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PARAKUYO TOURS & SAFARIS

SAFARI PREPARATION PACKAGE

On behalf of the Parakuyo Tours & Safari team, I would like to extend our warm welcome. You are about to embark on an amazing and unforgettable journey to East Africa - a land that is full of life, energy, beauty, and exceptional adventures. It is important that you carefully read through this guide to ensure you are fully prepared or aware for your journey in East Africa and - Thank you for choosing Parakuyo Safaris and I sincerely hope you enjoy this adventure.

What To Expect. SAFARIS . PHOTOGRAPHY . CLIMBING

While on safari or mountain climb with Parakuyo Safaris, expect a wonderful and memorable adventure, a lifetime experience, far from your normal life and perhaps more rewarding adventurous life experience you ever had, while your safety is priority for us. Our guides are experienced, skilled and professionals, there job is to make your adventure in East Africa a wonderful experience.

There will be probably dust, rain or mud! New sightseeing's and experiences for you, stories, and friendly people! Get ready for great experience!

Meleck John.

ENTRY REQUIREMENTS FOR EAST AFRICA – OVERVIEW.

Countries you will be visiting, Tanzania, Kenya and Uganda. I suggest you read carefully the information and requirements to enter these countries. With time and little efforts, you will be able to navigate through provided links below to get more information.

1. You need a passport.

Valid at least 6 months past the last day of your visit to East Africa with at least two blank pages for each country you intend visiting, Kindly check if your passport meet those requirements, if not, consider getting renewal to fit your travel time and application for the visa in timely manner.

2. You need a visa or (eTA)

All applications and payments by credit, debit, VISA, MasterCard are made online.

To enter Tanzania and Uganda you need a visa in Kenya you need Electronic Travel Authorization (eTA)

. Tanzania visa processing and approval standard time is 7 business days, may take longer. Fee 100 USD per traveler (surcharges may apply for payments) for American citizens or holder of American passport. For citizens of other countries apply for ordinary visa fee 50 USD (surcharges may apply for payments)

. Uganda visa processing and approval standard time is 3 days, may take longer. Fee 50 USD per traveler (surcharges may apply for payments)

. Kenya Electronic Travel Authorization (eTA) processing and approval standard time, 3 working days, may take longer. Fee 32.50 USD (surcharges may apply for payments)

. Note that; East Africa Tourist visa is applicable to Rwanda, Uganda and Kenya only.

3. Vaccinations.

You will need to have a yellow fever vaccination and a proof of valid certificate (Card) of vaccination, you may need to upload this during application of visa or eTA when visiting Uganda and Kenya, in Tanzania you don't need to be vaccinated unless you are travelling from an infected area or having been in transit through infected areas more than 12 hours for the past 6 days – however, if you are visiting all three countries (Tanzania, Kenya and Uganda) you need to get vaccinated and have proof document – same if you enter Tanzania from Kenya or Uganda, you must have proof of vaccination. Make sure you carry with you the certificate when travelling. Uganda needs also Polio vaccination for children under 5.

Yellow fever vaccination is given as a single dose and should be administered at least 10 days before entering the country which needs this requirement. One dose of vaccine provide lifelong protection.

4. Documents

Copies of these documents you should have in hand before starting applications for the visa and eTA, preferably in pdf format. Other documents are listed on the guidelines sections on the websites you are applying.

- . Copy of valid Passport (Bio Data Page)
- . Confirmed Int'l flight tickets. You may be required to upload/show the return ticket on arrival or evidence of onward travel
- . Recent passport size picture
- . Details of your Arrival and departure itinerary, (know your point of entries and departures) for those extending their tour to Kenya from Tanzania, the exit point in Tanzania (border) is Sirari and is by road (Land). The entry point in Kenya is Isebania and is by road (Land).
- . Confirmation of accommodation(s)

. After obtaining the visa and eTA print all the necessary copies of your travel documents, print several for each document including the copy of your passport (Bio Data Page) to present at entry or exit points in case needed in any country.

. Get more information for the countries you are visiting from Travel.State.Gov

For Tanzania click [here](#)

For Uganda click [here](#)

For Kenya click [here](#)

WEBSITES AND APPLICATION PORTALS FOR YOUR VISA AND eTA.

All the necessary information you need for applications are available on the websites, with little effort, you will be able to navigate and find the information you need and requirements for the applications. The application on portals are straight forward process. Apply for the visa or eTA on official websites and portals of the migration departments on respective countries. (Tanzania, Kenya and Uganda)

You may apply for your visa or eTA three weeks before your travel date, but not more than 90 days before travel date.

Tanzania visit <https://visa.immigration.go.tz/>

Kenya visit <https://www.etakenya.go.ke/en>

Uganda visit <https://visas.immigration.go.ug/>

POINT OF ENTRY (Arrival) TO EAST AFRICA.

Your point of entry should be Tanzania and through Kilimanjaro Int'l Airport code JRO. This will make easier for you to access Arusha city where your adventure begins, for safari or Kilimanjaro climb.

Please make sure to select the right type of VISA, American Nationals or holders of American passports **must** apply for **Multiple Entry Visa**.

E-visa Online Application Process.

Feedback from the past clients says, it take some time to fill and file visa application, please make sure you have enough time for this process- you can start the process, save and continue later when you have time.

