

South Africa: Culture, Wine, and Wildlife July 31 - August 10, 2017

YOUR ITINERARY

7/31/17
Monday

Arrive into Cape Town

The provincial capital, Cape Town, is a sophisticated city with plenty to see and do, particularly around the Victoria and Alfred Waterfront area, where delightful buildings of the Cape Dutch and Victorian-era architecture have been restored as shops, restaurants, museums and pubs, as the busy water traffic of the docks goes on unabated. Cape Town, which faces north across Table Bay, has thrived from its birth, first as a Dutch settlement in 1652 when Jan van Ribeeck established it as a supply station for ships of the Dutch East India Company, and later, under the British as a port supplying ships with food and fresh water from the perennial mountain streams.

✦ **Arrival and Transfer to Hotel**

This afternoon (or evening) arrive in Cape Town, South Africa's "Mother City". Upon arrival, you are met and transferred to the hotel.

✦ **Dinner**

Dinner is on your own tonight.

Accommodations: Queen Victoria Hotel

Meals Included: Breakfast, Lunch

8/1/17
Tuesday

Cape Town

✦ **Breakfast**

Enjoy breakfast at the hotel this morning.

✦ **Sea Kayaking with Penguins**

Arriving in Simonstown, meet your sea-kayaking guide for a safety briefing and then gear up for a few hours of easy paddling in twin kayaks along the False Bay coast. Not to worry, as these are safe, comfortable "sit-on-top" kayaks which require almost no balance or skill. Paddle to the Boulders Beach's colony of African (Jackass) Penguins and view them from the ocean as they swim around this quaint cove. Also known as the black-footed penguins, these are flightless seabirds, found nowhere else in the world except off the coast of Southern Africa – the only penguins found on the African continent. This beautiful spot on the Cape Peninsula is framed by scenic white beaches that are protected by large granite boulders.

✦ **Lunch**

Leaving the kayaks, you'll have lunch at a local seafood restaurant.

✳️ **Scenic Cape Peninsula Drive**

Then after lunch, continue your day with a drive along the Cape Peninsula, surrounded by spectacular mountains, rugged shorelines, a variety of flowering plants, and the blue sea. The journey takes you past quaint seaside towns to Cape Point, a nature reserve, where the stormy waters of the Atlantic meet up with the calm waters of the Indian Ocean.

Covering over 19,000 acres, the reserve houses a truly astonishing variety of plant species – about 1,200 - of which 30 are considered rare. Although regarded as a botanical reserve, there is an extensive network of roads that allow visitors to view animals such as grey rhebok, Cape grysbok, Cape mountain zebra, bontebok, eland, red hartebeest, duiker, chacma baboon, Cape fox, caracal, rock dassie and porcupine, in addition to about 250 species of birds.

✳️ **Drive Back to the Hotel**

On departure from the reserve, travel via Noordhoek and over Chapman's Peak, heading towards the Atlantic Seaboard, through Camps Bay and Bantry Bay, and finally back to the hotel.

✳️ **Note For Today**

Bring your swim suit and t-shirt, a windbreaker, sunhat and sunscreen, a towel and a change of comfortable clothes. Your experienced guide will carry a cell phone and full medical kit.

Accommodations: Queen Victoria Hotel

Meals Included: Breakfast, Lunch

8/2/17

Wednesday

Cape Town

✳️ **Breakfast**

Enjoy breakfast at the hotel this morning.

✳️ **The Winelands Region**

Depart the city to the Winelands region for a leisurely exploration of historic Wine Route towns, their liquid delights and famed hospitality. You'll discover the internationally acclaimed vineyards of Stellenbosch, Paarl and Franschhoek on the Western Cape, along a most scenic route. A stop at the historic estate of Boschendal will introduce you to some of the most brilliantly preserved Cape Dutch buildings in the Cape and its collection of priceless period furniture. At Franschhoek, explore lovely antique shops and gardens, nestled in the "Valley of the Huguenots" where the French first settled in 1688. Stop in the university town of Stellenbosch, the oldest town in South Africa after Cape Town, undoubtedly the most scenic and historically-preserved town in Southern Africa. Oak-lined streets next to water furrows compliment the many fine examples of elegant Cape Dutch, Victorian and Georgian architecture – all part of this unique "Town of Oaks".

