



Information & Packing List

Introduction

Kenya maintains an almost constant 12 hours of daylight. Kenya experiences a mild climate all year round. In general, the coastal areas are hot and humid, the inland cities are temperate and the Northern parts are dry. Kenya's time zone is GMT+3 all year round.

English is the official language and Kiswahili is the national language. In addition, there are 44 different ethnic communities speaking over 80 different dialects. Kenya offers a rich variety of cultural experiences with plenty of interaction with locals. Traveler's often get the opportunity to learn about Maasai, Samburu and other communities. In Kenya we have a multi-experiential destination with breathtaking landscapes, rich culture, mild climate all year round and luxury lodging and services. What makes it even more unique is the immense opportunities for intimate and responsible connection with nature, diversity of wildlife in breathtaking landscapes, enriching cultural encounters with friendly people. not mentioning the barefoot luxury even in remote locations, a multi-experiential coastline, vibrant cities for active and passive pursuits, and exhilarating activities both at the coast and inland Not forgetting the Unique world heritage sites like Lamu and the rich culture you get to interact with of the different communities.

The beaches of Africa are a sliver of paradise with crystal seas, white sandy shorelines, and endless blue skies. Choose from a list of destinations including the Island of Zanzibar, and the Kenyan beaches at Mombasa, Malindi, Watamu, Diani, and Lamu

The Indian Ocean is a picture-perfect place to relax with long white sand beaches and explorative but protected coral reefs inside the marine national parks.

Peaks & Safaris

PO Box 24250

Nairobi Kenya

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Tour Preparation

Transport:

- Landcruiser – 6 clients

Meals: Once the tour departs from The city hotel all meals are included (or otherwise indicated on program) - in most cases Breakfast and Dinner will be provided by the camp. We will sometimes make use of picnic boxes for lunch, especially on days when we will be moving between lodges. We can cater to most dietary requirements but ask that you please advise us when booking if you have any special dietary requirements.

At times our meals may be provided by camps/lodges that have limited resources, based purely on their location; the logistics of getting fresh produce for example to the Masai Mara can be challenging at times. We pride ourselves on being able to offer good quality food on our safaris - we do however ask you to manage your expectations and remember where you are if something you desire is not available.

Luggage: We request that you please try to keep luggage to a minimum and ask that you refrain from bringing large bulky suitcases and instead bring your belongings in a soft ruck sack or hold all. We recommend you bring a day bag for your personal belongings & ask that you leave non-essential valuable items at home. We do provide a Packing List that can be used as a guide to help you decide what to bring and what to leave at home. Soft sport type bag(s) are handy when on safari as suitcases are large and do not pack well in the vehicles. On most small aircraft there is a strict luggage allowance of 15kgs and if your luggage is over these weight allowances, smaller airlines will enforce a payment for excess baggage. Security measures at the airport check in are the same as international airports. Do not carry lighters, pen knives, nail scissors in carry-on luggage as it will be removed and destroyed.

Please make sure to lock all of your bags when traveling and to obtain travel insurance prior to your departure. It is recommended that you travel with a set of clothes and essential items in your carry-on bags in case of luggage being lost.

On Safari Clothing List:

- Sun hat with rim all round or peak
- Sunglasses
- Cotton scarf to protect your neck from sun burn
- Light cotton shirts: short and long sleeve. Avoid dark colors like blue & black as tsetse flies are attracted to these, neutral bush colours are only required if doing walking safaris.
- Medium weight fleece for evenings and early mornings
- Light weight rain jacket
- Light weight trousers, the ones with zip of legs making them into shorts are convenient
- Casual smart clothing for the evening when staying in lodges and/or tented camps
- Footwear: sensible walking shoes or trainers, sport sandals. Hiking boots are not required unless trekking on Mt Longonot, Kenya or doing a multiday walking safari
- Torch or head torch with spare batteries
- Face masks for Covid protection

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Medical:

- Headache tablets
- Diarrhea tablets
- Re-hydration salts
- Stretch bandage
- Band aids / plasters
- 30+ sun cream and lip protection
- Moisturizing cream (sun and wind can catch you unaware when game viewing)
- Malaria tablets / prophylaxis (Consult your doctor)
- Yellow fever vaccination (Consult your doctor)
- Anti-histamine tablets and cream for bites and stings
- Wet wipes
- Alcoholic type sterilizing gel / hand cleanser
- Prescribed or personal medication

(Important: please advise us of any medical history/condition that we should know about either on safari or if Mountain climbing. It is important that our driver guides and Mountain guides are informed accordingly if using prescribed or personal medication)

Personal Equipment:

- Light weight day sack or sports bag
- Toiletries, depending on the standard of accommodation some lodges will supply mini soaps, shampoos and conditioners
- Camera / memory cards / spare batteries or charging devices. All our 4x4 vehicles have British standard (three pin) sockets fittings for charging camera/video batteries or phones. This will only be possible whilst the vehicle is moving so it is advisable to come with a spare battery whilst one is in use the other is on charge. All lodges/tented camps will have charging facilities, most lodges will have sockets in your rooms, in tented camps the charging is done in the dining or reception area. Remote properties will be run on generator or solar, so electric will only be available when those are running.
- Multi plugs for charging
- Wallet/purse for carrying day spending money only
- Binoculars (one pair per person is recommended)

On The Beach

- Sun cream
- Sun hat
- Sunglasses
- Reef shoes
- Snorkeling equipment (optional, it can be hired at most places)
- Swim wear
- Insect repellent
- Light scarf/wrap for modesty (for ladies)
- Please note that most beach areas are Muslim areas, although wearing swim suites in the hotels or beaches directly outside the hotel is normal, when visiting villages or towns please cover up. Shoulders and legs above the knee should be covered for men and women.