Allow 7-14 business days, for your e-visa to be processed and approved, you are **advised** to make your application through the official Tanzania immigration website <https://visa.immigration.go.tz/> **only** and **not** through any other links.

Local Host Information.

In most cases you can enter the name of your first property (Lodge, Hotel, Camp) listed on your Tanzania Travel Itinerary. For physical address you can look that up on accommodation website. You can use cross roads or P.o.Box as well.

Return Ticket.

You will need to upload a copy of your confirmed (**not pending**) International round trip ticket showing your inbound and outbound flight details for Tanzania, for those proceeding with their travel to Kenya, they will show proof of their onward travel to Kenya.

Obtaining Your Tanzania Visa Upon Arrival.

It is still possible to obtain your Tanzania Visa upon arrival, without going through e-visa process. Please make sure you have a \$100 USD (American citizens must apply for multiple entry visa) \$50 USD for non USA citizens for single entry visas. All in cash and bills need to be recent. Application forms are available at ports of entry or border crossings. Please note that, this method of obtaining a visa may have **multiple** steps.

Please Read Special Note.

As of November 2019, The Tanzania Embassies, High Commissions and UN mission Offices no longer provide Visa services.

There are two ways to obtain a Visa to Tanzania:

1. Online
2. Upon Arrival

Please make sure your passport is valid for at least 6 months from the date of your departure from Tanzania. (East Africa) Please, review all Visa regulations well in advance of your arrival.

The Tanzanian Visa that will be affixed into your passport takes up an entire page of your passport. Please ensure you have sufficient pages remaining in your passport prior to travel.

(2 – Blank pages per country on your travel/itinerary).

Travelling To Tanzania.

You will be required to fill Traveler's Health Surveillance Form within 24 hours prior to arrival. Available on this link <https://afyamsafiri.moh.go.tz/#/> once you are on this website, you will notice there are two buttons, one for "Domestic Departure" and the other one for "Arrivals from/through Uganda or DRC" you should click on "Domestic Departure" (Usually when you land to this page, "Domestic Departure" will be highlighted with blue color.

Once you have completed you will receive a completion notification containing their **Unique Health Code (UHC)** which you will present upon arriving at the airport, (print your profile), to present it at health desk upon arrival, it will be used on preliminary screening upon arrival to Tanzania.

Guidelines to fill the form is found on the website.

-Print and carry as well copy of certificates of vaccinations, if you are vaccinated and copy of your passports in case needed. (You may have several copies of these).

POINT OF EXIT (Departure) FROM EAST AFRICA.

You are advised, your point of Departure from East Africa to be the country you will end your tour in East Africa this will cut costs for you and saves time.

e.g ,

. If your tour ends in Zanzibar, consider flying off from Zanzibar – Amani Abeid Karume Int'l Airport Code ZNZ.

. If your tour ends in Tanzania mainland, consider flying off from Kilimanjaro Int'l Airport Code JRO

. If your tour ends in Kenya, consider flying off from Nairobi – Jomo Kenyatta Int'l Airport code NBO.

. If your tour ends in Uganda, consider flying off from Entebbe, Entebbe Int'l Airport code EBB

Departing East Africa.

Currently East African Governments has no any testing or any other requirements related to Covid-19 for departing travelers. You may need to check the requirements of your airline and your country.

CULTURE

East African people by nature are friendly and warm but bear in mind that crime does exist and all the people are not the same, as in all cities and towns around the world. Your guide will brief you fully on arrival or during the safari or mountain climb regarding personal safety. Please do not hesitate to ask as many questions as you need for you to be able to have a good understanding.

Please talk to your guide about taking photos, customs and actions that may offend while in country.

I.e. it is prohibited taking pictures of government workers/officials, buildings, settlements, structures e.g. Police officers, Military, Police stations, Military camps etc.

East Africa, with African, European, Arabic and Indian traces influencing East Africa culture, Indecent and threadbare clothing are not encouraged especially in Zanzibar when you are off from your accommodation.

It is advisable to act as respectfully as possible.

LANGUAGE

In Kenya and Uganda more people speak English than Swahili.

In Tanzania Swahili is widely spoken than English as English is the second official language, you will find that the majority of the people you will encounter are fairly fluent in English. Here are some fun phrases to practice your Swahili,

Jambo – “Hello” widely used with foreigners to locals and vice versa – and reply is “Jambo” as well

Habari – “Hello/Good morning” (commonly used when speaking with older people)

Asante – “Thank you”

Asante sana – “Thank you very much”

Pole – “Sorry”

Karibu – interchangeably used as “Welcome” or “You’re Welcome”

PRIVATE SAFARIS VS. GROUP TOURS

Most safari operators arrange pre-prepackaged “group tours”. These tours are generally a pre-planned itinerary according to a specific calendar dates and a block of rooms are booked at particular tented camps and lodges on those dates. Then, various people can “sign up” for these tours until the spaces are filled. In these “group tours”, strangers are shuffled together and must follow the group’s decisions despite any individual interests they may have. This almost always leads to compromise and disappointments sometimes.

OR: A group of friends, colleagues, families organize themselves and embark on a tour is considered as a private tour.

OR: Individual, organizes a tour for co-workers, friends, charity, colleagues, families, friends is considered a private tour.

This is a private tour, therefore you have plenty of freedom and flexibility.

