

# Kenya Prelude

## Entrance Requirements

### Passports

- A valid passport is required for entry into Kenya.
- The passport must be valid for **6 months** from your scheduled date of arrival.
- You will need two blank pages per country for entry and exit stamps in the visa section of your passport. "Two blank pages" is defined as the front and back of a page.
- If you **need a new passport** to be issued **act now**: It can take up to 6 weeks to receive your new passport. It is no longer possible to purchase additional pages for an existing passport. If you travel frequently, please consider purchasing a 52-page passport. For more information contact the National Passport Information Center toll free at 877-487-2778 or visit <http://www.travel.state.gov>.

***Advisory:** When you travel, we recommend that you make two copies of your first passport page; keep one copy at home in the unlikely event that your passport is lost, and take one copy along to use as an ID, should you leave your passport behind in the hotel safe deposit box.*

### Visa

Visas are required for Kenya and must be secured in advance. The current cost for a tourist visa is USD\$50. There will be an additional US\$1 service and card handling fee charged for on-line visas.

There are three options to secure your visa for Kenya:

- E-visas may be applied for and secured through the following web-site: <http://evisa.go.ke/evisa.html>

Once your application is approved, print a copy of your E-visa and keep it with your passport at all times.

- Secure your visa by mail through the Embassy of the Republic of Kenya in Washington D.C. Please visit their web-site at: <http://www.kenyaembassydc.org/visadownload.html>
- You can also use this excellent service to obtain your visa: *G3 Visas & Passports at 888-883-8472 or visit [www.g3visas.com/ClassicEscapes.html](http://www.g3visas.com/ClassicEscapes.html) if you have any questions about your passport or visa.*

**Note:** Although it is currently possible to secure a visa on arrival, the U.S. State Department warns against it as Kenyan Immigration plans to end this service in the near future.

**ALERT:** The Embassy of the Republic of Kenya has warned of several fraudulent web-sites offering E-visa services and charging up to \$120. When applying for an E-Visa, please only use the official web-site: <http://evisa.go.ke/evisa.html>

All applications must be completed on line and submitted along with your passport, 2 passport-sized photos, payment and a self-addressed/stamped return envelope and delivered to the nearest Kenyan Consulate whether by post or in person.

## **Health & Wellness**

You will be visiting a country with a rich and diverse cultural history, but is on a different continent than we are accustomed to. As a result, you may be exposed to some pathogens that you would not ordinarily encounter in the U.S. There are some preventative steps that you can take to help ensure that you do not bring back to your home more than your luggage.

### **Inoculations**

The Centers for Disease Control & Prevention (CDC) suggest that you be up to date on routine vaccines such as:

- MMR (measles, mumps, rubella)
- DTP (diphtheria, tetanus, pertussis)
- Varicella (chicken pox)
- Polio
- Influenza

The CDC recommends these vaccines for MOST travelers. They are NOT mandatory:

- Hepatitis A & B
- Typhoid

### **Malaria**

Consult your doctor for a prescription for a malaria suppressant at least two weeks prior to departure as some tablets must be taken a week before you depart, as well as during and after trip. The best prevention is to avoid mosquito bites. Wear long slacks and long sleeved shirts, use mosquito nets, and a repellent with 30% DEET, Skin So Soft, or oil of citronella. Malaria symptoms can appear as few as 8 days after exposure or a year later. Do not be misled by flu like symptoms of chills and fever. Since some U.S. doctors are unfamiliar with malaria, insist upon a blood test. Delays in treatment can have serious consequences.

### **Yellow Fever**

A Yellow Fever shot is only mandatory if you are coming from a Yellow Fever endemic zone. This is being reinforced at immigration posts at borders and airports. Your program DOES NOT require you to get this vaccination unless you will be coming from a Yellow Fever endemic zone, the easiest and safest thing to do is to get a yellow fever vaccination before you depart the USA and a signed yellow fever certificate, which you should carry with your passport. After immunization, an International Certificate of Vaccination is issued. It will become valid 10 days after vaccination to meet entry and exit requirements for all countries. The Certificate is good for life. You must take the Certificate with you.

Please consult your physician, local health authority or the Centers for Disease Control and Prevention's hotline for international travelers at **877-FYI-TRIP (877-394-8747)** or via their web site at <http://www.cdc.gov/travel> for any additional health precautions.

