. Please note we reserve the right to refuse any extra baggage and sending it home or storing it will be at your own cost.

You should carry your valuables in a flat money belt which you wear against your skin.

Do remember traveling light is always wise and particularly when going overland. Passengers also often buy a lot of African souvenirs on the way.

The vehicles have good storage capacity to carry souvenirs and lockups in the vehicle for your valuables,

pack and day bag. There is a locker under your seat for easy access for day to day essentials.

The following list details essentials as well as non-essentials. It is a guide only. If you are unsure about specific items please feel free to ring us.

You need to bring:

- Travel documents including passport (plus relevant visas) and air tickets
- Booking Voucher with Final Receipt – essential for immigration purposes
- Vaccination documentation, particularly for yellow fever injection
- Insurance policy
- USD cash for your optionals, local payment and spending money
- Credit card – preferably Visa

Other items to consider

- Student/YHA card
- PADI licence/diving ticket
- International driver's license
- Photocopies of main documents (keep separately)

Essential camping equipment

- Sleeping bag and sheet.
- Eating utensils, including cutlery, cup, plate/bowl
- Torch and batteries, a head torch being the most useful
- Mosquito repellent (DEET) 50% strength – up to 2 bottles
- Insect repellent spray
- High-factor sunblock cream
- Lip salve/Chap Stick
- Padlock
- Small personal medical kit including: anti-malarials, vitamin tablets, paracetamol, antibiotic powder, Band-Aids, cotton wool, sterile gloves, flu medication for coughs, colds and sinuses, rehydration salts, sports injury cream for sprains, an antihistamine, Imodium, eyedrops, treatment for tummy bugs, stings/bites and sunburn. If you wear contact lenses you are advised to carry disposables.

Other items

- Pocketknife
- 1 litre water container. Make sure it screws tight
- Small supply of water purification tablets & neutralisers (for 2 week period)
- Plastic bags for wet items, rubbish and to keep items dust-free
- Towel
- Anti-bacterial soap
- Condoms
- Tissues
- A means of securing your hair back is useful such as a bandana, a scarf, beanies, hair ties and clips as it can be windy driving on the truck
- Cigarette lighter
- Concentrated travel washing liquid or washing powder, clothesline
- Emergency sewing kit
- Tweezers, nail scissors, nail brush

You will probably find it worthwhile to pick up a cheap blanket once you arrive.

In regards to toiletries these are available to buy in Africa including shampoo, soap, toilet paper and tampons. Please note though they can be quite expensive and it can be time-consuming sourcing particular items, so carry what you will need if possible.

Ensure you bring any medications you might require with you with the script.

The two most common gynecological problems that may occur whilst traveling in Africa are thrush and urinary tract infections. If you know you are prone to either of these it may pay to seek advice from your doctor and bring the necessary treatments. Loose fitting, cotton underwear and clothes are always wise.

Consider bringing:

- Binoculars
- Pillow
- Wet Ones can be useful
- Books
- Writing paper, pens
- Mossie net impregnated with permethrin or similar if you want to sleep out of your tent at any time on safari, particularly in the warmer months (tents have in-built mossie nets at door and openings)

Electrical items

- Mobile phone
Text messaging can be a good way to stay in touch with the outside world. Remember if you are on international roaming the charges will be very high to make and receive phone calls. If communication is very important to you, sim cards can be purchased very cheaply on the road. Some clients have their phone unlocked before arriving in Africa whilst coverage is not always good on this tour.
- iPod/iPhone/MP3/Music player including earphones if you want to listen to your own music
Please note it is also possible to use your iPod as a hard drive to store photos – check the memory before travelling to ensure you have enough space to store all the photos you may wish to take.
- Camera in a protective case and spare memory card(s)
- For SLR cameras we recommend a telephoto of 120 mm (or similar) or an 80-200 mm zoom
- 2 camera batteries
- Polarising filter/lens hood for SLRs
- USB cable – to connect to internet cafes or for downloading
- Camcorder

Charging your equipment

If bringing a camcorder, digital camera, iPod or mobile, your equipment can be charged from the truck. The trucks have 600 watt Intelligent Power Inverters converting 24v DC to AC mains electricity (220-240v). This will be sufficient for charging any photographic equipment required. Remember to bring all necessary cables.

