

Zambezi River Adventure and Lion Conservation Visit

Zambezi River Adventure and Lion Conservation Visit 11 – 21 August 2022



Trip overview

Zambia

The home of Victoria Falls, abundant wildlife and the awe-inspiring Zambezi River, the landlocked Republic of Zambia covers an area of over 740,000 sq. km. This friendly country borders the Democratic Republic of Congo, Tanzania, Malawi, Mozambique, Zimbabwe, Botswana, Namibia and Angola and has more natural water resources than any other southern African country with the Kafue, Luangwa and Zambezi rivers flowing through it, making it ideal for a canoe challenge.

Trip overview

After flying from London on an indirect flight you will arrive in Zambia and transfer to the Zambezi where you will meet your canoe guides and support team, freshen up and commence the canoe expedition. You will arrive at your first campsite late this afternoon, situated on a river bank or small island.

After a good night's rest you will spend three further days canoeing the Lower Zambezi River, the territory of wild crocodiles, hippos and elephants. Travelling through Zambia by water is not only a great personal challenge, but it gives you a unique perspective on the country's natural beauty, landscapes and wildlife.

The Zambezi is Africa's fourth largest river after the Nile, Zaire and Niger Rivers. It runs through six countries on its journey from central Africa to the Indian Ocean. It is less developed than other rivers in terms of human settlement and many areas along the banks enjoy protected status. Its power has carved the spectacular Victoria Falls and the zigzagging Batoka gorge.

The Lower Zambezi National Park is Zambia's newest park. The diversity of animals is not as broad as the other big parks but the opportunities to get close to game wandering in and out of the Zambezi channels are unmatched. The National Park covers an area of 4,092 sq. km and enormous herds of elephant are often seen at the river's edge, along with numerous buffalo and waterbuck. Although they are elusive, leopards and lions make their home here too.

After completing your canoe expedition you will transfer to Livingstone, home of Victoria Falls, where you will stay for the next two nights.

You will take a visit to the lion conservation project where you will learn about their conservation efforts in Africa. The project takes a multi-disciplinary, long-term and responsible development approach to lion conservation and works closely with local communities, policy makers, conservation managers and business leaders to implement sustainable conservation of lions while meeting the challenges of local people living alongside a natural predator. On the way back to Livingstone you will take a visit to the magnificent Victoria Falls.

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The next day you will transfer to Botswana to spend two days visiting the superb Chobe National Park. Over the two days you will take part in two game drives and a river cruise, giving you three fantastic opportunities to spot a wide range of wildlife. Chobe National Park is located in the north of Botswana in close proximity to the borders with Zimbabwe, Zambia and Namibia. The National Park has one of the greatest concentrations of game in Africa, featuring a huge population of elephants (estimated at over 120,000 individuals), buffalo, hippos, crocodiles and an abundant wealth of birdlife. There is also a good chance of lion and leopard spotting. NB Wildlife sightings are not guaranteed.

On your final day in Zambia you transfer back to Lusaka where you will have your last night and a celebratory farewell dinner. The following day you will go to the airport for your flight home, which may arrive the next day depending on flight schedules.

What is the experience like?

Who accompanies us?

You will be accompanied by professional English-speaking, first aid trained guides, and support staff. You will also be accompanied throughout by a first aid trained UK tour manager, and Cats Protection staff member.

How tough is it?

The trip is graded moderate to challenging due to the long days canoeing, basic camping conditions and wide ranging temperatures.

What is the scenery like?

The area of the Lower Zambezi River you will visit is quite wide with tree-lined sandy banks either side. August, the dry season, is a good time for animal spotting on the banks of the Zambezi as the inland streams start drying up and animals travel to the river bank for water. As you paddle downstream you are likely to spot plenty of elephants, hippos and crocodiles. Don't worry; your local guides will navigate you through the river so you can admire these incredible creatures without disturbing their territory.

It is also possible you will spot buffalo, giraffe, the occasional zebra and wildebeest, and if you're very lucky you may spot a lion or a wild dog.

The Zambian sunrise and sunsets are immeasurably beautiful and the entire landscape changes colour as the sun moves through the sky, reflecting off the calm waters.

What is the weather like?

August is a great time to visit Zambia. It is the middle of the dry season and the coolest month to visit. Temperatures range from 23-27°C during the day and drop to around 0-8°C at night so it's important that you bring warm layers for the evenings. The weather should be dry and calm with low water levels on the river. Although the temperatures and conditions above are historically accurate, climate change can impact the seasons so you may experience uncharacteristic conditions during the trip which are out of our control. Should this happen the guide will assess the situation and make decisions to ensure the best enjoyment and ultimately safety of the group as a whole.



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Where will we stay?

During the canoe expedition, camp will be set up each night on the banks of the river, or on small islands. You will share two-man tents (two to a tent) which have incorporated mosquito netting. Sleeping bags and thin sleeping mats are provided but you may bring your own mat, for extra comfort.