✳️ **Wine Tasting and Lunch**

There are chances aplenty en-route for tastings of high quality reds and whites as well as Cap Classiques (South African "Champagnes"). Lunch will be at one of the many classic restaurants in the area.

✳️ **Cheetah Outreach Project**

The day ends with a visit to the Cheetah Outreach project. This project performs very important work in educating the public and the world about cheetah issues and how best to conserve this highly endangered and magnificent animal. You'll also see the Anatolian Shepherd Dogs that were bred in Namibia at the Cheetah Conservation Fund. These dogs are placed with sheep herds in farms in Namibia to defend them against cheetah attacks, making it unnecessary for farmers to shoot the cheetahs the way they have been doing in the past. The project aims to provide a voice to the free ranging cheetah through education and awareness in urban and rural communities.

✳️ **Return to Hotel and Dinner**

Returning to Cape Town in the evening, you have another chance to discover one of the numerous fabulous restaurants that Cape Town has to offer.

Accommodations: Queen Victoria Hotel

Meals Included: Breakfast, Lunch

8/3/17
Thursday

Cape Town

✳️ **Breakfast**

Enjoy breakfast at the hotel this morning.

✳️ **Bloubergstrand**

Your first port of call this morning is Bloubergstrand, which in Afrikaans is "blue mountain beach" after Blouberg. Much of Bloubergstrand's attraction lies in its white sandy beaches from which you'll get picture-postcard views of Table Mountain and the city of Cape Town. Robben Island, where Nelson Mandela was imprisoned, can also be seen quite clearly from the beach at Bloubergstrand.

✳️ **West Coast National Park**

Continue north along the Atlantic coast to the West Coast National Park, a jewel in this peninsula's crown, and a rare biome formed by prehistoric changes in sea levels situated around the Langebaan Lagoon. The park is a paradise for some 55,000 birds, belonging to more than 150 species, that gather here each year - many migrating from northern climates to breed.

Walking trails are the best way to experience the park's scenery, with stunning views of the sea, as well as fynbos and birdlife. The west coast of the Atlantic Ocean harbors giants of the sea including several species of whales and dolphins, cape fur seals and great white sharks. Spend some time in the bird hides within the park. This is a superb vantage point for whale-watching, and to (hopefully) be amazed at the delightful and varied behavior of the southern right whales.

✳️ **Geelbek Info Center**

Visit the information center at Geelbek, a historic farm and national monument, then drive through a private section of the park to see bontebok, eland and zebra grazing amidst vast carpets of spring blooms, a feature for which this landscape is famous.

✳️ **Lunch**

Lunch is included this afternoon.

✦ **Head Back to the City**

After lunch, return to the city, pausing to view the Moravian Mission Station at Mamre, and possibly, stopping off at the West Coast Ostrich Farm or Fossil Park en route.

✦ **Dinner**

Dinner is on your own tonight.

Accommodations: Queen Victoria Hotel

Meals Included: Breakfast, Lunch

8/4/17
Friday

Cape Town

✦ **Breakfast**

Enjoy breakfast at the hotel this morning.

✦ **Explore Table Mountain**

Table Mountain is the signature of Cape Town, easily one of the most recognizable mountains in the world. Many a times a cloud covers this flat-topped mountain, which rises to 3,563 feet above sea level, and the locals affectionately call it a white tablecloth.

Despite its formidable appearance, it is possible to hike up Table Mountain (however, not sure anyone will opt for this...!). For nature lovers, the birding is awesome, and the wild flowers which poke out from rock crevices amid a scrub of ericas and gnarled proteas are awesome. More than 1,400 species of flowering plants have been recorded on the mountain, which makes it a spectacular sight in the spring.