You will also want to bring a mains international adapter to charge at campsites as an alternative. A spare battery pack, where possible, is also advised.

Clothes

Please double check the weather conditions for your particular safari when packing. Cotton and loose fitting items are preferable. Do also realise that any white clothing won't stay that way!

- Lightweight cotton clothing, shorts and T-shirts as well as shirts with long sleeves and long pants including casual wear for nights out. Long pants, sarongs and sandals are fine for these times
- Lightweight waterproof jacket and a fleece
- Swimming costume, sun hat, sunglasses, sandals
- Lightweight closed-in comfortable walking boots, shoes or trainers with a non-slip tread which give enough support and good traction. Please avoid shoes that get too heavy and hot, 'platforms', high heels or 'strappy' sandals
- Spare shoelaces

We would encourage you to bring clothes that will wear well, as traveling in Africa is very hard on clothes. Conditions are rough and belongings do get dusty and can get damaged. Soft bush colours are most suitable. Being able to layer clothing that can be removed easily as the day heats up is an advantage. This also helps to keep valuables inconspicuous. Clothes with zip and velcro pockets are sensible. Due to the bumpy road conditions women are advised to bring at least one sports bra. Women should dress 'modestly', respecting the sensibilities and attitudes of the people and countries they are visiting. Note as well that G-String bikini bottoms can cause embarrassment and concern in some regions of southern Africa.

Be aware that camouflage clothing should be avoided.

Life on your Big Yellow Truck

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Day to day it is essential that everyone helps out with every routine chore. The trips are participatory in

nature - the more you put in to the group and the trip the more you will get out of it. Overland safaris are very much about everyone willingly getting involved and working as a team. A roster is established for duties. Tasks you will need to be involved in are: cooking and shopping, assistant to the cook, washing up, cleaning the truck, filling the jerry cans, lighting the fires and truck guard duty.

On safari do follow all instructions given by your safari leader as to how to use equipment, move around on, and enter and exit the truck as well as how to maintain all supplies. Seat belts are fitted on the truck. For your safety please use these. Please also follow all washing and cleaning procedures carefully to avoid infections being spread.

It is essential in order to keep to schedules that you listen at group meetings to know what is happening and when, on the following day. Please follow all instructions carefully in regard to border crossings. The trucks have information boards and folders with information as to what is happening for the next few days. For the group to function well you do need to keep yourself informed as to upcoming arrangements. Group meetings are essential to help the group work together.

On a day to day basis you are encouraged to look out for each other and be considerate of everyone else's needs and wishes. Your group will be made up of individuals all wanting to get the most out of their trip and each of you will have your own specific likes and dislikes, needs and wishes. These are group adventure camping safaris, not a 5-star holiday! A sense of humour and patience are essentials to pack! The group experience of seeing your safari through together on the truck is one of the really exciting and fun aspects of the trip. For some, the group experience and day today life on the truck becomes a main highlight.

Often on the road you will be up early for breakfast. Wherever possible, you buy lunch in local markets, and you will then have opportunities to mix in with the local community and organise anything you need to including ensuring you have enough drinking water. Remember how important it is to keep up your fluid levels during the trip. Please note we cannot guarantee the provision of regular clean drinking water from the truck throughout the safari and you do need to organise your own water day to day. At most campsites the truck can easily access clean drinking water and you will find the water carried on the truck is often drinkable, particularly once we head south into Tanzania. Where this is not the case it is advisable to buy your own bottled water, which is readily available and most campsites now sell sealed bottled mineral water. When buying your water do check that the bottles are sealed.

Drive times in Africa can be difficult to predict so do be prepared for the occasional situation when the plot changes! Getting bogged is an essential optional extra... be prepared. And in general, be ready for some occasional long and dusty drives. These are based on ongoing and careful scheduling decisions to ensure you get to the current 'must see' places.

On the road there is always a lot to see but you may also like to bring some good books and an iPod to listen to your own music. The occasional long drives are deemed essential by crew to get you where you want to be in the time given.