During your days in Livingstone you will stay at a Jollyboys Backpackers lodge (twin or triple share rooms with shared bathroom facilities), you will camp overnight in tents at Chobe National Park (two to a tent) with mats and blankets provided, and you will stay in small huts at a Eureka lodge in Lusaka on the final night (twin or triple share with en-suite bathroom facilities).

What about meals?

The day starts with hot drinks and biscuits then after several hours canoeing you will stop for breakfast which will comprise produce such as eggs, pancakes, fruit, toast, bacon, sausages etc. with more hot drinks. Lunch will be an assortment of cold meats, salads, breads and cheeses and dinner will involve a main meat dish with vegetables and potatoes, rice, or pasta. Dietary requirements can be catered for if we are notified in advance. There is always plenty to do at meal times so get involved and help your guides with preparation.

Practical information

Who can take part?

The minimum age is 18 (or 16-17 if accompanied by an adult). There is no upper age limit. An ideal candidate would be someone who enjoys being out of their comfort zone, likes to try new things, has a good level of fitness, is healthy and determined and has a flexible and open-minded personality.

How fit do I need to be?

You should arrive in Zambia with a good fitness level to ensure fast recovery from each day's exertions. Fitness training such as hill walking, swimming, running, cycling, gym workouts, team sports and boot camps etc. are all excellent ways to increase your fitness. Building your core and upper body strength will benefit you greatly, so you are recommended to include resistance workouts (such as push-ups, squats, planks, lunges, triceps dips, bicep curls etc.) into your routine. These exercises can be done at home without any specialist equipment. You can download a number of free apps which will help you train and track your progress. E.g. MapMyWalk, C25K (couch to 5k run), MyFitnessPal etc. Attempting to complete the trip without training may hinder your experience, and the experience of your teammates.

I've never canoed before, can I join?

No previous canoeing experience is required (although this would be a bonus) but a good level of general fitness is recommended as the days can be long and tiring. Life jackets are supplied. You will paddle approximately 12-28km per day on the river but there are some leisurely stretches where you can soak up the sights and sounds of Africa. Occasionally you will pull in and walk along the shore, looking out for animals along the way. The water levels on the river stay fairly consistent due to regulation by upstream reservoirs and there are no rapids to contend with.

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What equipment is provided?

The canoes are two-man 18-foot Canadian-style fibreglass canoes with containment nets and ropes to ensure both group gear and personal belongings are secure at all times. Each canoe has five buoyancy chambers, while the bucket seats are foam cushioned allowing a reasonable level of back support. Single bladed paddles are used and life jackets supplied.

Anything you need for the canoe trip should be packed into a soft holdall which will be packed into a dry bag (provided). Any luggage not required for on the river (large suitcases, hairdryers etc.) will be stored securely.

What about the daily routine?

You will be given a thorough briefing on what to expect before you commence your canoe expedition. The typical day will start with an early wake-up call with tea or coffee and biscuits. You will then set off downstream so you can take advantage of viewing the animals when they're most active. You'll pull in for breakfast before continuing to canoe towards a sheltered spot for a long lunch to avoid the heat of the day before heading to our overnight spot to set up camp and help prepare dinner. Evenings are often spent around the camp fire telling stories and getting to know one another. It's also a great opportunity to reflect on the day, enjoy stargazing or write a journal.

Health declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing this booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP. We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

In the event that your medical issues represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your deposit will be refunded. Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

Is the trip ATOL protected?

When you book you will be financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see the booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: <http://www.caa.co.uk>.

COVID-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination. Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else. We are optimistic that this trip will operate as scheduled, however if travel restrictions either in the UK, Zambia or Botswana prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health. We are closely monitoring the situation and will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us on info@different-travel.com.

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Trip costs

To sign up you will pay a non-refundable registration fee of **£360**. This may be payable in up to three instalments.

Once your place is confirmed you can start your fundraising which is a **minimum target of £4,800** for Cats Protection. 80% of this figure (£3,840) is to be raised by 19 May 2022 (12 weeks before departure) and the remaining 20% (£960) by 15 December 2022.

This figure is *in addition to* the £360 registration fee. A part self-funded payment option is also available. You will also need to budget for airport taxes and fuel surcharges not included (currently approx. £330). See below for inclusions and exclusions.

The Fundraising team at Cats Protection will help you every step of the way to reach, and most likely exceed, this target.

Trip Includes:

- ✓ Return flights from London (excluding airport taxes and fuel charges)
- ✓ All transfers in Zambia and Botswana
- ✓ All accommodation (tents while canoeing, hotel rooms in Livingstone and basic huts in Lusaka)
- ✓ All meals as per itinerary
- ✓ Drinking water
- ✓ Donation to lion sanctuary
- ✓ National park fees
- ✓ English-speaking guides and support crew
- ✓ Different Travel tour manager.

Trip Does Not Include:

- ✗ Airport taxes and fuel surcharges (currently approx. £330)
- ✗ Multiple-entry Zambian visa (current cost \$80)
- ✗ Zimbabwean visa* (current cost \$55 on arrival)
- ✗ Personal expenses (e.g. drinks, snacks, showers, souvenirs, etc.)
- ✗ Vaccinations
- ✗ Malaria prophylaxis
- ✗ Travel insurance
- ✗ Tips (approx. £50-60 per person)
- ✗ Personal equipment

*Requirement will be confirmed before departure



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Itinerary

Day 1 (Thursday 11 August 2022): Depart London Fly overnight from London to Lusaka on an indirect flight.

