



Luxury Travel
since 1927



Africa to a T.

ESSENTIAL TOUR INFORMATION

PREPARE FOR YOUR TRIP

Passports

Passports must be valid for at least six months from the passengers' return home date. To avoid problems, it's best to ensure they have at least nine months before expiring. Passports must also include at least three blank visa pages (not endorsement pages). Guests have been deported for failing to meet this requirement.

Visas and Permits

It is your responsibility to ensure that you have the correct travel documentation. Failing to obtain correct documentation may affect entry into some countries on tour. Visa information is accurate at the time of printing but may change at short notice. APT recommends checking with the relevant consulates for the latest visa requirements, costs, and processing times. If you hold a passport from another country, check with your travel agent or APT about specific visa and permit regulations.

South Africa

Australian and New Zealand passport holders do not require a visa for stays of 90 days or less. To enter South Africa, you are required to have a passport valid for no less than 30 days after the end of your intended stay, and at least two completely blank pages on which your entry permit can be endorsed.

Zambia

Australian and New Zealand passport holders do not require a visa for stays of 90 days or less in Zambia.

Tanzania

A Tanzanian visa is required by Australian and New Zealand passport holders. The visa must be obtained prior to departure. Please visit <https://visa.immigration.go.tz/>

Kenya

Australian and New Zealand passport holders must apply for an electronic Kenya visa (eTA) in advance online:

<https://www.etakenya.go.ke/en>

General Physical Fitness

APT tours through Africa are not physically demanding, however, due to the nature of many regions visited, a good level of fitness and mobility is essential. Tours may be unsuitable for guests with medical conditions or physical restrictions. Walking tours often involve uneven ground, stairs, and steep inclines; and 4WD tours may traverse rough terrain.

Climbing steps or stairs may be required to access restaurants or accommodation. Gaps between steps may also be encountered when boarding the helicopter in Victoria Falls or on light aircraft flights in East Africa. Standing for extended periods may be required. Walking three times a week for an hour prior to the trip is recommended to build stamina for exploring Africa's sights. Ensure that your walking shoes fit well and are broken in before departure. Distances can vary from hotel rooms to the lobbies, and guests should be able to walk these unassisted (unless with a travel companion).

While not strenuous, travelling on game drives and within East Africa or Southern Africa (like Kruger National Park or Serengeti National Park) is often on unsealed roads and uneven surfaces in a 4WD, which may affect those with back problems due to some of the rough and bumpy roads. Some drives in East Africa may last six to eight hours. Guests must be able to enter and exit vehicles and sit for extended periods.

On game drives there are no toilets in national parks however, if necessary, your APT Tour Director or local guide will establish the most appropriate place, where possible to stop for guests to use the 'bush toilet' (i.e. behind a bush).

Travel Insurance

Comprehensive travel insurance is essential for your entire trip, and strongly recommended. Medical treatment and hospital stays can be costly and often require upfront payment. Medical evacuation can also be expensive. Insurance that covers trip cancellation and delays, medical expenses, accidental death, lost luggage, medical evacuation and airline cancellation charges is recommended. It's recommended that your policy covers COVID-19 events such as quarantine expenses, flight changes and cancellation fees. For guests in East Africa, Flying Doctors cover is included but this coverage does not take the place of guests own insurance.

Gratuities

Gratuities for your Tour Director and local guides are included in the tour price. See your itinerary for any variations to the above. Tipping cannot be redeemed for a cash refund.

Gratuities When Touring Independently

- Most waiters earn a basic living wage, so 10-15% is an appropriate amount to tip in restaurants, bars, etc.
- It is uncommon to tip taxi drivers in Africa more than the change from a fare. If the driver has gone above and beyond, a 10% tip will suffice.
- Small tips of of US\$1-\$2 dollars (18-20 Rand) are reasonable for porters, hotel staff and drivers.

Currency And Spending Money

Each African country has its own currency. For South Africa, carry most of your spending money in South African Rand. For other destinations, bring small-denomination US dollars and credit cards. ATMs are available in most large cities and at some airports. For the most up-to-date exchange rate, please check with your bank or www.xe.com (universal currency converter).

South Africa: South African Rand (ZAR)

Zambia: Zambian Kwacha (ZMK)

Kenya & Tanzania: US Dollars (USD)

Before arriving in Tanzania and Kenya, please ensure that you carry adequate US dollars if you wish to buy souvenirs or a drink from a local vendor, as there are no banks or ATM facilities while on safari to withdraw cash.