Schedules and itineraries

When you go on safari do remember our aim at all times is to enable you to have an experience of a lifetime at an affordable price. Due to the nature of Africa - weather, politics, road conditions, lack of infrastructure, border restrictions, breakdown, sickness, etc. - it is not always possible to exactly follow departure/arrival dates and routes. The best plans can unravel and in a lot of ways that is all part of the adventure that makes your safari. Itineraries and truck schedules can be changed at any stage prior or during your safari particularly in consideration of crew needs, weather and road conditions as well as security concerns, truck servicing requirements and booking patterns. Whilst we do all we can to avoid making changes please note we do reserve the right to change vehicles and/or crew on a safari at any time without notifying passengers.

The trips are made up of components and quite often during the safari you will probably meet clients doing shorter and longer sections of your trip depending on the booking patterns for the months you are traveling.

Camping

We supply large, durable three-person tents complete with ground sheet and separate waterproof flysheet, ideal for Africa's varied conditions. They also have mossie netting in-built at the doors and openings. These are used for two people only.

We also supply high-density foam roll mats.

All cooking equipment is supplied including pots and pans, gas cookers, a cool box, lighting, fire-grate, cooking bench, chairs and shelter. The truck also has a large fridge.

It is a participation trip and part of your every day routine will be to put up your own tent and be involved in all the daily chores on a daily basis including cooking and cleaning. For reasons of personal hygiene, we ask you to supply your own cup, plate and cutlery. You may wish to bring your own mossie net as well if you think you may wish to sleep out of your tent, particularly in the hotter months. It can become warm in the tents. Please note your net needs to be large enough to tuck in under your roll mat.

There is also the occasional opportunity to upgrade to dorm-style chalet or simple hut accommodation with a bed if you think you might need a break from camping. This usually costs about 20 USD a night. Availability though is very limited and you need to be considerate of everyone else on the truck. Do budget accordingly though if you might wish to upgrade once or twice en route.

The facilities in the campsites we use vary a lot. In general you will find campsites that are clean, may give a little hot water, and can have working flush toilets. Be aware though that water pressure is often very weak. Please do not come on your African adventure camping safari expecting pristine bathroom facilities...

You will find we may also camp in the bush a couple of times during this trip under the African night sky. Your truck is well equipped for these opportunities but be prepared to 'rough it' a little these nights and enjoy the chance to camp out in the wild.

Please remember when leaving a campsite we do expect you to be diligent to leave places as you find them if not better. In particular we insist that cigarette butts and toilet paper are not left behind when free camping... we are just visitors here in a continent with extraordinary challenges and dilemmas to face. Do be responsible as you travel.

Sickness

All our trucks have a medical kit, which has been put together by tropical expedition specialists for emergency use only. The foreign embassies throughout Africa provide English-speaking doctors for emergency situations. If you do become ill we will transport you as soon as possible to the nearest health clinic and your crew will do all they can to assist. You will always have a friendly escort.

Meals and cooking on the truck

Day to day meals are prepared from the truck using both the non perishable supplies we buy in bulk prior to the safari and fresh supplies we buy as we travel. Staying fit and healthy on safari is a priority as we do keep busy and we want you to enjoy all you do. Everyone takes turns on a roster basis cooking for the group, being 'assistants' to the cooks and with the clean up. The safari leader assists with menus, recipes and loads of ideas as well as being directly involved with cooking as needed. She/he is available to provide support and encouragement at any time during meal preparation. Cooking together is lots of fun and all part of the group experience! The sort of meals provided day to day are spaghetti and pasta dishes, stir fries, cottage pies, kebabs, curries, stews and casseroles, hamburgers or jacket potatoes, which are then complimented with rice and/or salads. Breakfast is usually fruits, muesli and/or other cereals, toast, as well as some regular cooked breakfasts like eggs, bacon, baked beans or pancakes.

There are also a few pre-arranged meals booked ahead of time so the whole group can occasionally relax in the evenings in the knowledge that someone else is doing the cooking. This frees up the itinerary so you can enjoy a little more of Africa. We also use these opportunities to enjoy a couple of traditional local meals on safari and as well arrange a seafood buffet so the group can experience seafood fresh from the Indian Ocean.