Day 2 (Friday 12 August 2022): Lusaka – Lower Zambezi

Arrive in Lusaka where you will be transferred to the Lower Zambezi (approx. three hours) to freshen up, meet the local team for a safety briefing, pack your bags and commence the canoe expedition.

Meals: lunch and dinner.



Days 3-5 (Saturday 13 – Monday 15 August 2022): Lower Zambezi

You will spend three full days on the river in this spectacular natural landscape, paddling downstream each day under the heat of the African sun, and occasionally pulling in to walk along the river bank to spot more wildlife. The days are long so you are advised to have a good level of general fitness, although no previous experience is required.

As you wind your way down the river, home to a wide variety of wildlife, keep your eyes peeled for elephants, hippos and crocodiles. It is also possible you will spot buffalo, giraffe, the occasional zebra and wildebeest, and if you're very lucky you may spot a lion or a wild dog. Each night you will camp in tents on the river bank or on small islands for a truly wild African adventure.

Meals: breakfast, lunch and dinner.



Day 6 (Tuesday 16 August 2022): Zambezi - Livingstone

Today we travel to Livingstone (approximately eight hours' drive, with plenty of stops en-route) and check into Jollyboys, our home for the next two nights.

Meals: breakfast, lunch and dinner.



Day 7 (Wednesday 17 August 2022): Livingstone – Lion Conservation – Victoria Falls.

Today is an early start for your visit to the Lion Conservation project. The visit may be at either the Zimbabwe or Zambia branch (this will be confirmed before departure). You will spend the day learning about lion conservation work throughout Africa and find out more about the plight of big cats in the region.

On the way back to your accommodation you will take a visit to Victoria Falls, locally known as *Mosi oa-Tunya* which means 'the smoke which thunders'. This 108m vertical chasm is a sight to behold, and one of the seven natural wonders of the world.

Meals: breakfast, lunch and dinner.



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Day 8 (Thursday 18 August 2022): Livingstone – Chobe National Park

Today you have an early start as we drive to Botswana (approx. 1.5 hours) to spend the next two days in the magnificent Chobe National Park. Once you have completed your border formalities you will start the day with a three-hour river cruise along the Chobe River, famous for its large herds of elephant and buffalo. Look out for baboons and other primates, the stunning fish eagle, goliath heron and openbill stork.

After lunch you will go on an afternoon game drive (10 people per vehicle), where elephants, giraffe, buffalo, zebra and hippo are abundant. It is also common to spot lions and, if you're lucky, the occasional cheetah or leopard.

After an exhilarating day you transfer to your campsite where your guides and camp cook will prepare a hearty dinner before settling in around the campfire and listening to the sounds of Africa with your team mates.

Meals: breakfast, lunch and dinner.



Day 9 (Friday 19 August 2022): Chobe National Park - Livingstone

Today you have another early start as we take another game drive before saying farewell to Botswana and transferring back to Jollyboys for our final night (approx. 1.5 hours). The rest of the day is at leisure.

Meals: breakfast, lunch and dinner.

Day 10 (Saturday 20 August 2022):

Livingstone - Lusaka

You depart Livingstone today and transfer back to Lusaka (approx. six hours' drive, with plenty of stops en-route). You will arrive at Eureka Lodge this afternoon. Eureka lodge is located on private game park and with wildlife inhabiting the area, it is not unusual to walk around the grounds and spot a giraffe, zebra or herd of impala.

Meals: breakfast, lunch and dinner.



Day 11 (Sunday 21 August 2022): Lusaka - London

You will transfer to the airport for your return flight to London today, and depending on flight times *you may arrive into London the next day.*

NB Adventure travel can be unpredictable so this itinerary may change due to unusual weather patterns, wildlife movements, and the ability of the group and so on. We will do our best to keep to the set itinerary however we cannot be held responsible for changes that might occur outside of our control. In all such circumstances your guide and tour manager will have the final say in the interest of the health and safety of the group.



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Before You Go!

Important information to help you prepare for your trip

Travel practicalities and country information

Trip knowledge

Food and drink

Kit tips

Luggage

Sleeping accessories

Responsible travel and culture

Fitness, health and safety

Altitude

Kit list

Travel practicalities and country information

Visas

During this trip you may visit up to three countries: Zambia, Botswana and possibly Zimbabwe. Your passport must be valid for at least 6 months from the date of entry to Zambia, Zimbabwe and Botswana or entry may be refused.

Zambia: British citizens, and travellers of most other nationalities require a multiple entry tourist visa for Zambia. Most nationalities are eligible to apply for a Zambia tourist e-visa online. Visit the Zambia Immigration department's e-visa website for information <https://evisa.zambiaimmigration.gov.zm>. You will be given a link at the end of the application process to download your authorisation which you print and take with you. On arrival in Zambia you will present your authorisation, pay your visa fee (currently US\$80 cash or card), and the immigration officials will verify your application and place the visa sticker in your passport. Do not apply until Different Travel has provided you with the required support materials 8 weeks before departure.