Valuables and Security

- Do not take anything with you that will create emotional or financial hardship if lost or stolen.
- Carry all important documents including money, passport and tickets with you. Do not pack these in your suitcase.
- You may find a money belt (worn inside clothing) useful while travelling.
- Never leave hand luggage unattended in hotel lobbies or dining rooms.
- Avoid exploration on your own in unfamiliar streets or areas.
- Avoid excessive displays of jewellery or cash. When sightseeing, keep all valuables locked in the safe in your room.

See Your GP

Your GP or travel clinic is the best source of information about preventative measures including vaccinations. We recommend all travellers consult their GP or local travel clinic for detailed advice to ensure you are prepared for your trip. Please take a copy of your travel itinerary with you to assist with the recommendations of appropriate medication and vaccinations. Ask your doctor to prepare a medical history document that can be read by foreign health professionals should the need arise. The document should include your name, address, emergency contact, blood type, medical history,

current medications and dosages, drug allergies, reasons for prior hospitalisation and a list of vaccinations and dates. A copy of your prescriptions is vital in case of any health problems. Prepare a list of your medications, including the name, dosage, prescribing doctors and their phone numbers.

Allergies

If you have a food allergy or a condition that needs to be managed on tour, please advise your booking agent as soon as possible, as well as your Tour Director upon arrival, as most suppliers require advance notice to accommodate this. You might be asked to fill out a form or waiver. All suppliers will endeavour to cater for allergies, but this is not always possible and cannot be guaranteed.

Sleep Apnoea

Guests bringing CPAP breathing machines and/or portable oxygen concentrator devices must bring a rechargeable battery pack as some places may not operate 24-hour electricity.

Don't Go Viral!

Practicing good hygiene is vitally important in stopping the spread of common viral infections such as colds, flu or gastro, which can spread quickly in an enclosed area such as coaches, 4WD vehicles and planes.

Colds and Flu

Viral respiratory infections, including colds and flu, are the most common illnesses affecting travellers. These are mainly spread through coughing. To reduce the risk, practice good hygiene by washing hands frequently, covering coughs and sneezes, and using antibacterial wipes or hand sanitiser regularly—especially after excursions, before meals, and throughout the day. Influenza is commonly contracted while travelling abroad. The flu vaccine offers protection against the viruses expected during flu season. It's advisable to consult your GP about these topics.

Yellow Fever Vaccination

Travelling to Africa may expose you to yellow fever, a disease transmitted by mosquitoes, but it's a serious and potentially fatal disease that is prevented by vaccination. South Africa, Zambia, Kenya and Tanzania all require a valid yellow fever certificate from all citizens and non-citizens travelling from a yellow fever risk country or having been in transit through a yellow fever risk country. Some airlines may require passengers to present a valid yellow fever vaccination certificate before boarding your flight out of the country. This information may change without notice, so it's best to consult your doctor for the most up-to-date vaccination recommendations for your trip.

Gastro and Traveller's Diarrhoea

Diarrhoea is the second most common infectious illness affecting travellers. The illness can be due to a number of different bugs including viruses and bacteria. Viral gastroenteritis is generally spread by person-to-person contact whereas bacterial gastroenteritis is generally spread from consuming contaminated food or water.

APT Health & Safety Protocol

APT has a Health & Safety Protocol, as well as COVID-19 protocols that all our Tour Directors are required to follow. If you are showing symptoms of a cold or a virus while on tour, you may be asked to have meals in your room instead of the dining room, or to remain in your room until the symptoms improve.

Water and Food Safety

Some properties in Southern Africa and most properties in East Africa provide filtered water refilling stations. We recommend carrying a reusable, refillable water bottle during your tour. If refillable water is not available at a property, single-use water bottles will be provided on touring days. Many African countries are working to eliminate single-use plastics, including bottled water, and APT Travel Group supports this effort. However, unless otherwise advised, avoid tap water for brushing your teeth; use filtered water instead. If in doubt, ask your Tour Director.

In countries where you are uncertain about the hygiene standard, be cautious when buying food from street vendors or small restaurants that are not part of your hotel or our recommended list of venues. At these places, avoid raw fruit and vegetables, dairy products (including ice-cream), as well as meat and fish not properly cooked. It is generally safe to eat cooked meats and vegetables prepared in tourist hotels and tourist area restaurants. Do not buy alcohol from

street vendors.

