

Sudan Prelude

Entrance Requirements

Passports

- US citizens required valid passport is for entry into Sudan.
- The passport must be valid for 6 months beyond your scheduled return date.
- You will need two consecutive 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. For more information contact the National Passport Information Center toll free at 877-487-2778 or visit <http://www.travel.state.gov>. Please note that extra visa pages are no longer available. If you do not have enough pages in your passport, you will need to obtain a new passport. You can request extra pages in your new passport, if you plan to travel frequently in the next 10 years.

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

Classic Escapes will includes the cost and processing for your Sudanese Visa in the cost of your program.

Please Note: It is essential that your passport does not have an Israeli Visa Stamp. Additionally, your passport must include at least two consecutive blank pages for entry and exit stamps.

We require a scanned copy of the information page of your passport.

Once the preliminary processing is completed, a printed copy of a Landing Permit will be provided to you with your final documents. The Landing Permit should be kept with your passport to be presented when checking in for your flight to Khartoum. Failure to present the landing permit may result in being denied boarding of your flight to Khartoum.

You must bring the following items with you for entry to Sudan:

- Two passport photos
- Landing Permit
- Passport valid for 6 months after your scheduled return and including at least two blank pages for entry and exit stamps

What to do at the Khartoum airport when you have visa on arrival: When disembarking the aircraft in Khartoum, you will board a bus that will take you to the VIP Lounge where you will meet our representative who will take care of all entry formalities including luggage collection.

Health & Wellness

You are going to be visiting a country with a rich and diverse cultural history but which is lacking in many of the conveniences that many of us 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, gifts, and experiences.

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
- Meningitis
- Typhoid

Malaria is a risk in Sudan. Please 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.

There is no risk of Yellow Fever in the areas you will be visiting however if you will be entering Sudan from a yellow fever infected country then you will be required to show proof of yellow fever vaccination.

Additional Information:

The CDC issues regular travel health notices on their website:

- wwwnc.cdc.gov/travel/destinations/traveler/none/sudan?s_cid=ncezid-dgmq-travel-single-001

Water & Food

Travelers are advised to drink only bottled water and to drink plenty of it; do not allow yourself to become dehydrated. It is recommended that guests drink at least 4 to 6 pints of water per day to limit the effects of dehydration. This excludes tea, coffee and alcoholic beverages, which act as diuretics and actually contributes to dehydration. Classic Escapes provides water in the vehicles and during meals. In general, the food is carefully prepared however you should avoid eating raw vegetables, fruit you cannot peel, and food from street vendors. Check to be sure that meat is thoroughly cooked and do not consume dairy products that are expired.

Physical Conditioning

To enjoy your trip to the fullest, you should be in good physical and mental health. Your exploration of Sudan will include some walks throughout historic sites where surfaces may be on loose soil or uneven stone or gravel walkways. Some excursions may be strenuous and ascending/descending uneven and not always defined stairs will be required. Walks can last several hours but are given at a decent pace in order to closely explore and observe. Always bring along water and a good hat and neck scarf to protect yourself from sun and dust during these adventures.

Rest stops will be made throughout, but there are no restroom facilities in Sudan. Part of the fun might be locating your own sand dune for this purpose.

Note: Unfortunately, tourist sites in Sudan are not required to be wheelchair/handicap accessible. There are no standards like those we enjoy in the US. Often it is difficult at best, and many times impossible, to accommodate wheelchairs and power chairs during the activities listed in the itinerary.

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

Sudan has a tropical climate. Summer temperatures often exceed 110 degrees Fahrenheit in the desert zones, and rainfall is negligible. Dust storms frequently occur in desert zone. High temperatures also occur in the south throughout the central plains region, but the humidity is generally low. In Khartoum the average annual temperature is about 80 Fahrenheit; and annual rainfall, most of which occurs between mid-June and September, is about 10 inches.

Altitude

The landscape of Sudan consists mainly of flat plains punctuated by several mountain ranges. Although you will not be visiting areas at particularly high elevation, the phenomenon known as *altitude sickness* can occur even at relatively lower levels. There are no specific factors such as age, sex, or physical condition that correlates with susceptibility to altitude sickness. Some people get it and some people don't, and some people may experience it one visit and not the next time. 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. Put your feet up, drink plenty of clean (boiled or bottled) water, and take a break after lunch.

Altitude Chart: (Feet)

Karima	827
Khartoum	1,250
Meroe	1,234
Mussawarat	1,759
Tombos	712

Temperature

Average Temperature (°F)	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Karima	60/79	72/93	62/92	72/103	82/106	87/111	87/110	94/111	91/108	80/100	71/89	69/88
Khartoum	67/84	78/97	66/101	76/108	83/109	88/111	90/107	89/102	92/105	87/102	78/94	75/92
Meroe	60/79	72/93	62/92	72/103	82/106	87/111	87/110	94/111	91/108	80/100	71/89	69/88
Tombos	58/78	71/93	61/91	71/101	79/107	84/111	86/111	94/112	89/108	78/98	69/88	67/87
Average Rainfall (inches):	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Karima	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.6	0.0	0.0	0.0	0.0
Khartoum	0.0	0.0	0.0	0.0	1.2	0.3	0.5	1.5	0.4	0.0	0.0	0.0
Meroe	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.6	0.0	0.0	0.0	0.0
Tombos	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0

Recommended Packing List

For Gorilla Treks: Climbing can be on a 45° incline, the path will zig zag and go up and down; well-broken-in boots or shoes should have jagged edge tread with high ankle support for the hiking. Bring a backpack to keep arms free. Wear long sleeves and long pants to protect your skin, and garden gloves to protect your hands. Be prepared for rain with a poncho, or a light umbrella. Lodges and camps provide umbrellas but they are not recommended for trekking, as passing through thick forest would be impossible.