Botswana: British citizens, and travellers of most other nationalities, do not need visas for Botswana however please visit the Botswana government website <http://www.gov.bw> to confirm if travellers of your nationality require a visa, and the cost.

Zimbabwe: Your visit to the lion project may either be at the Zambia or Zimbabwe location. If it is at the Zimbabwe location British citizens, and travellers of most other nationalities, require a visa for entry to Zimbabwe which *currently* costs US\$55, payable upon arrival. Your itinerary will be confirmed closer to the time of departure.

Travel insurance

The Different Travel Company will do everything possible to ensure a safe and enjoyable trip however unexpected things can occur such as delays, medical problems, baggage loss, cancellation by you etc. The purchase of travel insurance is mandatory; you are advised to organise it at the time of booking to ensure you are covered immediately. Different Travel is an authorised introducer for Campbell Irvine Direct insurance policies. You can find out more here: www.campbellirvinedirect.com/differenttravel. Please note: most travel insurance policies protect you before departure too so it is advised to buy insurance as close to booking as possible as it may protect you against the loss of your non-refundable, non-transferable registration fee if you cancel due to injury, illness etc.

Phone and Wi-Fi access

There is a widespread mobile phone network across the country with Airtel, Cell Z and MTN being the three main operators. Depending on your mobile handset, UK operator and roaming capability, your mobile phone should work. Remember to turn off data to avoid unexpected charges. Signal is limited while on the river but is reasonably good in Lusaka and Livingstone. Wi-Fi is available at the lodge but this may be slow and unreliable.

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Religion

The majority of the population (around 86 per cent) practice Christianity however many also hold traditional beliefs. The rest of the population identify with indigenous religions, Islam and Hinduism.

Tipping

While tipping is not mandatory it is expected and greatly appreciated by your local guides, support staff and driver. Please liaise with your tour manager for information about how much to tip, but budget for at least £20-25pp. In addition to this, you will need to budget for tipping your safari game drive staff and boat cruise guide. Please allow £5 per day for this (so £10 for the two days).

Electricity

Power is 240v/50Hz and uses British three square pin plug sockets. There are no plug sockets or electrical outlets during the camping on the Zambezi or at Chobe National Park. If access to power is important to you, you are recommended to bring a portable power pack (also known as a power bank or battery pack) which when fully charged before departure allows you multiple recharges of USB-powered devices such as phones. You should buy a power pack with a minimum capacity of 12,000mAh and these are easily available online on Amazon.

Money

As you are visiting up to three countries with different currency requirements, you may wish to bring a mixture of cash in English pounds Sterling (no Scottish, Isle of Man or Channel Islands notes), small denomination US\$ notes (\$1s and \$5s) plus US\$55 for Zimbabwe visa fee if you are visiting Zimbabwe. You may also wish to consider withdrawing cash from ATMs in Zambia.

You will need spending money for tips, drinks, souvenirs etc. Approx. £150 should be sufficient for these expenses.

Zambia: The Zambian currency is the kwacha (ZMW). Kwacha is a closed currency which means it cannot be exchanged anywhere except Zambia. At the time of writing (May 2020) there were 22.5 kwacha to the pound. Purchases in small establishments and shops should be made in kwacha.

Standard Chartered, Stanbic and Barclays banks have ATMs in Livingstone and Lusaka which accept Visa cards for you to withdraw cash. Please note that your bank may charge you for withdrawals and transactions, or block your card, so please inform your bank in advance to let them know your travel plans or consider a currency card instead.

You must make sure you exchange any unspent kwacha back to pounds before you leave Zambia to avoid having cash you cannot exchange in the UK. Scottish/Channel Islands notes will not be accepted for exchange.

Zimbabwe: The Zimbabwe dollar has been suspended indefinitely so if you cross into Zimbabwe, many currencies are accepted including pounds Sterling, US dollars, Euro, Botswana pula and South African rand. You will need to bring US\$55 cash (correct at the time of writing) for your Zimbabwe visa on arrival, if you are visiting Zimbabwe (this will be confirmed before departure).

Botswana: The currency of Botswana is the pula. As you are only visiting the country for two days, any small expenses such as drinks, souvenirs and tips, can be made in low-denomination notes in pounds Sterling or US dollars.

Photocopies

Remember to photocopy of all your documents (insurance details, passport, credit/debit cards etc.) and take a copy with you during the trip, stored separately from the original copies. You should also scan and email these documents to yourself and leave a copy with a trusted family member or friend. If you lose any of your documents you will then have access to a copy with you and online. You may also wish to upload your documents to cloud storage such as Dropbox or Google Drive.

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Photography

When taking photographs of the local people, it is polite to ask their permission first. Taking a photograph of someone without their permission, especially in rural areas, can cause offence. It is possible that local people (particularly those in traditional dress) will ask for payment for taking their photograph. In contrast, taking photographs of someone you have become friendly with is usually very welcome.