Avoiding Malaria

Malaria and yellow fever are diseases that are transmitted by mosquitoes. Antimalarial medication and a yellow fever vaccination are recommended for Africa. See your GP or visit a travel clinic at least eight weeks before you travel for recommended vaccines and/or antimalarial medication. Regardless of whether you are taking antimalarial medication or have been vaccinated against yellow fever, it's important to protect yourself from mosquito bites, particularly at dawn and dusk when mosquitoes are most active.

Precautionary measures include:

- Using a DEET-based insect repellent.
- Wearing light-coloured clothing. Research has shown that mosquitoes are attracted to dark colours. Light-coloured clothing also has the advantage of keeping you cooler in the summer heat.
- Be sure that you cover as much of your skin as possible. Wear long-sleeved shirts, long trousers, socks and shoes.
- Wear clothes made of tightly-woven fabric which mosquitoes are unable to penetrate.
- Wear loose-fitting clothing, so that mosquitoes cannot bite through to your skin, however, not too loose or they could fly up sleeves and/or down collars.
- Also avoid wearing perfume or cologne as these are known to attract mosquitoes.
- Please be aware that antimalarial medication such as Doxycycline can cause gastritis and sun sensitivity.

Know Before You Go

Luggage

Regardless of international baggage limits, the below outlines the maximum restrictions per region:

Southern Africa: 20kgs for checked luggage. East Africa: 15kg for checked luggage. For the 24-day Contrasts of Africa journey, guests can use hard-shell and carry-on suitcases for the Southern Africa portion. However, upon reaching East Africa, bags must be reduced to a total of 15kg and repacked into a soft bag (provided). The rest of the luggage will be safely stored at our supplier's office in Nairobi.

Kenya and Tanzania

A soft bag will be provided at the start of the East Africa holiday. Essential belongings should be packed into the bag, with a maximum weight of 15kg. Remaining luggage will be securely stored at the Nairobi office. The soft bag is on loan and must be returned upon arrival in Nairobi.

Clothing

When packing, think about the time of year and the places you'll visit to ensure you stay comfortable in different climates and temperatures. When packing for game drives, avoid bright colours and bring multiple layers to stay warm during cooler evenings. Bring a pair of gloves and a hat, as sometimes the early-morning and late-evening game drives can be chilly. Standard safari gear must include a broad-brimmed hat, sunscreen and mosquito repellent. For walking, bring comfortable shoes; there is no need for heavy boots on safari.

Other Items to Pack

Bring travel-size toiletries to reduce luggage weight. You will be provided with basic toiletry items in accommodation throughout your tour, though you may want to bring your own brands or additional items to cater to your personal needs. Other suggested items to pack may include:

- sunscreen and mosquito repellent
- antibacterial wipes
- prescription glasses/contact lenses and sunglasses
- travel alarm clock
- money pouch
- small torch and batteries
- electrical converters and adaptors
- refillable water bottle
- travel lock for your luggage

Pack a Medical Kit

A small medical kit is recommended for all travellers. While pharmacies in large cities typically carry basic medicines and supplies, they may be hard to access, and a prescription could be required for some medications.

Electrical Appliances

Power outlets in Africa vary by country, with voltages ranging from 230 volts in South Africa to 240 volts in Kenya. Most universal power plug adapters that are available in Australia will not include a South African plug, but special African adaptors can be purchased at the airport. Tented camps like Karen Blixen in the Masai Mara use generator power. To conserve electricity, power will be turned off during game drives and late evenings, returning just before dawn.



AT THE AIRPORT

Reconfirmation Of Flights

Contact your airline(s) or travel agent at least 72 hours before your initial flight to confirm your departure details.

Late Or Missed Flights

In the event that you miss a flight completely, please immediately advise the airline representative that you are a tour passenger bound for a specific location, as well as the date and time you were required join your tour or to check in to a pre-tour hotel.

Flights Within Africa

All included internal flights on your Africa tour are in economy class. Flights within Africa are included in the tour price where stated on your itinerary. These flights are booked by APT's ground operators, and the flight details will not appear on your final documentation. Your Tour Director or local guide will carry all necessary documents for these flights. Guests will not be escorted by the Tour Director on the flight between South and East Africa.