Specialist diets

For vegetarians we do all possible to ensure a good supply of veggies, salads, fruits, beans, pastas and rice. The diet leans towards vegetarian day to day, as fresh quality meat is not easily accessed every day. The staples are beans, pastas, pulses, and rice, as well as fresh fruit and vegetables when available and in season. In restaurants, when meals are ordered ahead of time, vegetarian options are available with usually good supplies of fresh fruits, veggies and salads. Do be aware though how spoilt we are in the Western world with our constant supplies of fruit and veggies regardless of the season. In reality, and more naturally, fruit and vegetable supplies are seasonal, may not be as chemically assisted and can also be difficult to access en route. We will do all we can to ensure supplies where possible.

We can also cater for gluten-free, vegans, wheat-free and dairy-free diets, supplying soymilk, rice noodles,

gluten-free cereals etc.

When booking, do remember to let us know if you have any specific dietary requests.

Safety and security whilst on safari

Travelling as a group does provide everyone within the group a level of security in itself. Perhaps the two most important factors to always bear in mind on the trip are to be constantly vigilant as to your own and your group's health and security.

Personal safety

Do be very aware of protecting your cash and valuables at all times and do not walk around flaunting valuables e.g. cameras, jewellery and money. Remember even cheap jewellery can look expensive! Day to day, layer your clothing to keep valuables inconspicuous and take clothes preferably with zip and velcro pockets.

Money Belts - The most efficient money belts are ones that go under your clothing, against your skin. If you use a bum bag please only carry small amounts of local currency in it that you are prepared to lose.

Do not leave anything unattended anywhere - including in your tent - and avoid being crushed in large crowds. Be very careful when you walk after dark; never walk alone or become separated from the group. Take taxis in cities at night and around unfamiliar areas. When taking taxis always agree on a price before setting off.

Whilst in Nairobi before the start of your safari, all valuables should be kept on your body when not in a safe. Once you join the truck, valuables can be locked safely away in a safety deposit box, which is kept hidden within the vehicle.

In Kenya confidence tricksters are particularly common. Be wary of anyone with a hard luck story, asking for assistance, soliciting sponsorship (particularly educational) or anyone offering a deal to change money at favourable rates. In particular Nairobi is known as 'Nairobbery' so please make sure you stay alert at all times.

ATMs are becoming more accessible on the route, you must also be wary of security of crimes around ATMs. Be discreet when withdrawing cash and as always be very careful with your card and cash.

Truck security

Your truck will have a lockable safe in which to keep your passport and valuables. You will also have a lockable place on the truck to keep your day bag. Your backpack is stored underneath the truck. The truck is never left unattended. Do be aware on safari you will be required in certain locations to assist with watching that all is safe and secure with other passengers. Please note that whilst all precautions will be taken in regards to valuables left on the vehicle, we cannot be held responsible for any damage or loss from the vehicle.

Do listen carefully to all instructions regarding security issues given by your crew and local operators as we travel. Before travelling you are also advised to keep yourself informed and up to date as to the current political situation in the countries through which we travel and to check out the Foreign Office Travel Advice. If you are a British, Australian or New Zealand citizen you may like to look at: www.fco.gov.uk, www.dfat.gov.au or www.mfat.govt.nz.

Remember this is a group experience you are booking. It is a condition of booking that you follow the group leader's instructions and take responsibility for your rostered tasks. It is important that every member of the group is attentive and looks out for each group member's health and security. All in your group will appreciate your co-operation with this.

Photography

African authorities often require that tourists do not take pictures of bridges, airports, railway stations or military installations. We are often in areas where locals are not used to being photographed and we ask you to show them every courtesy. If in doubt it is always best to ask first.

Trading, donating and supporting

You may wish to consider if you want to bring items such as old T-shirts, sunglasses, cheap watches, old walkmans/discmans and mobiles to trade.

Please be aware we strongly discourage giving away 'something for nothing' from the truck, whilst we

are very happy on the other hand to donate pens, books etc. to schools. Do note it is also very unwise to donate cash en route. If you wish to donate something whilst in Africa remember pens, crayons, balls, books, soap and stickers are always welcome in schools and orphanages. For more ideas feel free to contact us.