Please note: If you intend to use your camera or video camera while canoeing, this is done at your own risk and any loss or damage to your camera is not the responsibility Different Travel or Cats Protection. You are recommended to keep your camera inside a dry bag in your day pack when it is not in use, to protect it from water.

Language

The main languages of Zambia are Bemba, Nyanja and English. In addition, there are at least 70 other indigenous languages. Here are a few useful phrases and numbers in the local language:

English	Bemba	Nyanja
Hello	Shani	Bwanji
Goodbye	Shalaop	Pitani Bwino
How are you?	Uli Shani?	Muli Bwanji?
I am fine	Ndi Bwino	Ndili Bwino
Thank you	Natotela	Dzikomo

The national language of Botswana is Setswana, however English is the official business language and is widely spoken. Here are a few useful phrases in the local language:

English	Setswana
Hello (to a woman)	Dumela, mma
Hello (to a man)	Dumela, rra
Goodbye	Go siame
How are you?	O tsogile jang?
I am fine	Ke tsogile sentle. Ke teng.
Thank you	Kea leboga

Books

Lonely Planet Zambia, Mozambique & Malawi (Sept 2017) ISBN: 978-1786570437. £17.99
Zambia Bradt Travel Guide (July 2016) ISBN: 978-1784770129. £18.99

Trip Knowledge

Accommodation

During the canoeing, and while at Chobe National Park you will be camping in standard tents with mosquito netting. You will stay in rooms at a small game reserve in Livingstone, and in small huts with basic en-suite accommodation at a game lodge in Lusaka. The accommodation is on a twin or triple share basis.

Camping

For the nights during the canoeing you will sleep in tents with mosquito netting. Sleeping bags, tents and thin sleeping mats are provided. You may wish to bring your own sleeping mat for additional comfort, and you must bring your own sleeping bag liner.

For the nights at Chobe National Park you will sleep in tents with mosquito netting.

Each tent sleeps two people. Sleeping mats and blankets are provided and you should bring your own sleeping bag liner.

Cutlery and crockery is provided for meals.

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Hygiene and bathroom facilities

During the canoe expedition, there are no showers but water will be drawn from the river for washing. You are recommended to bring environmentally friendly shampoo and soap products to keep pollutants to a minimum. You can take advantage of the 10% discount at Little Footprints Gifts for their natural toiletries. Toilet facilities comprise a hole dug into the ground with a small privacy tent. You should bring your own supply of toilet paper and a small pack of baby wipes for general hygiene throughout the day. Used toilet paper must be packed away into a nappy sack or similar and disposed of in the bin at the campsite; toilet paper (and other litter) should never be left on the ground.

Difficulty

The trip is graded moderate to challenging due to the long days canoeing, basic camping conditions and wide-ranging temperatures.

Weather

August is a great time to visit Zambia. It is the middle of the dry season and the coolest month to visit. Temperatures range from 23-27°C during the day and drop to around 0-8°C at night so it's important that you bring warm layers for the evenings. The weather should be dry and calm with low water levels on the river. Although the temperatures and conditions above are historically accurate, climate change can impact the seasons so you may experience uncharacteristic conditions during the trip which are out of our control. Should this happen the guide will assess the situation and make decisions to ensure the best enjoyment and ultimately safety of the group as a whole.

Souvenirs

Zambia's most popular souvenirs include African carvings, pottery and copperware, beadwork and local gemstones.

Food and Drink

Water

Tap water is not safe to drink in Zambia. **You must not brush your teeth or rinse your mouth with the tap water**, only use bottled or purified water. Drinking water is provided for you throughout the trip however you are recommended to bring water purification such as 'Biox Aqua' tablets as a backup. These tablets are very affordable (less than £10) and contain chlorine dioxide which kills 99.9% of all known bacteria plus cryptosporidium and giardia and doesn't leave water tasting of chemicals.

Keep hydrated

Daytime temperatures can rise to 30°C so it is wise to consume at least three litres of water to avoid the risk of dehydration, plus additional fluids such as tea and coffee. Electrolyte tablets (for example Nuun, High5, PowerBar etc.) are flavoured effervescent tablets which contain salts, sugars and minerals which are naturally lost from your body when you sweat. By adding these tablets to your water it not only offers flavour to your water but it can help prevent dehydration before it begins. Electrolyte tablets are widely available in outdoors stores and online for around £8 for 12 tablets. You may also wish to bring a small supply of rehydration salts (for example Dioralyte) which treat dehydration.

Water Bottle

You will need to bring your own bottles to refill at least three litres of water per day. Please bring two 1-litre water bottles (for example plastic Nalgene or metal Sigg bottle). **Please write your name on all your bottles in marker pen.**

Dietary requirements

The majority of special diets, such as vegetarian, vegan, gluten-free, etc., can be catered for if we are notified in advance. Please ensure that you notify us of any dietary requirements at the time of booking or as soon as possible. Please note that we cannot guarantee that food preparation will have taken place in a contamination free environment.