Check-In

Arrive at the airport at least two hours before domestic flights and three hours in advance for international flights. This allows time to check in your baggage, present your passport and ticket, get seat assignments and boarding passes, and make your way through security procedures to the boarding area.

Lost or Delayed Luggage

Luggage can sometimes be delayed during air transit. Pack a change of clothes and any essential medication in your hand luggage or your travel companion's bag. If luggage is delayed, the airline is responsible for delivery. Submit reimbursement claims directly to the airline by filling out a claim form at their desk upon arrival. For assistance, ask your Tour Director or local guide.

Airport and Airline Security

Check with your airline/government office for clarification of regulations before you leave. Sharp objects and liquids should be stored inside your checked luggage. Each container of liquids, aerosols or gels in your carry-on luggage must be 100ml or less and sealed in a transparent, one litre (or less) resealable plastic bag. You may carry prescription and non-prescription medicines needed for the flight, but proof of necessity may be required. Items allowed include empty containers, cosmetics and toiletries such as personal hygiene items, talcum powder, contact lenses and lens solution, solid foods, medicines including prescribed and essential non-prescribed medication.

Customs

To prevent the introduction of exotic pests and diseases on your return home, arriving travellers are screened and luggage is often inspected or X-rayed by customs or quarantine officers.

All food and items of plant and/or animal origin must be declared, along with any items that may be subject to duty or tax (check with Customs regarding duty-free allowances). For more information, please refer to the Customs websites listed on page 6.

ARRIVAL & DEPARTURE INFORMATION

Transfers

Airport transfers are included on the first and last day of the tour package and if pre- and post-accommodation is booked with APT (some exceptions apply). Refunds will not be given for unused transfers. Transfers cannot be re-routed to other pick-up points or destinations. Passengers who miss the pre-booked transfers must make their own way to and from the hotel, at their own expense. At the airport there may be porters offering to carry your bag for you; if you use their services they will expect a tip. APT staff at the airport will be wearing name badges and holding an APT sign. Transfers must be

booked and details provided to APT at least 60 days before travel to guarantee availability.

Independent Travel Transfers

If you have made your own travel arrangements before your APT tour and do not have an APT transfer, the Tourist Information Office at your arrival city can assist with directions to your hotel.

Hotel Information

Check-in

The official check-in time at hotels is 2pm local time but, when possible, the hotel will try to have your room available earlier. If your flight arrives in the morning, luggage can be stored at the hotel before check-in and will often be delivered to your room later.

Check-out

Normal checkout times vary, but are usually at 10am. If you have a late afternoon or evening flight, most hotels have a luggage room where you can store luggage until your departure.

ON TOUR INFORMATION

Coach And 4wd Safety

To avoid serious injury, you must remain seated at all times while the coach is in motion. If you need to use the emergency bathroom, you do so at your own risk. Hand luggage and other personal items should be safely stored in the overhead luggage racks or under your seat to keep the aisles clear. Heavy items should not be stored overhead. You are not permitted to remain on the coach during stops. Do not leave any valuable items on the coach. Watch for stairs and overhead entrances when entering the coach, and check for traffic when exiting. Please follow these safety precautions and take the time to note all emergency exits. Throughout game parks and across East Africa, travel is by 4WD vehicles. You will not be able to get out of the vehicle while on the game drives, but there will be stops made where possible and safe to do so. While travelling to and through game parks, unsealed roads are used and it can get bumpy. If you have any concerns about your neck or back, consult your doctor prior to travelling.

Victoria Falls

The Zambezi River water levels fluctuate annually, which is a natural occurrence. As a result, the water flow at Victoria Falls can be lower at certain times of the year, typically from late October to November. This depends on the duration and intensity of the rains during the early wet season.

Game Viewing On Safari

On safari you may be taken into close contact with wild animals. Some safari lodges and camps are not fenced and wildlife freely moves in and around these areas. Always follow safety instructions from your guide and lodge or camp staff when moving to and from your tent, as well as during game activities. All local guides APT use in Africa are highly skilled in understanding and recognising animal behaviour and would not put guests in unnecessary danger. In South Africa, rangers and local guides carry firearms on game drives for safety. In East Africa, firearms are not carried on our safari vehicles, due to local regulations.