YOUR TYPICAL DAY ON SAFARI

This is your safari trip, your adventure! You decide how you want to spend your time on this vacation. If you would like to spend a full day on safari, you are definitely welcomed to do so. Parakuyo Safaris does not restrict your mileage, fuel or how much time you want to be on safari. While some days you may decide set out by sunrise, other days you can have a more slow paced breakfast before start your daily exploration. Simply sit down with your guide to plan your day and meals the night before. Your guide will have plenty of suggestions, but of course the decision is yours.

CULTURAL TOURS

The Cultural visit' is an optional activity especially to local tribes enriches the guests' cultural knowledge and appreciation one of the many tribes encountered on safari to East Africa. You will find several villages or places offering these activities. However, due to its growing popularity, feedback from returning guests' suggests that these places have become a bit commercialized and fell short on expectations. With a large influx of tourists willing to pay money for local jewelries' and accessories, residents of these cultural places have started soliciting guests for such transactions. Although completely harmless, such behavior can make visitors uncomfortable. With such behavior, Parakuyo Safaris would like to bring to your attention that, you should also expect to be approached by at least some residents selling their wares (This might include other places you will make stops along the roads for some reasons) and asking you to donate to their school or any kind of project they will say. If you are uncomfortable with such behavior, we recommend skipping the optional cultural tours. Please do not hesitate to discuss with your safari guide if you have any additional questions or concerns about this optional activity or people asking you to donate for the schools and projects, please get in touch with me, I will advise you properly.

GAME DRIVES

The game drives in the National Parks and Conservation area are all to be conducted in the safari vehicle, and you should remain inside for safety reasons.

Please be aware that a large portion of your time on safari will be spent in a vehicle doing game drives and wildlife viewing. If you have any potential problems with long durations in a vehicle (i.e. back problems or past surgeries), please alert your driver/guide of the situation in order to minimize negative impact. Do not sit on top/roof of the vehicle, while it's moving or stationed, it's against park rules and for your safety as well. If the car is stationed for any reason i.e. watching something and the guide decide to make a move/drive abruptly might cause injury and we would not like that to happen or penalized with park officials.

Do not alert the animals! By attempting to attract an animal's attention, do not imitate animal sounds, clap your hands, pound the vehicle or throw objects out of the vehicle so they can look your direction in order to take good pictures, try avoiding noisy near the animals.

Do **not feed or attempt to feed** wild animals and birds or approach any wild animal.

PHOTOGRAPHY

The right camera – to capture memories and encounters to treasure, and a digital chip is important, as this will determine the quality of your photos on the trip. For wildlife and bird photography a good digital camera with a telephoto lens is important. A 35mm single reflex camera with telephoto lens of 200mm or 300mm is recommended, otherwise just bring a camera you are sure will be good enough to capture those great memories. Professional cameras with large lenses, can be brought for the best quality photos, Parakuyo Safaris is an outfit for professional photographers – You would like it!

An ultraviolet filter, water and dustproof covers, spare memory cards chips and spare batteries are essential on hand or a laptop/iPad/Tablet to download the pictures if necessary.

A pair of good quality binoculars is essential for animals viewing.

*There are incidences some of our past clients did not bring cameras and depend only their smartphone to take pictures, the distance is a barrier for smartphones in some cases and this really disappoints the clients, the guide and us to some point! We would like you to capture any thrilling or great sightseeing of animals, actions, scenery etc. consider bringing modern gadgets to mount on your smartphone for you to be able to capture great memories at considerable distance, otherwise if you are confident a smartphone will be okay for you, then feel free. Same to binoculars, bring a pair good enough, recommended every individual to have his/her own.

Please bring a plentiful supply (or amount you are sure is enough) of Memory Cards, Batteries, as these will be difficult to obtain, higher in price or poor quality than in your home country or time to shop for it.

If you have a camera you are used to, that's fine and great, if you are planning buying a new one or borrow for your upcoming safari, make sure you learn how to operate it efficiently, knowing how to operate it very well before arriving for your safari or climbing, there wouldn't be time to learn it during safari or climb and this to some point will frustrate you! – This applies to the binocular or other appliances as well.

TREKKING

Day hikes for Gorilla and Chimpanzee tracking in Uganda and day hike to Mount Kenya, either hike takes around 6 hours in total and can be strenuous on some places, if you are intending participating on either hikes or all, exercise at home to keep yourself fit to be able to hike comfortably. Kilimanjaro guidelines are on separate package.

GORILLA AND CHIMPANZEE TRACKING PERMITS.

For those anticipating doing a Gorilla or Chimpanzee tracking in Uganda, they are advised to obtain their permits for the tracking well in advance recommended at least three months before the tracking date, as the permits are very competitive.

BUSH BATHROOMS

Throughout your safari, there are various areas with public bathroom facilities such as ranger stations, entry gates, museums, visitor centers, camps, lodges and picnic sites. Since you will be on a private safari, there will be opportunities where no other vehicles are in sight. At any time, your driver-guide can find a safe and private area where you may simply exit to the rear of the vehicle. Two large spare tires at the back of the vehicle, blocking the view from anyone else within the vehicle. Most guests are a bit reluctant at first, but gradually adapt and become comfortable with the convenient bush bathrooms. (Note, this is in case someone is so tight) So make sure you have a small bag or anything to put used toilet papers so we don't litter the pack.