✦ **Tour of Bo-Kaap and Spice Market**

Next, get to know aspects of the cultural diversity that Cape Town has to offer on an interactive guided walk through the historical heart of the Bo-Kaap, complete with a mini shopping safari. Meet the guide at the Bo-Kaap museum for a unique insight into the origins and history of the Cape Malay people. Across the street from the museum is the bustling spice market, where you will learn about the origins of the spices and how they are used in Cape Malay cuisine.

✦ **Cape Malay Cooking Experience**

To learn first-hand about Cape Malay cuisine, you'll have a warm, home-hosted Cape Malay welcome, learning how to fold samosas, and discovering this traditional and deliciously spicy Cape Malay dish. Once you've mastered the art, sit down to enjoy the feast that you created. "Cape Malay cuisine is a delicious fusion of Asian, European and African food genres. From clove laden denningvleis lamb to naartjie (tangerine) zest-laden tameletjie cookies, Cape Malay cooking is seasoned with history, infused with culture and full of fine flavors."

✦ **Kirstenbosch Botanical Gardens**

The rest of the day is devoted to Kirstenbosch Botanical Gardens, arguably one of the most beautiful gardens in the world. Founded in 1913, Kirstenbosch lies on the eastern slopes of Table Mountain and consists of landscaped gardens of indigenous plants and trees, watered by the Liesbeek River, as well as natural forest that extends up to the lower slopes. It is a living display featuring 9,000 of the estimated 20,000 species of indigenous South African flora, and close to 50% of the peninsula's floral wealth.

✦ **Dinner**

Dinner is on your own tonight.

Accommodations: Queen Victoria Hotel

Meals Included: Breakfast, Lunch, Dinner

8/5/17
Saturday

Cape Town to Timbavati Private Nature Reserve

✳ **Breakfast**

Enjoy breakfast at the hotel this morning.

✳ **Timbavati Private Nature Reserve**

This morning you fly to Hoedspruit and are transferred to Timbavati Private Nature Reserve. Located to the north of the Sabi Sands Private Game Reserve on the western edge of Kruger National Park, Timbavati Nature Reserve shares a common unfenced border with Kruger National Park, allowing the animals free range, and ensuring that guests have the opportunity to view the greatest diversity of wildlife that South Africa has to offer. The reserve is home to the great cats - lion, leopard and cheetah - as well as elephant, buffalo, black and white rhino, zebra, giraffe and a host of antelope. The rare wild dog is seen on occasion. Night drives may afford a glimpse of elusive nocturnal animals such as the armadillo-like pagolin and African wildcat. Animal tracking, bird-watching and stargazing are other available activities.

With a handful of visitors and a vehicle density of less than one per square mile, words "private, secluded and tranquil" best describe a stay here. Safaris are based on twice daily drives or walking excursions, accompanied by professional rangers and trackers whose passion for the wildlife has enriched their lives, and they willingly share their knowledge.

Included are: local soft drinks, beers, spirits, and house wines with meals; morning & afternoon teas & coffees; and laundry. Two daily safari activities & an optional guided game walk after breakfast.

Accommodations: Tanda Tula Safari Camp

Meals Included: Breakfast, Lunch, Dinner

8/6/17
Sunday

Timbavati Private Nature Reserve to Timbavati Private Nature Reserve

✦ **Timbavati Private Nature Reserve**

This morning you fly to Hoedspruit and are transferred to Timbavati Private Nature Reserve. Located to the north of the Sabi Sands Private Game Reserve on the western edge of Kruger National Park, Timbavati Nature Reserve shares a common unfenced border with Kruger National Park, allowing the animals free range, and ensuring that guests have the opportunity to view the greatest diversity of wildlife that South Africa has to offer. The reserve is home to the great cats - lion, leopard and cheetah - as well as elephant, buffalo, black and white rhino, zebra, giraffe and a host of antelope. The rare wild dog is seen on occasion. Night drives may afford a glimpse of elusive nocturnal animals such as the armadillo-like pagolin and African wildcat. Animal tracking, bird-watching and stargazing are other available activities.