In An Emergency

All APT vehicles in East Africa are equipped with mobile phones and radios, ensuring constant communication with safari camps and lodges. Emergency contact numbers for both the Southern African and East African tour components are included in travel documents and are available 24/7. Health insurance, including repatriation, is essential for travel in Africa. The Flying Doctors Service offers a special Tourist Membership, providing free air transport for any member who becomes ill or injured while on safari. APT has paid for this extra coverage for all passengers on APT group safaris in East Africa.

Around The Camp/Lodge

When staying at camps and lodges within game reserves, you are restricted to walking only on the designated paths. Guests are



escorted around camp (to and from their tent and eating areas etc.) by local Maasai Warriors, especially after dusk. Please note, the local Maasai Warriors will be likely armed with a spear or bow and arrow/sling weapon. They will not be armed with a firearm. Longer walks will be taken with a guide or ranger but cannot be taken unaccompanied.

Safari Vehicles

All game drives and travel in East Africa will be conducted in 4WD vehicles, which are of the highest quality available in Africa. They are equipped with roof hatches which enable you to stand up and view the game. We use six-to-eight seat vehicles, allowing each passenger to gain an up-close wildlife experience. Although there are no toilets on board the 4WDs, the driver will make stops as required, when possible.

East Africa Game Drives

On tours through East Africa we visit many game parks and spend long hours in a 4WD vehicle on unsealed roads. During the dry season, the roads are very dusty. Contact lens wearers may be affected. Please plan accordingly and bring an ample supply of lens lubricant. Please be prepared for dusty conditions and if you are sensitive to dust, you are advised to bring bandanas or masks. Photography and video equipment may be especially prone to dusty conditions. It's a good idea to bring a bag that can be easily opened when needed and easily closed when not in use. Also, bring lens cloths to wipe dust from your camera lenses.

Village & School Visit

We kindly request that guests refrain from bringing gifts during their visits to the village and school, as this can create conflicts among the children. If you wish to make a donation, we encourage you to contribute through APT Travel Group's One Tomorrow Charitable Fund. This fund directly supports Kilimatembo School in Mto Wa Mbu.

During your visit to the school, while touring Tanzania, you will have the opportunity to see firsthand the positive impact of these contributions.

GENERAL INFORMATION

Australian Embassies and Consulates

South Africa

292 Orient Street, Arcadia, Pretoria

Phone: +27 12 423 6000

Tanzania

Plot 1403/01, Bains Singh Avenue,

Msasani Peninsula, Dar es Salaam, Tanzania

Phone: +255 744 384 730

Kenya

Limuru Road, Rosslyn, Nairobi, Kenya

Phone: (254-20) 4277 100

Zambia

The Glasshouse, 759 Independence Avenue Roundabout

50975 Lusaka

Phone: +260 (0) 779 108 449

Emergency Contact Information

In case of an emergency, please use the following contact details. State your name, APT tour information and booking number, (if available), at the time of emergency.

South Africa Emergency Number

+27 (0) 21 713 0296 Monday – Friday, 8.30am to 5pm or

+27 (0) 72 605 8054 after hours in case of emergency.

Kenya Emergency Number: +254 719 778 205 or +254 734 687 345

Tanzania Emergency Number: +255 683 812 236

Websites

Customs Australia: abf.gov.au

Customs New Zealand: customs.govt.nz

Australian Government Advisory and Consular: smartraveller.gov.au

New Zealand Government Travel Advisory: safetravel.govt.nz

APT TRAVEL CENTRES

AUSTRALIA

Building 4, Level 1, 15 Cochranes Road,
Moorabbin, VIC 3189

P: 1300 278 278 (within Australia)

W: aptouring.com

NEW ZEALAND

Level 1, 20 Augustus Terrace,
Parnell, Auckland 1052

P: 0800 278 687 (within New Zealand)

W: aptouring.com

UNITED KINGDOM

3rd Floor, 52 Grosvenor Gardens,
London SW1W 0AU

P: 0800 012 6686 (within the UK)

W: aptouring.com

NORTH AMERICA

Suite 530, World Trade Centre,
999 Canada Place, Vancouver,
British Columbia, V6C 3E1

P: 1800 290 8687 (within North America)

W: aptouring.com



*T&C's This booklet is designed as a guide to assist you when preparing for your tour. Much of the information within is subject to change and, while all care has been taken to ensure information is correct at the time of publication, we cannot take responsibility for any subsequent alterations. Effective March 2025. Publication No. APT-6023



Follow us
@aptouring