Bring a hat with a brim; it not only protects you from the sun, which can be quite intense at midday, but will keep your head dry in case of rain. During early morning and late afternoon you may need a sweater.

Recommended Packing List

Clothing

- Long-sleeved shirts to protect you from sunburn
- Long trousers/slacks or a long skirt
- Good quality sunglasses (preferably polarized).
- Sun hat with a brim
- Scarf or shawl to cover bare arms and shoulders
- Good walking shoes (running/tennis shoes are fine)
- Sandals or rubber flip/flops for shower or poolside Khartoum
- Swimsuit with light cover-up garment
- Lightweight jersey for cooler mornings
- A set of smart casual evening wear

Toiletries

- Personal toiletries (shampoo, conditioner and shower gel, these are not commonly provided at camps and guest houses in Sudan)
- Moisturizing cream & suntan lotion
- Insect repellent e.g. Tabard, Rid, Jungle Juice, OFF, etc.
- Basic medical kit (aspirins, plasters, Imodium, antiseptic cream, and Anti-histamine 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
- Reading glasses
- Laundry soap (available in solid sheets for travelers)
- Small sewing kit

Other Things To Pack

- Landing Permit, passports, passport photo, 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
- Reading material
- Journal with pen

Camera Equipment



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

Tips on Clothing

Light articles of clothing for the day and some warm items for the winter nights are recommended. No shorts for both men and women or sleeveless tops for the ladies are recommended. Sudan is not an extremist Muslim country and it is not necessary for women to cover their hair. It is recommended that women should wear clothing that will cover their legs (long trousers or long skirts) also tight fitting or revealing garments should be avoided. Important items to remember: hat, neck scarf, sunglasses and sunscreen for protection from the sun, flashlight with spare batteries and moist towelettes. Bring your own shampoo, conditioner and shower gel.

Power & Connectivity

At a Glance

Voltage	240 Volts / 50Hz
Adapter Type C	
Adapter Type D	

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 Sudan, 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

Sudan observes Central African Time (CAT) which is seven hours ahead of U.S. Eastern Standard Time (New York City). Sudan does not observe Daylight Savings time and therefore, from the first Sunday in April to the last Sunday in October, Sudan will be six hours ahead of EST

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

During your journey, you will enjoy an overnight at a rustic Preset Camp in Tombos. Here there will be no electrical service, and shower and toilet facilities are located in separate tents therefore a flashlight will be essential. Select a flashlight that uses an LED bulb and is waterproof. Because of the advancement in LED flashlight technology, many of the smaller sized (micro to mini) torches produce anywhere from 85 to 600 lumens, respectively. You should also bring a spare globe as well as batteries as they may be unobtainable en route.

Money Matters

Many small shops and markets throughout Sudan deal only in cash. US dollars are NOT accepted.

Exchange of U.S. Dollars can be made at a foreign exchange kiosk at the airport on arrival or at your hotel in Khartoum. Please note that foreign exchange bureaus, banks and hotels will only accept U.S. dollars minted in or after 2009 with no rips or markings.

Currency

The currency unit is the Sudanese Pound (SDG). Currently, one U.S. dollar equals 6.49 SDG. Common denominations are 1, 2, 5, 10, 20 as well as coin units of 1, 5, 10, 20 and 50. There is a money exchange bureau at the airport, in Khartoum city center or at the local hotel in Khartoum.

In preparation for your journey, you may want to calculate the exchange rate from the U.S. dollar to local currencies. There are many websites that offer a conversion engine. You can also check the Wall Street Journal for currency rate information.

Credit Cards and ATMs

Please note that credit cards and debit cards are NOT accepted in Sudan.

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:

The best shopping experiences will be in the souqs (markets). A variety of shops offer local crafts such as ebony wood statues and masks, reed baskets, crockery made from gourds and calabashes, copper and brass utensils, gold and silver jewelry and semi-precious stones such as amber. You can expect to pay about half on shoes and clothes as you would in larger cities and hotel boutiques. 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 long way. A good strategy is to start at about half the asking price and go up from there until a compromise is reached.

Code of Conduct

Etiquette

Meeting & Greeting

When you meet a Sudanese for the first time, the manner in which you greet them is very important. It is important to shake hands when greeting someone, especially for the first time. That is your first chance to make a good impression. Although Sudan is a moderate Muslim culture, foreigners are still discouraged from speaking directly to local women unless spoken to, and even then it would be polite to ask permission from the man accompanying her before responding. Try to avoid physical contact with women if possible.

You can ask general questions about your hosts' country to help break the ice. Avoid talking about controversial issues such as religious beliefs. Sudanese love to express their political opinions and you might want to reserve that for later friendly debate.

Dress

Sudan is not an extremist Muslim country and it is not necessary for women to cover their hair. It is recommended that women should wear clothing that will cover their legs (long trousers or long skirts) also tight fitting or revealing garments should be avoided. No shorts for both men and women or sleeveless tops for the ladies are recommended.