### **Zika Virus**

Zika is endemic to Kenya; the CDC notes the risk of contracting the virus in either country is very low but recommends steps be taken to prevent mosquito bites. The Zika virus is spread mainly by mosquitoes but there is also a risk of contracting the disease through sexual

contact. For most people, symptoms are so mild that they are unaware of having contracted the virus. Once infected it may take several days before any symptoms occur, and last for up to a week. The most common symptoms are fever, headache, rash, joint pain and red eyes. The Center for Disease Control provides the following advice for protection from contracting the Zika Virus:

- Use insect repellent that contains at least 20% DEET such as Cutter Backwoods and Off! Deep Woods and Skin So Soft Bug Guard Plus. If you are using Sunscreen, apply it first, let dry and then apply repellent. (Do not use products that contain both sunscreen and repellent)
- Cover Exposed Skin as much as possible with long-sleeved shirts, long pants, socks and a hat.
- Consider using clothing and gear that are treated with permethrin (an insecticide). You can purchase pre-treated clothing or treat your own clothes available through outdoor outfitters such as REI or Columbia Sportswear.
- Zika can be spread through sexual contact, so use latex condoms for up to eight weeks.

When you return home, you should continue to take these precautions for up to three weeks, watch for symptoms and call your doctor if you suspect Zika.

Additional Information:

The CDC issues regular travel health notices on their website:

- [wwwnc.cdc.gov/travel/destinations/traveler/none/kenya](http://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya)

CDC's web page on malaria prevention at

- [www.cdc.gov/travel/content/MalariaDrugsPublic.aspx](http://www.cdc.gov/travel/content/MalariaDrugsPublic.aspx)

## **Water & Food**

Generally, water throughout Kenya is NOT safe to drink directly from the tap. Fortunately, bottled water is readily available, so please do not allow yourself to become dehydrated. In remote areas water is usually boiled or bottled and is safe to drink but not from the tap. It is very important that you drink plenty of water especially during the warmer months. Classic Escapes provides bottled water for passengers in the vehicles and at each meal.

Food that has been rinsed with tap water is a source of potential exposure to infection. Make sure that meals are thoroughly cooked and avoid eating raw vegetables and fruits unless **you have** rinsed them yourself with bottled water.

## **Physical Conditioning**

To enjoy your trip to the fullest, you should be in good physical and mental health. Your safari in Kenya will not include strenuous activity. It is an easy climb into the safari minibuses and open vehicles and your game drives allow you to sit back and take in the view around you. Rough roads may bounce you around so you should be prepared. Walking safaris (when available) are given at a decent pace in order to closely examine the flora and fauna of the area.

## **Travel Insurance & Medical Evacuation**

We recommend that you consider a Trip Cancellation policy that also includes medical coverage and evacuation against unforeseen circumstances.

## Climatic Conditions

Kenya enjoys a varied climate ranging from tropical to temperate due in large part to its very distinct regional topographical features. Generally, the higher in altitude one goes; the more temperate the weather. On average one can expect a decrease in temperature of 35°F for every 980 feet of rise in sea level. Perhaps nothing affects Kenya more than the dearth of rainfall, where in the west there is one long rainy season, and in the east, two short rainy seasons.

## Altitude

Eastern Africa has many variations in altitude. At certain heights altitude sickness can occur. There are no specific factors such as age, gender, or physical condition that correlates with susceptibility to altitude sickness. Some people may experience it one visit and not the next. Symptoms include headache, fatigue, shortness of breath, lack of concentration, nausea, swelling of ankles, and in extreme cases, hallucination. Avoid alcohol, cigarettes, heavy food and strenuous physical activity. Citrus fruits and bananas may diminish the effects. If you do not feel well, take it easy and drink plenty of clean (boiled or bottled) water and rest.

### **Altitude Chart: (Feet)**

Amboseli	3,782
Maasai Mara National Reserve	5,000 - 6,400
Mt. Kenya (peak)	17,058
Mt. Kenya National Park	5,877
Nairobi	5,700
Lake Nakuru National Park	6,407
Samburu Reserve	2,600 - 4,000
Tsavo West National Park	1,446

## Temperature

Kenya is divided by the Equator and enjoys a tropical climate. It is hot and humid at the coast, temperate inland and very dry in the north and northeast. The hottest months are February and March and the coldest are July and August. The long rains occur from April to June and short rains from October to December. Rainfall is sometimes heavy and tends to fall in the afternoon and evenings. Most of your destinations in Kenya boast temperatures between 70°F-90°F by day, and rarely below 55°F at night. Even during the short rains, the humidity is low for much of the day, and the night sky is clear enough to reveal the Milky Way.