For projects we support check out the website or contact us.

Problems or issues you may have while on the tour

Where you have any issue at all during the tour, talk to the tour leader at the very earliest as this could affect the rest of your trip. The tour leader is there to help and they can't if you don't let them know the issue. Your driver is always happy to chat as well if the tour leader isn't available.

Remember as well these are group participation trips. Group meetings are there so everyone can talk about what's happening day to day so do raise any niggles or queries at the meetings.

If you do experience a problem while you are on the tour such as feeling unwell, not getting along with a fellow traveller or if there is something that you are unhappy with in regard to the running of the tour or anything else that is bothering you or stopping you from having an enjoyable trip, please do inform your tour leader directly of the problem as a priority. They will want to know. Once they know they can take the appropriate actions to resolve the issue as quickly as possible. All and any issues will be treated with the utmost confidentiality.

Everyone at Absolute Africa works very hard to ensure our travellers have the very best of trips. Should you have a continuing problem that you feel is not being addressed effectively it is your responsibility to email or contact the office at the very earliest. Detailing your concern in writing in an email is usually the best way to explain. We will then look into this immediately to see how the problem can be resolved so you can continue to have an enjoyable tour. Further details can be seen in our Terms and Conditions (14).

General code of conduct

We are ambassadors for our respective countries. How we act on safari should reflect this. An open mind, and a desire to have a positive impact, are vital attitudes to carry. A sense of humour is also an essential to pack for any safari in Africa.

We ask that each member of the group looks out for each other. These trips are about group participation and each member needs to do all he or she can to enable your group to work well together.

Day to day be sensitive and aware of how you and your group are being perceived by those around you. Be alert to where you are, sensitive when taking photos, aware of how much noise we are making, careful of how you are dressed. Everyone wants to have the best time possible in Africa and there are plenty of chances to have a trip of a lifetime. Excessive noise, obscenities and inappropriate behaviour cannot be tolerated - we need to show respect for the places we visit and the people we meet enroute. It can embarrass other members of the group and seriously upset those around us, particularly in campsites and restaurants. You will get more out of your trip if you are responsive, discrete and sensitive to the world around you.

Be particularly alert to the impact of excessive drinking as you travel. Alcohol abuse will put your health at risk, particularly in malarial zones. For safety reasons we insist that alcohol is not drunk on the trucks.

There is also a strict no smoking rule onboard the trucks, and no-smoking areas will be set up for meal times.

There are serious penalties in Africa with regard to illegal substances.

Game parks are a spectacular sight. We ask that you show respect and keep noise to a minimum. Everybody's game viewing on an ongoing basis is better served if our impact on a park is kept to a minimum. Do be attentive to all signs and instructions as to how to behave in game parks.

We won't leave a campsite until it is entirely clean. Your enthusiasm with packing up camp to ensure all is left clean is appreciated.

In a serious situation where behaviour is disruptive and/or dangerous the Safari Leader can step in and will remove you from the trip. Don't spoil your trip or someone else's trip.

Keeping in touch

It can be quite difficult and also expensive staying in touch whilst you are traveling in Africa. Please let your family know that this will be the case, particularly if you are usually in touch on a regular basis. In an emergency if your family needs to get in touch they should contact the Absolute office and we will do all we can to assist.

E-mail - you will be able to access email in Victoria Falls, Swakopmund and Cape Town. Please note internet speed is quite often very slow so be warned!

Post - Letters from the U.K. to Africa take approximately 10 - 14 days and from Australia or New Zealand to Africa approximately 2-3 weeks. Please be aware that articles regularly going missing in the post.

If you did need to have something sent to you while traveling please contact the office as to the best destination and address to use

Please do not have anything of value posted to Africa en route, including credit cards or prescription drugs. We would also advise against having birthday and Christmas parcels posted. In an emergency if something needs to be got out to you, the Absolute office should be contacted for further advice.

Language

English is understood in most Southern African countries. Learning some Chichewa and Shona will ensure a warm response from the locals.

What and where?

[Back to Index](#)

With such a huge variety of wildlife to see in Africa - we have put together a quick reference guide to help you plan your safari so you know what animals might be found in game parks in each country.