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Food

Maize is the staple food crop for much of the population. Other produce includes cassava (a root vegetable), peanuts, pumpkins and sweet potatoes. A typical breakfast may comprise produce such as eggs, pancakes, fruit, toast, bacon, sausages etc. with more hot drinks. Lunch may be an assortment of cold meats, salads, breads and cheeses and dinner may involve a main meat dish with vegetables and potatoes rice or pasta. Tea and coffee is provided however if you have preferences (e.g. herbal teas, decaf coffee, hot chocolate etc.) you should bring your own supply. Dietary requirements can be met if we are notified in advance.

Snacks

You should bring a selection of snacks for energy and a pick-me-up which you have tried before (and enjoy) so they are appetising to you. Most people bring sweets, individually wrapped cake bars, protein bars and dried fruit but don't forget to bring savoury snacks for when these become sickly. Great savoury snacks include salted nuts, individually wrapped cheese, Peperami, Cheddar biscuits or salted crackers. Please don't bring too much.

Kit tips

Discount

When you book you will receive a 15% Cotswold Outdoor discount voucher, a 10% Nomad Travel discount voucher for use at their travel clinics and a 10% discount at Little Footprints Gifts for their natural toiletries.

Footwear

During the canoe trip you may wish to use trainers, reef/surf shoes or sturdy sandals. If you opt for sandals or reef shoes, please note that you will also need a pair of trainers or walking shoes available for the days where you will walk inland (to keep your feet and ankles safe during these walks), and for use around camp. Comfortable footwear like trainers will be suitable for the visit to lion projects and during the safari game drives.

Socks

It is important that the socks you choose are high quality, non-cotton and will not slip down in your shoes which causes blisters. Never wear cotton socks which absorb sweat making them damp and more likely to rub against your feet, causing blisters. Socks containing Coolmax (a brand of polyester) or nylon have wicking properties which means that it pulls sweat away from the skin for it to evaporate. Good brands to consider include Bridgedale, Smartwool and Brasher.

Clothing for canoeing

Swimwear, shorts and t-shirts are suitable but ensure you regularly reapply sunscreen, even if the day is overcast, as the sun is extremely strong and will reflect off the water. A lightweight long sleeved shirt with a collar is a good idea to keep your skin protected from the sun. You must bring a sunhat with a brim. It will be cool in the evenings so you will need to bring warm layers. Malaria-carrying mosquitoes are prevalent in Zambia so you must bring long sleeved tops and trousers, and wear socks to avoid bites, particularly from dusk until dawn. Repellent should be reapplied liberally throughout the day and evening.

Clothing for safari and conservation visit

During the game drives in Botswana it is important that you wear neutral-coloured clothing; ideally long sleeved and long legged. Dark colours such as blue and black must be avoided as the painful-biting tsetse fly is attracted to these colours. While you are at the project you should wear comfortable, lightweight clothing such as shorts and a t-shirt or lightweight trousers and a light top, with comfortable footwear (e.g. trainers).

Towel

You will need this throughout the canoe trip. A highly absorbent but lightweight and fast drying trek towel is recommended.

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Gloves

To protect your hands you may wish to bring a pair of canoeing/kayaking/sailing/SUP gloves. These can be purchased cheaply (less than £10) online or in outdoor stores.

Headwear

By covering your head and skin you will keep the sun off and keep you cool. A hat or bandana is essential as well as drinking plenty of water which will keep your body temperature moderated.

Sunglasses

These are important even on overcast days. They must offer a minimum of 100% UV protection, and polarised sunglasses are ideal. Taking a spare pair is recommended.

Headtorch

This is a vital piece of kit. Petzl is one brand which makes good quality headlamps but there are many head torches available from other companies. Please ensure you take an LED torch as ones with bulbs are not bright enough. Bring your head torch with fresh batteries inside it and take a full set of spare batteries. Do not bring a wind-up head torch as these are unreliable.

Cobber

Day time temperatures can be high so keeping cool is important. A recommended item is a body cooling neck wrap called a 'Cobber'. When submerged in water for 30 minutes the absorbent poly-crystals swell and turn cold. You wrap the Cobber around your neck which cools your carotid arteries and keeps your body temperature down. One 30-minute submersion in water keeps the crystals cool and moist for three days before they start to dry out – perfect for hot days on the river. Read more here:

<http://www.cobbercooler.com>.

Luggage

You will need to separate your luggage for the different elements of the trip. You will need the following luggage items:

1. A small daypack

This will contain your essentials for each day. You can expect to carry your personal first aid kit, sun cream, packed lunch, water, snacks, waterproofs, toilet paper, wet wipes and camera. You will not have access to your main luggage while trekking.

2. A small dry bag (e.g. Exped fold dry bag)

This is to protect small items you need to access while you're canoeing.

3. A soft-sided kit bag or holdall

You will need a kit bag to hold your luggage required for the Zambezi canoeing and Chobe National Park camping parts of the trip. A waterproof duffle/kit bag is ideal.

Suitcases are not suitable for these parts of the trip and will be stored securely with any items you don't need.