Others prefer proper bathroom facilities. Don't worry, our driver-guides are sympathetic to bathroom dilemmas and will ensure you are comfortable and accommodated to your needs.

DUST

Dust is no stranger in safari regions in Tanzania, Kenya and Uganda. Dusty conditions get significantly worse during dry season from June to the end of October. Even in green season (December to May), dust can be aggravating during game drives. Please be prepared for dusty roads when traveling in safari regions, please be aware that electronics such as photography and video equipment may be particularly prone to dust conditions. Keep a few soft photo soft cloths on hand to wipe down dust from the lenses. Be sure to bring a small bag to store your equipment that can be opened and easily accessed. It is important to note that dust may affect contact lens wearers, as a result, be sure to plan accordingly and bring sufficient supply of lens lubricant.

BUMPY ROADS

You will experience bumpy roads when traveling throughout the safari region and during game drives. This may pose a problem for some individuals with back problems. Please inform us in advance and we can plan accordingly. While safari vehicles are customized and equipped for rough roads, we still recommend our guests to always fasten their seat belts at all times, and hold on when standing on their seat to enjoy the view through the popped up roof. Bumpy roads-the reason we advise sports bras for wearing on rough terrain for the ladies.

Please also make sure that your cameras and other electronic equipment are safely stored at all times in case of any damages due to bumpy road or dust.

SAFARI ANNOYANCES.

When you are on safari, you may encounter tsetse fly in some regions of your safari, some more concentrated than others. Tsetse fly resemble larger flies with a stinger, and while most have no adverse reaction to the bites, some may experience swelling and itchiness. A recommended medication for this would be "Benadryl Itch Relief stick". As tse tse flies are attracted to dark blue and black colors, avoid cloths of these colors. Light natural colors such as khaki, brown, olive, beige and green are recommended and should be worn during the day. Tsetse fly are most active during the day, and become inactive during the night. You can always ask the guide how you should dress the following day

SNAKES & OTHER INSECTS

Snakes are common throughout Africa, but they are seldom encountered on safaris. In bushy or wooded areas, wear boots closed-toe shoes or boots and long trousers to avoid insect bites and minimize risk. If you are staying in a mobile or canvas camp, please make sure that the canvas flap is zipped all the way down

(when you're in or out of the tent) in order to prevent insects from entering your tent. The staff at each accommodation will spray your room while you are out for dinner and it should be as "bug-free" as possible upon your return.

No 24-HOUR ELECTRICITY

Please be aware that, on some of your accommodation places, tented camps and lodges do not operate 24-hour electricity as they rely on solar power or generator. Many properties turn off their generators in the late evening until dawn the next day. Power outages in East Africa happen, in some places frequent and even properties who offer overnight electricity may encounter issues, as a result, your tent or room may be pitch black in the middle of the night. While most tented camps and lodges provide flashlights in the rooms, we recommend all guests to bring their own flashlight and spare batteries. Be sure to keep it accessible in the middle of the night to avoid tripping or other accidents, your smartphone may be handy on cases like this.

Remember to recharge your camera batteries, Smartphones, iPads, Tablets, and Laptops etc. Every day evening at camp or lodge.

CHARTER FLIGHTS & LUGGAGE RESTRICTIONS

Most charter flights within East Africa have a luggage restriction of 15-20kg per person in soft or duffel bags. The 15-20kg per person includes all hand luggage and bags. Excess luggage may be subjected to 2\$-3\$ per kg if it can be accommodated. It is important to note that during high peak season the pilot may refuse to carry extra weight. Please carry-on all valuables and do NOT check-in any luggage containing expensive items such as camera equipment, laptops, iPads etc. to avoid theft and damage.

LUGGAGE RECOMMENDATION

Many guests prefer bringing a light weight, rolling duffel bag due to its capacity and the bag itself doesn't weigh much. As you may recall, for small planes flights within East Africa is a 15 -20kg per person in soft or duffel bags, including hand luggage.

PICNIC BOXES (Lunch Boxes)

Your private safari will allow the flexibility of how you choose to spend your time. A daily decision to be made is whether to have breakfast and lunch at the tented camp/ lodge or a picnic box in the bush. While early morning game drives with the sunrise can be breathtaking, there will be likely occasions where you desire to stay in the bush and continue your adventure without returning to the tented camp/lodge. Picnic boxes for breakfast and lunch are prepared on a daily basis at each respective accommodation according to your itinerary.

The typical breakfast box may consists of combination of bread, pastries, juice, a banana, apple, hardboiled-egg, bacon or sausages.

The typical lunch boxes consists of various items such as a piece of chicken, bread, sandwiches, banana, apple, juice, muffin and chocolate. If you have any special dietary requirements please let us know and we will plan accordingly.

Feedback from returning clients suggests the quality of these picnic boxes can sometime be a hit or miss. General complaints include lack of variety of food choices, poor food quality and redundancy. Despite our efforts to get camps and lodges to improve the quality of their picnic boxes, unfortunately, we have little control over the food quality they provide. A hot meal at the camp or lodge will likely provide a more satisfactory culinary experience, but in exchange, you may miss out wildlife activity. That being said, discuss with your guide the appropriate plans you wish to pursue, the guide will advise you as well.