<b>Average Temperature (°F)</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Apr</b>	<b>May</b>	<b>June</b>	<b>July</b>	<b>Aug</b>	<b>Sep</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>
Amboseli National Park (ave. high)	86	90	90	86	84	82	79	81	82	86	81	79
Maasai Mara National Reserve	46/ 79	46/ 80	48/7 9	52/7 7	52/7 3	46/7 2	46/7 2	46/7 3	44/7 5	48/7 9	48/7 9	48/7 9
Mt. Kenya National Park	47/ 83	49/ 83	51/8 5	51/8 5	49/7 6	44/7 7	47/7 7	52/7 7	54/7 6	56/7 7	55/7 6	48/8 1
Nairobi	55/ 78	55/ 79	56/7 9	59/7 8	59/7 5	55/7 5	53/7 5	53/7 5	55/7 8	57/7 8	57/7 7	57/7 7

Lake Nakuru National Park	49/84	49/84	50/82	52/81	52/77	50/77	50/75	50/75	49/78	49/78	49/78	49/81
Samburu Reserve (ave. high)	81	82	82	81	77	77	75	77	79	77	73	73
Tsavo West National Park	68/88	68/91	68/91	68/88	68/86	64/84	64/82	63/82	63/84	64/88	68/88	68/88
<b>Average Rainfall (inches):</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Apr</b>	<b>May</b>	<b>June</b>	<b>July</b>	<b>Aug</b>	<b>Sep</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>
Amboseli National Park (ave. high)	2.1	2.2	3.7	7.3	3.7	0.8	0.4	0.1	0.2	0.8	3.5	3.0
Maasai Mara National Reserve	2.3	4.6	4.3	5.5	4.1	0.7	0.4	1.8	0.0	0.9	5.3	1.0
Mt. Kenya National Park	0.1	0.3	0.3	2.1	1.5	0.6	3.0	1.6	0.8	3.1	1.2	0.4
Nairobi	1.9	1.4	3.3	6.0	4.9	1.3	0.5	1.8	0.0	0.9	5.3	1.0
Lake Nakuru National Park	1.4	1.7	2.0	4.4	3.5	1.7	1.7	2.2	1.4	1.6	2.2	1.9
Samburu Reserve (ave. high)	0.0	1.5	1.1	2.4	2.1	1.8	0.4	0.1	0.2	0.8	3.5	3.0
Tsavo West National Park	1.4	1.1	3.1	3.6	1.2	0.4	0.4	1.8	0.0	0.9	5.3	1.0

## **Recommended Packing List**

### **Clothing**

- Long-sleeved shirts, slacks and socks to protect you from insect bites and sunburn
- Shorts/skirts
- Long trousers/slacks
- Good quality sunglasses (preferably polarized).
- Sun hat with a brim
- Good walking shoes (running/tennis shoes are fine)
- Sandals or rubber flip/flops for poolside
- Swimsuit with light cover-up garment
- Lightweight jersey for cooler mornings
- Light raingear for summer months (late November to April)

### **Toiletries**

- Personal toiletries (basic amenities supplied by many establishments)
- Moisturizing cream & suntan lotion
- Insect repellent e.g. Tabard, Rid, Jungle Juice, OFF, etc.
- Basic medical kit (aspirins, Imodium, antiseptic/Antihistamine cream, etc.)
- Toothbrush and toothpaste
- Packaged wet tissues ("Wash & Dry" "Wet Ones")

- If you wear contact lenses, we recommend that you bring along a pair of glasses in case you get irritation

### Other Things To Pack

- Visas, tickets, passports, money, etc.
- Backpack to use during the day as you tour
- A small flashlight with extra batteries
- Adapter plugs & converters for electrical appliances
- A tiny calculator for estimating cost while shopping
- Binoculars

### Camera Equipment

- Camera, memory cards, chargers and extra batteries
- Lenses, cleaning fluid, lens tissue
- Waterproof/dustproof bags/cover for your camera

### Tips on Clothing

Three changes of clothes at the minimum is recommended and should be lightweight, breathable, and versatile. Pack items that will layer well together as the mornings will be cooler and you will want to be able to shed them as the day heats up. Supplex pants and chinos travel better than jeans, which take forever to dry. Avoid bright colors, blues and reds which can be distracting to wildlife and also dark colors which absorb heat. Your best bet is to stick to light muted colors. Pale earth colors such as tan or olive are best for viewing wildlife and birds, but camouflage clothes are illegal in many African countries.