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Plastic Bag Ban:

All plastic bags of any thickness or size are banned in Kenya you can not bring any or use any while in the country, including carrier bags, bin liners and rubbish bags. There is one exception – you are permitted to carry your hand luggage toiletries in one small ziplock bag as per airline regulations providing you also exit the country with it.

Personal Spending & Credit Cards: You will require extra money for your own personal spending on the tour for Activities and Excursions, snacks, drinks, souvenirs, tips and items of a personal nature. We suggest as a guideline you budget USD\$20 - USD\$30 per day for incidental expenditures whilst on Safari.

- ATM machines are readily available in the major towns/cities and it is possible to draw local currency for these incidental expenses on arrival
- Lodges accept all major currencies (USD, GBP and Euro). If using USD, please make sure to bring new notes (2016 or newer) as East African countries do not accept old notes.
- ATM machines offers local currency only – with limits per 24 hour period. There are no facilities to withdrawn cash in US Dollars from ATM machines.
- Few shops and lodges/tented camps are able to accept Credit Cards (Visa or Mastercard). Use of Credit Cards incur a bank handling fee of 4-5%.
- Tipping is a sensitive issue for most European countries but common in East Africa in the tourist industry, the below mentioned are guidelines for your attention:
 - ✓ Driver guides: \$5 -10 per guest sharing the safari vehicle (ie 4 persons x4 days @ \$10 per day = \$160)
 - ✓ Hotels and Lodges: rather than tipping individual people like waiters or porters we encourage you to use the communal tip box normally located in reception or at the bar. Tips in these boxes are divided between all hotel/lodge staff, ones you see and ones that you do not see like cleaners, gardeners, kitchen helps. We recommend around \$5-\$7 per person per night
 - ✓ Mountain climbs are slightly different as the crew size will vary as to how many people are in your group, also it depends how many days you are climbing. The below are guidelines based on a 7 day climb , obviously you can tip higher which becomes easier the more people sharing the climb
 - Head guide \$80-\$100
 - Assistant guide \$60-\$80
 - Mountain Chef \$50-\$70
 - Porters \$25-\$40

Visas: Depending on your Nationality you may require a visa to enter Kenya or Tanzania & must be obtained online before travel.

- For Kenya: Visa (apply on line via www.evisa.go.ke)

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Vaccinations: It is essential that you visit a Medical Practitioner at least 6 weeks prior to travel to discuss any vaccinations that you may require for your visit to Kenya or Tanzania. Please also be aware that both Kenya and Tanzania are malarial areas and we strongly suggest you discuss malaria prophylactic options with your Medical Practitioner to ensure you use the appropriate medication.

R* Yellow Fever vaccine may be required for entry to Kenya if you have come from A yellow Fever area.

C Yellow Fever vaccine is compulsory for Tanzania



| Country | Malaria | Yellow Fever | Typhoid | Meningitis | Rabies | Tetanus | Hepatitis A | Hepatitis B | Polio |
|----------|---------|--------------|---------|------------|--------|---------|-------------|-------------|-------|
| Tanzania | R | C | R | R | R | R | R | R | R |
| Kenya | R | R* | R | R | R | R | R | R | R |

Documents

- Passport, should be valid for at least 6 months
- Emergency phone numbers
- Insurance policy
- Your itinerary
- Addresses/Mobile numbers for postcards/emails/texts
- Any vaccination certificates (Yellow Fever or Covid)
- Health form to be filled out 24 hours before arrival

In case of Emergency: We suggest for your own piece of mind, and that of your friends and family, that you leave the following emergency contact information at home:

Emergency Contact Number: +254 734 696969

Email: info@peaksandsafaris.com

Contact Person: Vera Kivuitu / Susan Wamui

Travel Insurance We sincerely hope that you take out a comprehensive cover depending on what activities (Climbing/Diving) you want to include in your safari itinerary prior to traveling. We strongly recommend that you purchase a travel insurance policy for the duration of your tour in case there are any unforeseen circumstances e.g. delayed luggage, cancellation of flights leading to loss of holiday time, loss of personal effects, medical expenses while on the tour, and other factors that may lead to the cancellation of your tour.

Our emergency cover that we offer as Peaks & safaris is from **AMREF Emergency Evacuation Cover**

The Emergency Evacuation Cover is built into all wildlife/climbs/beach safaris.

How AMREF works in conjunction to your own travel insurance is that in case of any unforeseen incident the emergency services will act upon a simple phone call from us or anyone on the scene, this bridges the gap and essential time that can be lost whilst your own insurance is notified and for them to take action.

Covers clients within East Africa for a period of 14 days. In the eventuality of a medical emergency, they will be transferred, either by air and land rescue units which are available and in case of medical rescue being required you will be taken to the nearest medical facility depending on the severity of incident either in Kenya or Tanzania. Hospital bills are born by the patient which have to be presented by either visa or cash payment

Thank you for choosing Peaks & Safaris for your Safari, we very much look forward to welcoming you to Africa.

Safari Njema!!

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