If you have dietary restrictions, kindly let us know in advance so we can be able to notify the accommodation places you will be staying in advance.

ROAMING WILDLIFE

Please note that there will be wildlife roaming in the area as the properties are not fenced. There will be guards who will be on the site during day and night. They will also be escorting you to your room and back. It is especially important for parents with small children to take note, and keep their children under supervision at all times when walking outside of their rooms and/or tents.

Please, in any case or situations do not feed animals or birds, it is forbidden and the penalties are harsh for the clients and for the guide, who can be burn to enter national park for a certain duration or can be extended to the company if there is previously record of their clients committing this offence, we are happy our past clients understood this very well.

PARK FEES

All park fees and conservation fees have a 24 hours limit with single entry and your itinerary is planned according to the park permits paid. Your driver-guide will brief you the night before regarding your schedule. As the parks and conservation areas are strictly monitored, there will be a penalty fee, if you overstay inside the park or conservation area. Any penalty fee resulting from extending the stay will be at the clients expense, please keep in mind we would not like for you to fell on this.

SOLAR PROTECTION

Tanzania, Kenya and Uganda resides near the equator, where the sun will hang near its zenith for most of the day. The intensity of the equatorial sun can quickly lead to sunburn and sun poisoning. The solution is simple, use high-factor sun block, lip balm, wear a hat and stay hydrated. Don't forget your eyes also need protection, so be sure to wear sunglasses.

ELECTRICITY CHARGING STATION

Tanzania, Uganda and Kenya electrical sockets are identical to those found in the United Kingdom. The 3 rectangular pin UK adapter is required to use electronic appliances. The electrical voltage used in East Africa is 220V whereas the electrical voltage in the United States is 120V. Please make sure your device is capable of operating safely with either 120V or 220V.

Please be aware that many tented camps and lodges do not provide 24-hours electricity. Most properties are solar-powered, or running on generators and turn off their generators after dinner until dawn. Please inquire upon arrival at each accommodation as policies differ widely. If you have a health concern that requires you to charge your medical equipment at all times, please kindly notify us beforehand and we can plan accordingly.

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SAFARI HEALTH AND CONCERN

Although there is no high level of physical exertion required while traveling on safari, an overall good health is essential. Health concerns or dietary restrictions should be made apparent before leaving for safari. As noted above, any safari participants must be in good conditions; therefore it is crucial to ask your physician for medical advice or visit a travel clinic before going on your safari. It is likely that you will be prescribed antimalarial drugs and I endorse these preventative measures, as Malaria is one of the health risks in Tanzania.

That being said, regardless of whether or not you are taking antimalarial medicine, protecting yourself from mosquito bites altogether with various counteractive means is especially important. Such means include using insect

repellent, having sufficient wear before dusk and wearing long sleeved shirts, trousers, ankle-length socks (mosquitoes tend to hover near this area) and closed-toe shoes in the evenings.

YELLOW FEVER VACCINATION

You will need to have a yellow fever vaccination (And a proof of valid certificate (Card) of vaccination, you may need to upload this during application of visa or eTA when visiting Uganda and Kenya, in Tanzania you don't need to be vaccinated unless you are travelling from an infected area or having been in transit through infected areas more than 12 hours for the past 6 days – however, if you are visiting all three countries (Tanzania, Kenya and Uganda) you need to get vaccinated and have proof document – same if you enter Tanzania from Kenya or Uganda, you must have proof of vaccination. Make sure you carry with you the certificate when travelling. Uganda needs also Polio vaccination for children under 5.

Yellow fever vaccination is given as a single dose and should be administered at least 10 days before entering the country which needs this requirement.

ANTI-MALARIA PILLS

There are several types of anti-malarial pills available, please consult with your family doctor to select the right one for you.

OTHER VACCINATIONS

Aside from Malaria and Yellow Fever, there may be other vaccination and medications to take prior to your trip to East Africa. Please consult with your family doctor, and visit a travel clinic in your area to receive specific medical consultation before your trip. Please note that all shots and medications are recommended to be taken/prescribed at least 3-4 weeks prior to travel. Please discuss the following vaccination recommendations with your doctor or travel clinic:

- Hepatitis A, B
- Yellow Fever
- Booster doses for Tetanus-diphtheria and polio vaccine
- Antimalarial drugs
- Various antibiotics such as Cipro
- Diarrhea medicine
- Covid - 19

STOMACH UPSETS

Similar to traveling to any foreign country, stomach upsets may be common and unavoidable. Depending on the individual's sensitivity, these may range from mild aches to diarrhea. Causes for such digestive problems can be attributed to simple things like changes in water (e.g. different mineral content), food or even climate. Your doctor may prescribe you an oral vaccine (e.g. Dukoral) to give you protection against traveler's diarrhea. However, if an upset stomach still occurs, you can stop it with an over-the-counter drug called Imodium or simply let it naturally pass by staying extra hydrated and staying on a plain diet. That being said, it is encouraged to first consult your doctor on whether or not a diarrhea medicine is necessary for your case.