Some examples of suitable kit bags include North Face Base Camp duffle bag or Mountain Equipment Wet and Dry Bag but please shop around as there are many options.

A dry bag is provided for you to put your entire canoe kit bag inside, to keep it dry during transport on the canoes.

4. A suitcase or holdall for checked in luggage for your flight.

This will be stored securely while you are canoeing.

5. Combination padlocks which should be used to secure your bag during your flights and also to keep zips secure on your kitbag during the trek.

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Sleeping accessories

Sleeping bag liner

A sleeping bag is provided but you are recommended to bring a silk sleeping bag. This adds an extra layer of insulation to keep you warm if it's cool. If it's too warm you can sleep under your sleeping bag liner with your sleeping bag unzipped. A sleeping bag liner also protects your sleeping bag from dirt, sweat and damage. Silk sleeping bag liners are quite expensive if purchased on the high street, so consider eBay where you can purchase directly from the manufacturers (usually Vietnam or China) at a fraction of the price. Make sure you look out for 'pure silk' sleeping bag liners, not 'satin' (which is usually low quality and synthetic).

Sleeping mat

A thin sleeping mat is provided however you may wish to bring your own for additional warmth and comfort. An inflatable Thermarest mat would be ideal.

Responsible Travel and Culture

Culture shock

As developing countries, visits to Zambia, Botswana and Zimbabwe will be slightly different to visits to countries in Europe or North America. Here is some information about etiquette, culture and things to be aware of.

Begging and poverty

It is important not to underestimate the impact of observing poverty. Some people respond by feeling they must do everything they can to help everyone they can which risks disappointment as no single person can do everything. The secret is to recognise the signs (feeling emotional, guilty, frustrated and angry) and to set realistic goals about what you can and cannot do.

You should avoid acting on impulse, especially when it comes to giving away money. People may seem genuine but some regard tourists as 'cash cows' and act dishonestly and unethically. Do check with your guides before giving money and don't be afraid to say no.

You may be asked for 'pennies', sweets or pencils from children. We ask you not to give money or gifts to individuals begging, particularly children, as this can lead to a reliance on tourists for an easy income and can lead to children purposely missing school to beg. In particular, giving sweets is not advised because many children have no access to dental care and rotting teeth can cause long-term problems. If you wish to support the community, speak to your tour manager or local guide for advice.

Haggling

Where there are no price tags on items it is expected that you will haggle. The first price is sometimes three times more than the value of the item, but remember that you should engage with the vendor to encourage rapport before haggling then only pay what you think is a good price for the item, not trying to get the price as low as possible.

Environment

We are environmentally conscious and aim to minimise our impact as much as possible. Key points:

- Never leave toilet paper or litter on the trail.
- Don't dispose of fruit peel, cores or seeds on the ground; although they decompose eventually they are unsightly and may attract animals.
- Turn off lights when not in rooms.
- Minimise your water usage by having short showers.
- Be considerate of other participants.

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Etiquette

- Always endeavour to be polite and respectful. If you show respect then it will be reciprocated.
- At accommodation, particularly teahouses keeping noise to a minimum, especially early in the morning and late at night.
- Be respectful to your guides and hosts; don't forget to say please and thank you.
- Be considerate of the feelings of other group members.
- When taking photographs of the local people, it would be wisest to ask their permission. Taking a photograph of someone without their permission, especially in rural areas, can cause offence. Older people, particularly ladies prefer not to be photographed but in contrast young children are often very keen to be photographed.

Fitness, health and safety

Vaccinations and travel health

Different Travel regrets that we cannot provide medical advice or recommendations. You are advised to seek medical advice at least 8 weeks before travelling to ensure that all appropriate vaccinations are up to date. For general information visit www.fitfortravel.scot.nhs.uk or www.travelhealthpro.org.uk but your GP or travel health professional should be the first stop for a consultation tailored to your medical history. Please note that failure to be adequately vaccinated, or take necessary prophylactic medication can invalidate travel insurance policies as it is considered that you have not taken necessary precautions.

First Aid kit

You should bring a small first aid kit of essential items which is for your own personal use and keep it in your backpack. Suggested items to include: personal prescription medicine, painkillers, blister plasters, insect repellent (50% DEET), throat lozenges for Khumbu cough, decongestant for the dust, anti-histamine tablets, Loperamide (e.g. Imodium), lip balm with SPF, indigestion remedy for unfamiliar food, muscle rub, zinc oxide tape etc. Please keep the contents to a minimum as you must carry it yourself. Please note that there are pharmacies however you may not find your preferred brand of medication available to buy, or it could be very expensive.

Malaria

Malaria is mosquito-borne disease which infects humans when they are bitten by the mosquito which passes parasites into the human blood stream. Malaria is prevalent all over Zambia, Zimbabwe and Botswana so you must discuss malaria prophylaxis with your GP or travel health specialist.

Whichever anti-malaria tablets are prescribed it is critical that you follow the course instructions carefully, including finishing the course after your return to the UK.