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Accommodations: Tanda Tula Safari Camp

Meals Included: Breakfast, Lunch, Dinner

8/7/17
Monday

Timbavati Private Nature Reserve to Lion Sands Game Reserve

✦ **River Lodge**

This morning transfer from Tanda Tula to River Lodge, the soul of the Lion Sand Game Reserve.

Activities are centered on morning and late afternoon game drives and walking safaris guided by experienced rangers and trackers.

The chances of seeing the Big 5 are nowhere better than in the Sabi Sands. During time in between safari activities, there are a range of other activities for us: relax at the pool, read a book on your own viewing deck, or get pampered at the Lalamuka Spa.

Accommodations: River Lodge

Meals Included: Breakfast, Lunch, Dinner

8/8/17
Tuesday

Lion Sands Game Reserve

✳️ **River Lodge**

This morning transfer from Tanda Tula to River Lodge, the soul of the Lion Sand Game Reserve.

Activities are centered on morning and late afternoon game drives and walking safaris guided by experienced rangers and trackers.

The chances of seeing the Big 5 are nowhere better than in the Sabi Sands. During time in between safari activities, there are a range of other activities for us: relax at the pool, read a book on your own viewing deck, or get pampered at the Lalamuka Spa.

Accommodations: River Lodge

Meals Included: Breakfast, Lunch, Dinner

8/9/17

Wednesday

Lion Sands Game Reserve

✳️ **River Lodge**

This morning transfer from Tanda Tula to River Lodge, the soul of the Lion Sand Game Reserve.

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The chances of seeing the Big 5 are nowhere better than in the Sabi Sands. During time in between safari activities, there are a range of other activities for us: relax at the pool, read a book on your own viewing deck, or get pampered at the Lalamuka Spa.

Accommodations: River Lodge

Meals Included: Breakfast, Lunch, Dinner

8/10/17

Thursday

Depart South Africa

✳️ **Breakfast**

Enjoy one last breakfast at River Lodge before departing.

✳️ **Last Wildlife Drive and Depart**

After breakfast, savor one last wildlife drive at Lion Sands before transferring to Skakuza airport for flights to Johannesburg, where you will connect with your overnight flight back to the US.

Meals Included: Breakfast

ACCOMMODATIONS

Queen Victoria Hotel

From the creative brief of 'where classic elegance meets contemporary design', every effort has been made to ensure that the 35-room Queen Victoria Hotel is a haven of calm, luxury and understated opulence amid the hustle and bustle of Cape Town's popular V&A Waterfront.

The interiors create an ambience of peaceful elegance, through the use of greys and taupes, marble-clad walls, crystal chandeliers, white marble and wooden parquet flooring, not to mention the triple-volume foyer with its dramatic white spiral staircase, glass lift and crystal chandeliers.

What sets this unique five-star boutique hotel apart is the attention to detail given by the creative team responsible for its development, who achieved this through their unwavering passion for awe-inspiring design.

Tanda Tula Safari Camp

Tanda Tula Safari Camp is one of the original game lodges of the Timbavati Nature Reserve. Tanda Tula, which means "to love the quiet", is situated in 20,000 acres of bushveld in the Timbavati Nature Reserve and is considered one of South Africa's most luxurious tented camps. Set among stately trees such as lead wood, knob thorn and the jackal berry, the focal point of this safari camp is the bar/lounge that overlooks the watering hole. Afternoons spent around the pool are popular, while the highlight of each evening is the open-air dinner served around the log fire in the riverbed.

Your accommodations in Tanda Tula Safari Camp are luxuriously appointed East African-style tented suites, all with en-suite bathrooms and private timber decks, situated in lush riverine and overlooking the spectacular riverbed. The luxury tents, designed in a rustic chic style, offer hot and cold water and are equipped with fans, hairdryers and mosquito netting. The camp permeates a sense of "joie de vivre", and offers unpretentious hospitality and friendly service, not to mention delicious Pan-African cuisine.