DIABETICS ON SAFARI

Should you have a diabetic condition; there are no grave situations you should be concerned about while traveling on safari. A great deal of the meals provided to you on safari will likely be very similar to what you habitually eat at home (e.g. Marinated chicken, beef, salad, fruits, etc.). However, be mindful that some packed lunches supplied by the lodges or tented camps may include foods high in carbs such as bread, fruit and juice boxes, as well as other foods high in protein. With regards to essential diabetic medications and supplies, make sure to carry a

letter from your doctor stating said supplies you will be bringing with you and a copy of the actual prescription is also recommended. In addition, carry hard candy or glucose tablets with you on game drives or other safari activities. Insulin-dependent individuals are encouraged to pack more than one bottle of insulin and extra pump supplies, as they are not available to purchase in Tanzania. You are welcome to discuss with the guide and the manager or chef of the lodge or camp what would you like most on your diet and can provide if there is a possibility.

CPAP BREATHING MACHINE

If you are traveling with a CPAP Breathing Machine and/or Portable Oxygen Concentrators devices, it is mandatory that you bring a rechargeable battery pack (equipped with a minimum runtime of 8 hours) that is of universal voltage (120V – 240V). The majority of the lodges and camps you will be staying at do not run on 24-hour electricity, and turn off their generators for the night until daylight. While out on safari activities, guests are advised to charge their CPAP battery throughout the day so that they can be used overnight when power may not be available at their accommodations.

USING TRAVELERS CHEQUES AND CREDIT CARDS IN EAST AFRICA.

Many places does not accept travelers' cheques now days, including for tipping.

We encourage guests to avoid using much on credit cards to make purchases for security reasons, even at lodges and gift shops. We advise all our guests to take extra precaution when using their credit cards in Tanzania, like in any other country or at home as there may be a risk of the credit card numbers and fraudulent charges will be made.

- Try and avoid using credit cards in Tanzania whenever possible. Plan to use US cash for all your purchases, note bills should be recent, older bills more than 2009 in many places are not accepted.
- Prior to your departure, please call and inform your credit card company about your travel details such as dates, locations, and layovers. Further, authorize charges only within those travel dates and set a maximum transaction limit.
- Monitor your current and future credit card statement upon returning home.
- Otherwise, Master Card and VISA cards are widely used in any country in East Africa, for payments and to withdraw local currency at ATM machines.

WHAT TO BRING ON SAFARI

Your safari wardrobe does not require any “Special Purchase” for the outfit cloths, unless you want to! On the other hand do not bring your best cloths for safari, it’s not necessary

Safaris are casual vacations! Dress comfortably and pack lightly. As you will be spending most of your safari viewing in the vehicle, loose-fitting and light colored clothing are recommended. Avoid dark colors (i.e. black, dark blue, blue) as they tend to attract unwanted attention from insects such as the tsetse fly.

SAFARI CLOTHING

These are some of the clothing we recommend

- One pair of comfortable walking shoes (i.e. sneakers, hiking shoes)
- One pair of sandals or flip-flops
- Casual, loose-fitting clothing
- 1-Bandanna (optional)
- Swimsuit

- One warm fleece or sweater
- Extra Cotton socks and underwear
- Wet wipes
- Sports bras for wearing on rough driving or hiking terrain for the ladies
- Raincoats or waterproof ponchos preferably small and easy to pack
- Shade Hat with wide brim or baseball cap
- Lightweight jacket or windbreaker.

*These are Items description guidance, not necessary to be exactly.

Other items

- Passport, plane tickets
- Money belt, to put your money, credit cards, important documents, passport, etc.
- U.S. Dollars (both large and small denominations) notes **must be** more recent than 2009 and credit cards
- Sunglasses
- Flash lights or head lamps with spare batteries
- 1-Small knife, with scissors will be great – a Swiss knife type is just fine
- 1-Duffle bag
- 1-Padlock to lock your duffle
- 1-Day pack, to pack your day use stuffs, i.e. Sunscreens, spare batteries, lip balm, your pocket knife, power bank, memory cards for your camera etc.
- Contact Lens Solution, extra contact lenses and spare glasses.
- If you wear contact lenses, be sure to bring a pair of glasses in case of eye irritation from the dust
- Sunscreen (SPF 50 or higher)
- Lip balm (SPF 45)
- Insect repellent (DEET 30%)
- Anti-bacterial hand sanitizer

- Camera, extra batteries, memory cards
- UK plug adapter, the right charging cables for your appliances
- Journal for recording daily observations and encounters, with technology, some use their Ipads or smartphones.
- Yellow Fever and Covid – 19 Vaccination Certificate, if applicable
- Small Personal Medical Kit including
 - Pain killers,
 - Anti-malarial pills
 - Cold and allergy
 - Medicine cream of itches (i.e. Benadryl itch relief),
 - Stomachache medicine (i.e. Pepto-Bismol),
 - Antibiotic ointment (i.e. Neosporin), prescription antibiotic effective against a broad range of bacteria including travelers' diarrhea (i.e. Ciprofloxacin or also known as Cipro)
 - Eye drops medication for allergies and dry eyes.

Please discuss with your Doctor for above recommendations.