No anti-malarial offers complete protection from malaria so it is essential that you practise bite-prevention methods such as using 50% DEET mosquito repellent, wearing long sleeve shirts, loose trousers and socks especially during the evenings, using mosquito nets (tents have mosquito netting, and nets are provided in the lodges).

Upon your return you should mention to your doctor that you have been to a malarial area if you develop any symptoms (fever, fatigue).

Insect repellent

It is essential that you bring insect repellent and use it liberally throughout the day, particularly from dusk until dawn, to minimise your risk of contracting malaria. DEET is the most effective repellent available. The Department of Health recommends 50% DEET is the **maximum** that you should use on your skin, as higher concentrations are less effective due to their higher oil content which does not stick to the skin as effectively as lower concentrations. Be careful when using any DEET product as it can stain clothes, melt plastic and remove dye from fabrics.

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Fitness training

A good level of fitness is required so we suggest you take up a fitness training regime before departure including walking and cardiovascular workouts to improve your stamina, as well as resistance training to strengthen your core and upper body muscles. No experience is needed and you will be given a thorough briefing on what to expect before you commence your adventure.

Safety

Please take common-sense precautions while travelling to ensure your safety and the protection of your belongings. For example: leave flashy jewellery, watches and accessories at home; keep wallets out of sight stowed in a handbag or backpack rather than sticking out of a pocket; don't leave bags unattended at any time; carry cameras in their cases rather than carrying them openly with the camera strap; split cash into different pockets rather than carrying all your money in one place, especially immediately after you have used the ATM; and so on.

Emergency and evacuations

In the unlikely event of a serious illness or accident, the local team will ensure you are transferred as swiftly as possible to the nearest hospital. Please ensure your travel insurance covers you for airlifting/emergency evacuations as this can be required to reach casualties on more remote trails in an emergency. You are recommended to bring a credit card during the trip if you need to pay for medical treatment upfront in the event of an emergency.

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Kit list

Clothing, accessories & footwear

- Trainers (suitable for walking) ☐
- Reef / water sport shoes (optional) ☐
- Sandals / flip flops ☐
- Wide brimmed hat or cap ☐
- Warm hat (for nights) ☐
- Neck cooling Cobber (optional) ☐
- Canoe / water sport gloves ☐
- Underwear ☐
- Socks ☐
- Knee length shorts ☐
- Long/convertible lightweight trousers ☐
- T-shirts ☐
- Long sleeved shirt ☐
- Warm sweater/fleece/hoody for nights ☐
- Warm trousers/jogging bottoms for nights ☐
- Pyjamas/nightwear ☐
- Neutral colour clothes for game drives ☐
- Swimwear ☐

Baggage

- Main luggage (suitcase/backpack) ☐
- Soft kit bag for canoe/Chobe items ☐
- Small day pack ☐
- Padlocks for luggage ☐
- Small dry bag for personal items on canoe ☐

Essentials

- Passport + copy ☐
- E-tickets ☐
- Money (£ cash) and credit/ATM card(s) ☐
- Travel insurance documents ☐
- Pen and US\$80 for visa on arrival ☐
- LED head torch + spare batteries ☐
- Camera + charger/spare battery ☐
- Mobile phone + charger ☐
- Sunglasses (100% UV ideally polarised) ☐

Hygiene

- Bio-degradable shampoo* ☐
- Bio-degradable shower gel/soap* ☐
- Toothbrush + toothpaste* ☐
- Comb/hair brush ☐
- Hand sanitiser ☐
- Wet wipes* ☐
- Toilet paper (2 rolls)* ☐
- Nappy bags for used toilet paper* ☐
- Waterproof sun screen* (SPF 50) ☐

Travel

- Travel towel ☐
- Feminine hygiene products* ☐
- After sun / moisturiser* ☐

Sleeping

- Eye mask/ear plugs ☐
- Sleeping bag liner ☐
- Sleeping mat (optional) ☐

First Aid kit

- Prescription medicine ☐
- Anti-malaria medication ☐
- Plasters ☐
- Ibuprofen and Paracetamol ☐
- Insect repellent (max. 50% DEET) ☐
- Anti-histamine cream/tablets ☐
- Imodium (Loperamide) ☐
- Rehydration sachets ☐
- Antiseptic cream ☐
- Lip balm with SPF protection* ☐
- Indigestion remedy ☐
- Scissors/tweezers ☐
- Spare glasses/contact lenses ☐

Eating and drinking

- Electrolyte tablets (Nuun/High5) ☐
- Energy snacks ☐
- 2x one-litre water bottles ☐
- Water purification (eg Biox Aqua tablets) ☐

Optional

- iPod or MP3 player ☐
- Video camera + charger ☐
- Spare memory cards ☐
- Books/pack of cards ☐
- Power bank/power pack ☐

Please note: This list is not exhaustive and is to be used as a guideline only.
You may not need every item on the list or you may wish to add items which are not listed.

Please contact The Different Travel Company on info@different-travel.com if you have any questions or queries and our knowledgeable staff can provide specialist advice.

*Please consider eco-friendly or biodegradable options. Consider shopping at Little Footprint Gifts (<https://littlefootprintgifts.weebly.com/eco-traveller.html>).

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