River Lodge

There are 19 en-suite chalets, all with their own private wooden viewing deck looking the Sabi River. Your luxury suite features both indoor and outdoor showers, and all suites are air-conditioned. You may not need to leave the privacy of your room to see wildlife roaming around the Lodge! Its chic public areas are linked by teak decks to the two swimming pools and Spa.

TRIP DETAILS

Included

- All hotel accommodations throughout the trip
- All meals as listed in the itinerary
- Bottled Water
- All ground transportation
- Entrance Fees
- English-speaking guides throughout the trip
- One AdventureWomen Associate

Not Included

- *International airfare
- *Domestic airfare
- *Meals not specified in itinerary
- *Items of a personal nature
- *Gratuities for Guides and Staff

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.



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Pre-departure Information

South Africa: Culture, Wine, and Wildlife

How To Register

Call the AdventureWomen office at (800) 804-8686 or (617) 544-9393 to determine space availability and register for this trip. We can complete your registration, including taking your credit card deposit over the phone. As a courtesy, we can hold your space for five days while you are making personal and travel arrangements.

If you prefer, you can register online by clicking "Sign Up for This Trip" on the Trip page.

Please be sure to read the AdventureWomen policies before registering!

Passports, Visas, and Health Requirements

Citizens of the United States must possess a valid U.S. passport for travel to South Africa. It must be valid 6 months beyond your intended stay in Africa. You will need 2 empty passport VISA pages per country visited.

Citizens of other countries should inquire about requirements for entry. If you do not have a passport, APPLY NOW! Please do not wait until the last minute. You should always carry 2 extra passport photographs with you, in case of emergency (if your passport/visa is lost or stolen).

There is no visa required for U.S. visitors to South Africa for stays up to 3 months.

You MUST have your own health insurance, and have no physical problems or conditions that would be adversely affected by riding in 4 X 4 vehicles on rough, bumpy roads or walking 3-4 miles per day (on level ground.) You must be in very good physical condition to participate in this trip.

Vaccinations

There are no mandatory immunizations required for US residents visiting South Africa. However, please consult your personal physician, local health department, travel clinic, or immunization center about any vaccinations you may need to update, or others that may be personally recommended for you based on your age, health, and past vaccination history.

As far as Malaria is concerned, many women choose to take Malaria medication, but many choose not to due to possible side effects. If you do not want to take this, the best prevention is to avoid mosquito bites. Wear long slacks and long sleeved shirts in the evenings, use mosquito nets (provided in your rooms and tents), and a repellent with 30% DEET, Skin So Soft, or oil of citronella.

Traveling to South Africa: Arrival and Departure

Round-trip airfare from the US to Cape Town, and return from Johannesburg, plus your two internal flights within South Africa are NOT included in the cost of the trip package.

Our outfitter will most likely be booking the 2 internal flights within South Africa, and we will let you know more details after registration. But you are free to make your international airline reservations on your own.

Departure from the U.S. for Cape Town, South Africa is July 30, 2017. You will arrive in Cape Town on **July 31. Arrival times are dependent on what airline you take (i.e., South African Airlines from JFK arrives at 12:15pm, from Dulles it arrives at 8:55pm. Delta from Atlanta through Amsterdam arrives at 9:15pm. Emirates and British Air also fly to Cape Town).

On August 10, 2017, you will depart Johannesburg, South Africa, with arrival back in the US on August 11. Flights on most of the above airlines depart in the evening, and our internal flight from Skukuza Airport to Johannesburg will get you into Johannesburg with plenty of time to make connections.

**Airport pick-up on July 31. There will be one free pick-up for the majority arriving in Cape Town, on the same flight, or within 20 minutes of each other. If you do not come at those times, there will be additional pick up fees, and they will be determined by how many women are in each transfer. The highest rate will be R550 (\$36 US Dollars) per person. The more per transfer, the rate decreases.

Making Travel Arrangements to South Africa

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393

email: info@adventurewomen.com

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

Climate and Wildlife in August

May to September is the dry season, or South Africa's "winter". There is little to no rain, the skies are clear, most days are sunny and beautiful, and there are fewer mosquitoes. It is the perfect time for wildlife viewing since it is easier to spot because there is less vegetation, and the animals gather around rivers and waterholes.