- Binoculars, Cameras, Chargers, power bank, we advise you to carry spare batteries for your cameras and enough memory cards, they are expensive here in case you forget!
- *Do not bring Candy, Sweets, and Chocolates to give the kids! Many kids has been spoiled with tourists giving them these kind of stuffs, including leftovers from lunch boxes (If you're bringing those stuffs for yourselves that's fine) On the other hand, in case you would want to bring something for the kids you meet, then, you may bring things like, exercise books, pens, pencils, rulers, small school bags or old clothes your kids doesn't need anymore!
- **Patience and a Sense of humor - Essential for Africa!**

WILD ANIMALS

It is important to never assume that any of the animals encountered on your game drive are tame. Though attacks by wild animals are unusual, nothing in the African wilderness is predictable. While you are staying in your safari lodges and camps, it is important to be especially cautious and aware of your surroundings as

many of these areas are not fenced and contain wildlife roaming freely. If you have children with you, keep them in sight and do not let them wander alone. At tented lodges & camps, you will always be escorted to and from your tent for dinner or during the night. Should you have any concerns, please do not hesitate to raise them to the staff or your guide.

TRAVEL INSURANCE

A comprehensive travel insurance effective for the entire duration of your trip is required when booking a tour with us. This should ensure coverage for any unforeseen circumstances that may occur such as trip cancellation or postponement, lost or delayed baggage, emergency or accident, illness and evacuation and a need for 24-hour medical assistance.

TRAVELING WITH CHILDREN

A safari trip to the African wilderness can easily be deemed as one of the most rewarding and unforgettable family vacation experiences. Left and right, children actively encounter sights that prompt many opportunities for new knowledge. It is undoubtedly a stimulating environment for curious young minds. That being said, their safety should be given extra regard and care when out in the wilderness. As noted above, several safari lodges and camps are not fenced and have wildlife wandering their grounds. We stress that you should always keep children in sight, and never, under any circumstance, let them wander alone. Escorts should always be present when you are out at night.

ITINERARY CHANGES & FLIGHTS DELAY

If a client requests last minute change to the safari itinerary including accommodations, flights, services, etc. the client is responsible for any additional expenses as a result of that change and will be subjected to availability.

Parakuyo Tours & Safaris is not responsible for any airline changes or costs incurred as a result of those changes, including airline schedules, fares, cancellations, over-bookings or damage to or loss of baggage and property. Any and all claims for any loss or injury suffered on any airline must be made directly with the airline involved. Air schedule changes may necessitate additional nights being added to your safari. Again, these schedule changes are beyond the control of Parakuyo Tours & Safaris and any additional costs resulting from such changes are the responsibility of the client. Parakuyo Tours & Safaris shall not be held liable for any delays or additional costs incurred as a result of airlines not running according to schedule.

GUIDES

For the duration of your safari trip, you will have the same driver-guide on each country respectively. At the end of the day, the quality of your guide is the single most important factor in determining the success of your safari. At Parakuyo Safaris, we hire the ones who have ability to make your safari a wonderful experience. The guides are all local to the country you are visiting with extensive experience in the field, let be a safari or mountain climbs, they are on this carrier before even the establishment of this outfit!

Your safari drive-guide will be responsible for helping plan your everyday schedule, giving you suggestions, although, it is ultimately the decisions are up to you. His most obvious aspect of his job is that he is also responsible for finding animals! Thus, he must understand intimately the wildlife's habitat and cognitive behaviors. A great guide will be able to read and predict animals' behavior and movement, optimizing your safari with spectacular encounters and thrilling hunts. It is also important for your guide to be well experienced so that he is not afraid of venturing off the beaten path for fear of getting lost, otherwise, you may never make it far off from the main road!

Please respect your guides' judgement when it comes to the proximity to the animals. Do not insist that they take you closer so that you can get a better

photograph. A vehicle driven too close can hinder a hunt or cause an animal to abandon a hard earned meal or disturb an animal on its comfort zone.

Not only should a guide be informative, but also engaging and enthusiastic along with a genuine personality. After all, you will be with a guide the entire trip!

WILDLIFE VIEWING RECOMMENDATIONS

East Africa temperate climate creates amazing wildlife viewing opportunities that are not only limited in the mornings, but throughout the entire day. However. As with all situations in life, good things come to those who wait. It is important to remember that nothing in the wilderness is foreseen, and oftentimes remaining patient and sticking close to one particular animal might be more valuable than rushing off to each new animal sighting or places. When you linger close to a specific animal for a longer period of time, you are more likely to learn more about their tendencies and behaviors in an insightful way, and sometimes even be rewarded with a spectacle you don't see every day—like a cheetah sprinting to catch its prey! On top of that you can be able to compose and take great memorable pictures by being patient.

All these you will discuss with your driver/guide and will depend on the program and time frame.

SAFARIS . PHOTOGRAPHY . CLIMBING

GENERAL SAFETY GUIDELINE

While East Africa has a relatively low crime rate, I still advise our guests to carry out some precautionary measures, just like in any country or your home town/city.