ABSOLUTE AFRICA



Group Name	Average Gestation (months)	Average Life Span (years)	Status	Diet	Distribution as at June 2010									
					Kenya	Uganda	Rwanda	Tanzania	Malawi	Zambia	Zimbabwe	Botswana	Namibia	South Africa
Lion	3.7	15	VU	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
African Elephant	22	70	VU	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cape Buffalo	11	17	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Leopard	3	20	NT	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Rhinoceros	6	35	CR	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Black White	6	35	NT	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cheetah	3	11	VU	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Spotted Hyena	4	25	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
African Wild/Painted Dog	2.5	11	EN	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Blue Wildebeest (Gnu)	8.5	20	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Giraffe	15	28	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Plains/Burchell's Zebra	12	28	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Oryx/Gemsbok	8.5	20	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sitatunga	7.5	19	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Greater Kudu	9	7.5	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Eland	9.2	17.5	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Impala	6.5	12	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Thomson's Gazelle	6	10.5	NT	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Gerenuk	7	20	NT	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dik-dik	6	3.5	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Warthog	5.7	15	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Gorilla	8.5	45	EN	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chimpanzee	8	50	EN	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Baboon	6	25	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Golden Monkey	5	19	EN	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Zanzibar Red Colobus Monkey	6	20	EN	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Rock Hyrax/Dassie	7	12	LC	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Banded Mongoose	1.7	8	LC	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Genet	2.5	8	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Meerkat	2.5	13	LC	O	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hippopotamus	7.9	50	VU	H	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Nile Crocodile	3*	45	LC	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Common Bottlenose Dolphin	12	20	LC	C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

* Incubation not gestation

Status: LC = Least Critical, NT = Near Threatened, VU = Vulnerable, EN = Endangered, CR = Critically Endangered DIET: C = Carnivore, H = Herbivore, O = Omnivore

For those of you who want to read before you go, here are a few suggested titles:

The Africans	David Lamb
Malaria Dreams	Stuart Stevens
Out of Africa	Karen Blixen
Letters from Africa	Karen Blixen
Venture Into The Interior	Laurens Van der Post
Gorillas in the Mist	Dian Fossey
A Good Man in Africa	William Boyd
The Grass is Singing	Doris Lessing
African Laughter	Doris Lessing
The Tree Where Man Was Born	Peter Matthiessen
African Silences	Peter Matthiessen
Cry the Beloved Country	Alan Paton
The Weather in Africa	Martha Gellhorn
The Last King of Scotland	Giles Foden
Zanzibar	Giles Foden
Mukiwa: A White Boy in Africa	Peter Godwin
Don't Let's Go To The Dogs Tonight	Alexandra Fuller
I Dreamed of Africa	Kuki Gallman
Songs to an African Sunset	Sekai Nzenza-Shand
The Scramble for Africa	Thomas Pakenham
Disgrace	J.M. Coetzee
The State of Africa	Martin Meredith
Mugabe: Power, Plunder and the	
Struggle for Zimbabwe	Martin Meredith
Blood River	Tim Butcher
The Zanzibar Chest	Aiden Hartlet
Sowing the Mustard	Yoweri Museveni
In the Footsteps of Mr. Kurtz	Michela Wrong
River God and The Seven Scrolls, and other titles	Wilbur Smith
Out of Shadows	Jason Wallace
A Sunday at the Pool in Kigali	Gill Courtemanche
Africa on a Shoestring	Geoff Crowther
Healthy Travel Africa	Isabelle Young, Lonely Planet 2000

Lonely Planets, Bradts and Rough Guides are always a mine of information

A 746 Michelin map will give you a good insight into where you are travelling.

A friendly note that conditions, prices and details change constantly in Africa and what may be appropriate and/or correct one day is not necessarily the case the next. Much time and effort goes into keeping this information as up to date as possible. At the same time do not treat this document as 'the bible' for your safari. It is a guide only to assist in steering you in the right direction.

If you have any queries please do not hesitate to get in touch. We are more than happy to assist.

Queries about your safari booking should be directed to Absolute Africa. We are available on Skype and Live Chat, or feel free to email us at our bookings office at bookings@absoluteafrica.com

3rd March 2020