At night and in the mornings it can get cold, so it's advised to pack warm clothing, especially for morning safari drives in open vehicles. The average morning temperature is 42°F. Afternoons will be much warmer with temperatures around 73-77°F. See our suggestions in the **What to Bring** section.

Tipping, Money and Credit Cards

The currency of South Africa is the South African Rand (ZAR). One rand is made up 100 cents. The Rand is available in denominations of R1, R2, R5 (coins) and R10, R20, R50, R100 and R200 (paper notes). These notes nowadays bear images of South African wildlife as opposed to the images of political and historical significance in the early 1990's. The cents are available as coins in denominations of 1c, 2c, 5c, 10c, 20c and 50c. As of July 2016, the exchange rate is 1 USD = 15.04 Rand (ZAR).

ATMs are in abundance on streets, in shopping malls, many local corner shops and petrol stations and you can simply use your overseas debit card to obtain local currency. The banking system is world class and you often obtain a better service than in many western countries.

Credit cards (Visa and MC) are widely accepted in larger shops, but not necessarily in the markets and small towns.

In Cape Town, you will need to change your money into ZAR. Restaurants, shops, and more will accept only the local currency. You can exchange money at the waterfront at a FOREX shop, or at the airport on arrival. On safari you will be able to tip in U.S. Dollars, but if you want to buy anything, book a Spa treatment, etc. you will need to pay in ZAR. You should bring enough cash for tips while on safari, and to change your money into ZAR for other expenses.

U.S. residents are allowed to bring back \$800 worth of merchandise, duty free.

***Important information about credit cards! Please note:** You should bring **at least one smart card, usually referred to as a chip card, or chip-and-PIN credit card** for travel to Europe and to other overseas destinations. These new cards are more secure and you are more protected from credit card fraud.

These so-called smart cards have embedded microchips in them. You will see the silver or gold microchip on the front of your card. They also have the traditional magnetic stripe, so can be used the same as your regular credit/debit card. You'll either sign for purchases, or enter a 4 digit PIN into a terminal. (Confirm with your bank that your PIN, or 4 digit number, will be the number that you use the **FIRST time** that a PIN is required for use with your new card. So just make sure you remember it for all future transactions!)

It is best to have your chip card as a VISA or MasterCard, since American Express is often not accepted in many places. In Europe and in parts of Asia, they simply don't acknowledge magnetic-strip cards anymore unless they are chip-and-PIN enabled. In addition, in any automated transactions such as train stations and gas stations, **ONLY** chip-and-PIN cards are accepted.

Chip-and-PIN cards have become standard in many European countries because of their superior fraud-prevention abilities. Now countries in Asia, North America and South America, and Canada are doing the same.

Water and Food

Bottled water is supplied during the daytime and on safari. It is important to take the advice of our guides whenever you are unsure about the safety of water. During safari, all food is very well prepared and it is safe to eat anything that is served.

What to Bring

Baggage

Unlike other trips in Africa, there are no baggage restrictions on the 2 internal flights within South Africa. These flights have normal airline restrictions of one bag at 50 lbs. for checked luggage and one bag at 18 lbs. for carry-on luggage.

That said, however, you should still pack light for your trip to South Africa! Remember, you will be able to have laundry done at each of the camps.

In addition to your duffel or suitcase, you should bring a small carry-on bag with everything you cannot live without (all camera equipment and film, toiletries, prescription medication, anti-diarrhea medication, all money, important travel documents, passport, etc.). Please go to www.tsa.gov/travelers on the internet for airline regulations regarding carry-on luggage.

Select your clothing based on comfort. Safari clothes should be washable, cotton or the new fabrics (not synthetics like rayon), and loose fitting. Some of the new fabrics like Coolmax, supplex, and polypropylene are excellent. Clothing should be light colored (tan, khaki, or neutral colors) on safari; it keeps you comfortable and is unobtrusive and non-threatening to wildlife.