- Make copies of important documentations (passport, air itinerary, etc.) and keep them separate from the originals
- Do not bring along any-very expensive jewelry or watches

- Many of the lodges and camps (Also on Kilimanjaro) do not have a sophisticated in-room safe so we recommend Keep your valuables (passport, credit cards, money, important documents, wallet, etc.) in a money belt that you can wear under your clothes and make sure is with you all the time.
- Carry some spending money in an accessible pocket separate from your money belt so that you don't have to continuously retrieve from your money belt
- Town Safety - When exploring any town or city in any of the East Africa country, please use common sense and take safety precautions as you would when travelling in any foreign city/town or as in your home City/town.
- Be aware of your surroundings and keep an eye on your belonging especially in crowded areas such as bus stations and local markets
- Do not wear jewelry and expensive watches and do not carry your cell phone or wallet in your pocket
- Please follow National Park, sightseeing areas rules and instructions of your safari guide. National Park rules are designed to keep you and the animals safe.
- There are no fences around safari lodges and camps and wildlife move freely about. Always follow all safety instructions provided by the lodge/camp staff. Some lodges and camps require that you be escorted to and from your room to the dining tent after sunset. At such lodges, please ensure that you do not leave your room unescorted at night. If you have small children with you, do not let them wander alone or let them out of your sight.

General Healthy Safety

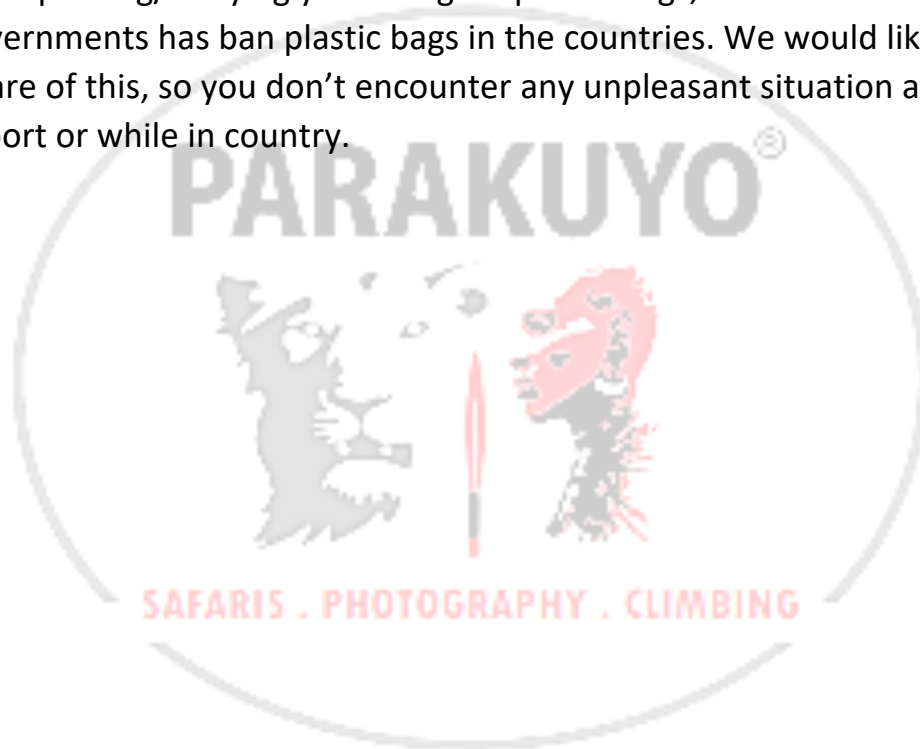
- Prevent sunburn & sunstroke - Please use sunscreen liberally, wear a wide-brimmed hat, long sleeves and wear sunglasses to protect yourself from sunburn.
- Take precautions against malaria - Although the likelihood of contracting malaria is low, it makes sense to follow simple precautions by wearing long sleeves shirts, long pants and socks after dark and using insect repellent containing DEET to prevent mosquito bites. Anti-malarial medication is also recommended. If you feel unwell at any time during your safari, please advise your guide.
- Please drink only bottled water provided in your safari vehicle and at the lodges and camps. Do not drink tap water. Use only bottled water to clean your toothbrush and rinse mouth and be careful not to swallow the water when you are showering.
**Although there is a campaign to ban plastic water bottles into the parks, but not yet enforced, in case it's enforced before your arrival, we will make sure you get safe and clean drinking water.*

MAKE SMART PREPARATION FOR YOUR TRAVEL/FLIGHT TO TANZANIA.

- There are rare cases whereby checked in luggage in planes can be delayed or lost, you should prepare yourself for this. Below are some recommendation/guideline to help you prepare for this.
- I recommend, you should wear the complete essential cloths while bordering your flight to Tanzania.
- In your carryon luggage, you should bring your day pack, medications, toiletries, all your important travelling documents, cameras, binoculars,

chargers, memory cards, spare batteries, etc. 2-3 pcs of important clothes if possible.

- You will not be allowed to take in your pocket knife or any sharp objects i.e. scissors, so this will go into your check in luggage together with similar objects.
- Drones are not allowed to fly in in East Africa, especially Tanzania and are strictly prohibited to use in all National Parks, so don't bother bringing those.
- Avoid packing/carrying your things in plastic bags, East African Governments has ban plastic bags in the countries. We would like you to be aware of this, so you don't encounter any unpleasant situation at the airport or while in country.



PREPARATION PACKAGE

Is a guide to help you in preparation for your visit to East Africa and on safari or Kilimanjaro climb, I would like you to be aware of several things on your preparations and while you are here. Remember you will be accompanied with the guide and feel free to ask him anything you think you will need to know and he will be of help whenever possible.

I wish you a good preparation for your travel to East Africa and on safari, Kilimanjaro climb and Beach Holiday.

In case you have any query please feel free to reach out anytime.

MELECK JOHN.

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