Your primary footwear should be closed toe and comfortable. Open toes can “open” you up to insect bites, stubbed toes, thorns, et cetera. Flip flops should be limited to poolside, the beach or a shower stall. Take care of your feet and they will take care of you, and that includes having socks which can prevent blisters and insect bites.

### Power & Connectivity

Most lodges and camps on safari are situated in remote areas and have to generate their own electricity, which is done in a number of ways. Each camp has a generator that runs for three hours in the morning and three in the afternoon when guests are out on activities. These generators charge batteries located at each tented room or supply power to each guest lodge room. Typically, power will be available when you are in the lodge or camp, except for overnight. It is imperative that you have your own flashlight handy. Electrical plug outlets are not usually available in guest rooms and it may not be possible to use appliances such as hairdryers or electric shavers during your stay. Solar heated water is used for showers in many camps and lodges.

#### At a Glance

Voltage	220-240 Volts / 50Hz
Adapter Type G	
Adapter Type C	

## **Cell Phones**

Many travelers bring along their cell phones, not only for connecting to the internet and making phone calls, but for the easy to use camera functions. If you plan on using it as a phone keep in mind North American phones may not in Kenya, particularly in remote areas. Check with your service provider to determine if you can purchase a plan, or if your phone can be “unlocked”. If it can, you should be able to purchase inexpensive prepaid SIM cards.

*Advisory: As most people travel to “get away from it all,” some limitations on the use of these phones when on tour need to be set. We suggest the following guidelines on the use of cell phones:*

1. *Keep the ring tone at a low volume to avoid disturbing other guests.*
2. *Use your phone in the privacy of your room and not any of the common areas: dining room, bar/lounge area, or on any of the vehicles.*
3. *Use your phone for outgoing calls and to check messages only. Incoming calls, and the loud ringing that ensues, should be curtailed.*

## **Time**

Kenya is eight hours ahead of Eastern Standard Time. When it's noon in New York it is 8 PM in Kenya except during Daylight Savings Time, when Kenya is only seven hours ahead of the eastern U.S.

## **EQUIPMENT**

### **Cameras**

From smartphones to SLR cameras, digital photography has now made it simpler than ever to preserve the memories experienced during once-in-a-lifetime adventures. Most digital cameras use either an SD (secure digital) card or a CF (compact flash) card that comes in a variety of storage capacities ranging from 2–128 GB (gigabytes). Depending on the megapixel size of your particular camera and the format in which you choose to shoot your images, an 8GB card can hold as few as 200 images shot in RAW format (normally shot by pros and serious amateurs) to just over 2000 images shot as JPEGs (most common format shot by enthusiasts). For those cameras with megapixels higher than 12, it is recommended that at least 4-8GB cards are used and that you should always bring more than one card in case of card failure or corruption (rare but possible). If you are bringing a laptop, external USB hard drives of 1–2 TB (terabytes) are compact, relatively inexpensive, and an excellent way to store tens of thousands of images. In addition to ensuring that you bring the charger and adaptor/converter for the location to where you are traveling, it is highly recommended that you bring at least one spare, fully charged battery for your camera. There may be locations where dependable power is not available for charging and spare batteries may prove to be invaluable and help ensure that you don't miss any photo opportunities.

### **Video**

Charging facilities for video AND digital cameras should be available in every camp or lodge on the safari, as long as you have a standard charger that will plug into 220 volts. Please bring along enough batteries to last you at least three days of filming.

### **Binoculars**

There will be an opportunity to observe some of the natural treasures of Namibia. Binoculars will add immeasurably to your viewing enjoyment. Preferably, binoculars should be at least 8 power (8x) and have a wide field of view to allow you to quickly find whatever it is you want to see. Some binoculars have the added advantage of “gathering light,” making objects brighter in dim morning and evening conditions. This light-gathering capability is determined by a measurement called the “exit pupil”, which

is calculated by dividing the diameter of the front (objective) lens in millimeters by the power (8x, for example). These two measurements are commonly designated on binoculars as a measurement such as 8x42, which translates to 8 power with a 42 mm objective lens. The exit pupil in this instance is  $42/8$ , or 5.25. Since the human eye can process light delivered by an exit pupil of about 4.0, these binoculars will appear bright even in dim light.