- A well broken-in, comfortable pair of lightweight walking shoes.
- Pair of sport sandals.
- 2 long-sleeved shirts.
- 2 short-sleeved shirts and/or T-shirts.
- 2 pairs of shorts.
- Or 2-3 pairs long pants that zip off for shorts.
- Underwear, socks, sleepwear.
- Toiletries, including Wash & Dries.
- Prescription drugs (with the labels on.)
- A fleece and/or light jacket for cool evenings, plus a wool or synthetic cap and gloves. It can get downright cold in the morning and at night in August, so a jacket, hat and gloves for early morning and night game drives are essential.
- A lightweight day pack for carrying camera, film, hat, sunscreen, etc. (you can also use your day pack as your carry on bag).
- Moneybelt or waistpack for money/passport.
- Washcloth (not supplied in most lodges/camps).
- 2-3 cotton bandannas.

- Bathing suit and pair of rubber "thongs" for the showers.
- Sunglasses.
- Lightweight, wide-brimmed hat (a must).
- A spare pair of glasses (if you wear glasses.)
- Insect repellent.
- Ziploc bags of various sizes.
- Travel alarm clock.
- Small flashlight.
- Small, lightweight binoculars (a MUST) for game viewing and birds. You will be very disappointed if you do not have a good pair of binoculars. Nikon or Minolta make fine, lightweight viewing binoculars. Try a general game viewing 7 X 28, or 8 X 20 binocular.
- *Lonely Planet Watching Wildlife Southern Africa (Travel Guide)* Paperback – September 1, 2009 by Matthew D Firestone, Mary Fitzpatrick, Nana Luckham, Kate Thomas

Camera Equipment

Since photography is such a large part of this trip, we suggest you bring the following:

- Digital camera, LOTS of extra memory cards and batteries, battery charger, and adapter. You can charge your digital batteries in hotels and lodges. Most digital cameras have a built in converter so you only need to bring an adapter. Adapters can also be bought while in-country.

If you want to get great pictures of animals and birds, a long lens is a must. I have an 80-400 mm Nikon lens and I can get just about anything that you want to take photos of on this trip. There is really no need to have anything larger than a 400 mm lens. You will, of course, need a normal or wide angle lens (somewhere between 24 – 70 mm), to take pictures of people, villages, and general photography during the trip. Many lenses on newer cameras are "all in one" (i.e. 28 – 400-500 mm). Get advice from a good, reputable camera shop!

Electricity

It is strongly suggested that you leave all electrical appliances at home except those which are battery operated.

- The Travel Plug Adapter for South Africa is the TYPE M Large 15 amp BS 546. You can bring one with you, or they can be purchased locally.



Personal First Aid Kit

- Prescription drugs (with the labels on.)
- Systemic antibiotic (prescription).
- Cloth, not plastic Band-aids; about 10 individually-wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle.)
- Laxative tablets.
- Visine or similar eye drops.
- Tweezers.
- Benadryl cream for itchy bites.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Insect repellent with Deet.

Last Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- Bring 2-3 extra passport size photos to use in emergencies.
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- Remove extra credit cards, driver's license, and personal items from wallet or purse.
- Make sure passport and airline tickets are valid and in the correct name.
- Check with airline to reconfirm reservations and departure time.

Some Extra Items to Add to your "What to Pack" List

We are always updating and adding items for all international trips. With over 32 years of experience flying around the world, we think these items help make your long airline flights much more comfortable and even more bearable:

- Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
- Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
- Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.
- Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.

Final Payment

Final Payment is due to AdventureWomen, LLC in a cash form (check, money order, or wire transfer) on or before **May 2, 2017**.

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be **no smoking** by any participants on AdventureWomen vacations.

About Adventure Travel Today - Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are *adventure travel vacations*, and not "tours." We define "adventure travel" as travel in which one *actively participates*, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an *active, out of the ordinary vacation, and meet new friends*. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a *good-natured realist* and have a *sense of humor!* *Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist*, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. *Being on time is important*, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

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