Some very small binoculars are relatively inexpensive, such as 8x21. With a very narrow field of view (usually about 400 feet at 1,000 yards) and an exit pupil of only  $21/8 = 2.6$ , these binoculars are designed for viewing stationary objects in bright light, such as at the opera, and are poorly designed for looking at wildlife. You will be far happier with binoculars designated in the range of 8x40 to 10x50.

### **Flashlights**

As the grounds of many lodges and camps are unfenced, it is essential that you bring a small flashlight as you may encounter wild animals at night. You should also bring a spare globe as well as batteries as they may be unobtainable en route.

## **MONEY MATTERS**

### **Currency**

The currency unit in Kenya is the shilling (KES). Coins are in denominations of 5c, 10c, 50c and 1 and 5 shillings. Bank notes are in denominations of 5, 10, 20, 50, 100, 200, 500 and 1,000 shillings. Importation of foreign currency is unlimited and does not have to be declared on arrival. The importation and exportation of Kenyan currency, however, is illegal. It is advisable to carry some cash in local and U.S. Dollars (minted on or after 2006) for purchases outside urban areas and tipping.

### **Credit Cards/ATMs**

In major cities, MasterCard and Visa are widely accepted but be advised that American Express, Discover and Diners Club are often **not** accepted.

Be sure to notify your bank and credit card company when and where you will be traveling and ask what fees, if any will apply.

*Note:* As there is a potential for fraud anywhere in the world, we highly recommend that you do not use your debit cards overseas and exercise caution when using your credit cards. Do not let the card out of your sight and if a vendor tries to take the card into a back room, ask for your card back immediately and refrain from using it. Keep your valuables on you, including passports and credit cards, or locked in the safety deposit boxes when provided.

### **Shopping:**

Be prepared to negotiate especially when dealing with souvenir sellers. The key to bargaining is to smile and to never be forceful in your insistence that the price be lowered. Charm will go a long way. A good strategy is to start at about half the asking price and go up from there until a compromise is reached.

**Cash** will be the preferred way of paying and will serve you well no matter the situation, whether it be a roadside peddler or a more established brick and mortar merchant. You will want to have small denominations handy as well, which will make the transaction easy on everyone.



# CODE OF CONDUCT

## Etiquette

In Kenya, the most common greeting is a handshake. A prolonged handshake is used for someone whom you have a personal relationship with, rather than just a casual acquaintance. While shaking hands with an elder or someone of higher status, grasp the right wrist with the left hand as a sign of respect. Female friends may hug and kiss each other on the cheek in replacement of shaking hands. Muslim men and women do not always shake hands with the opposite sex.

Prior to shaking someone's hand, it is common to using the greeting "Jambo" which means "How are you?" After shaking someone's hand it is customary to ask about the person's health, family, business and any other general questions. If you skip or rush this part of the greeting it is viewed as poor manners.

## Respecting Wildlife

- The wild animals are not like those found in theme parks – they are **not** tame.
- Many safari camps are unfenced and dangerous animals can (and do!) wander through the camps. Many of the animals and reptiles you will see are potentially dangerous. Attacks by wild animals are rare. However, there are no guarantees that such incidents will not occur.
- Please listen to the lodge and camp staff and guides. The safety precautions need to be taken seriously, and strictly adhered to.
- Don't go wandering off on your own without a guide – even to your rooms. After retiring to your rooms at night, don't leave them.
- Observe animals silently and with a minimum of disturbance to their natural activities. Loud talking on game drives can frighten the animals away.
- Never attempt to attract an animal's attention. Don't imitate animal sounds, clap your hands, pound the vehicle or throw objects.
- Please respect your driver-guide's judgment about proximity to lions, cheetahs and leopards. Don't insist that he take the vehicle closer so you can get a better photograph. A vehicle driven too close can hinder a hunt or cause animals to abandon a hard-earned meal.
- At Classic Escapes, we respect wildlife and are committed to the preservation of the national parks. Off-road driving is strictly prohibited. Please do not encourage your driver to drive off-road where it is not allowed simply to get a good photo, as the damage to the environment might be irreparable.
- Litter tossed on the ground can choke or poison animals and birds and is unsightly.
- Never attempt to feed or approach any wild animal on foot. This is especially important near lodges or in campsites where animals may have become accustomed to human visitors.
- Refrain from smoking on game drives. The dry African bush ignites very easily, and a flash fire can kill animals.