

Nomad Adventure Tours, Predeparture Information 2015

If you only do one thing before coming on tour with us – please make sure that it involves sitting down, putting your feet up and reading through this predeparture information, it will change your experience!

10 Most Important Touring Tips:

- ✓ Your tour **dossier is a guide only**, this is Africa, the distances we cover are huge, things change frequently, for a number of reasons. Every change that is made will be done in the best interest of the group in mind.
- ✓ **Respect your fellow travellers** and get to know them. There will be a mix of different ages, nationalities and cultures and everyone has their own story – use this opportunity to get to know each other.
- ✓ Space inside the truck is limited. **Don't bring a suitcase!** Bring a soft pack duffel bag or backpack that will fit inside your locker. We will leave your suitcase behind or charge you a fee to carry it if it does not fit into your locker. It is unfair on your fellow travelers and your guides if you use more than your designated locker space.
- ✓ **Tours** by nature **are** not only about destinations, they're **about journeys**. Prepare yourself for long hours in the truck on the road getting from A to B. Bring along some board games, cards or books to entertain each other.
- ✓ **Don't** ever **compare Southern Africa to East Africa**, they are two completely different destinations!
- ✓ **Our tours are high value adventure truck tours**, they're not European Coach tours or lodge safaris – don't get confused between the two! Continue reading if you're not sure what that means.
- ✓ Our tours are offered in a North or South direction, or as a round trip. There are camping tours and accommodated tours, guests travel together on the same truck and all meals are served from the truck.
- ✓ We have a tour linking system, **where one tour ends, another begins**. Your tour may be a section of a longer tour, a full core tour, or it may consist of a combination of tours – ask us if you're unsure of what your tour is.
- ✓ We offer **one set rate** throughout the year and our tours operate throughout all seasons, prepare to be hot and prepare to be cold, in fact, prepare yourself for any eventuality!
- ✓ **Switch off from the outside world**. We stay in remote locations and the idea is that you enjoy your natural surroundings away from cities.

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Introduction

We're confident that you have chosen one of the best adventure tour companies in Africa and we will go out of our way to prove it. Nomad's tours have been enjoyed by thousands of people from all over the world. A great attitude, an open mind and being well-prepared ensures that your adventure holiday is a trip of a lifetime.

We will provide you with as much information about our tours as possible but please feel free to contact us directly if there is anything specific at all that you'd like more information on. For specific route information refer to your tour dossier which you will find on our website on the individual tour page in a block called "download dossier" (www.nomadtours.co.za) - please be sure to read through your dossier carefully before joining us on tour. Please also ensure that you download your tour dossier **one week prior** to your tour departure date so that you are guaranteed to have the most up to date version of the dossier as we do frequently update our dossiers. Tour dossiers should be seen as a **guide only** and are subject to change.

Keep in mind that you are in Africa. Standards and services should not be compared with first world countries. You came here to get away from all that – to experience Africa as it really is. The unexpected is included in your tour - free of charge! Leave your computer, iPad and phone off and enjoy the surroundings of nature and your fellow travelers.

We make every effort to ensure that this document is up to date, but it should be noted that sudden changes in the operational conditions might result in changes to this information. To the best of our knowledge all of the information is as accurate as possible, however it must be accepted that various details are subject to change according to local conditions of which you will be informed as soon as possible after Nomad Adventure Tours & Holidays CC have been informed thereof.

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What are adventure tours?

An adventure tour is a journey along a suggested route, which is aimed at the more adventurous and budget conscious traveller. It is an off the beaten track adventure and many of the areas that we visit will not have the infrastructure that the "package holiday tourist" may require. The route taken may also change from time to time due to unforeseen circumstances as conditions change on the road very quickly and Nomad will always do what is in the best interest of the tour in these instances.

An adventure tour is different from a package holiday (on a bus / coach liner for example). Instead of limiting the experience by providing transport and accommodation only, an adventure tour aims to provide a more inclusive experience. We include cultural interaction, game viewing, social interaction and the opportunity to book more adrenaline based experiences such as white water rafting, skydiving, walking with lions and even swimming with dolphins.

Our belief is that it's not about the arrival at a destination, but the total experience of the journey that is important. We travel together, eat together, learn from each other's cultures and form a strong, supportive team – so put all your electronics away, get off the internet, leave home behind you, and take advantage of your chance to meet new people. Although our guides are professionals, they are not "heroes" and won't pamper you. Our guides are passionate about Africa, enthusiastic and will always do their best to get you through any challenges with a smile.

For a successful expedition, all we need is space under the stars and your willingness to join in and expect the unexpected! A typical day on tour starts when the sun comes up - we live by nature's timetable and use as many daylight hours as possible. If you are camping, tents are set up by nightfall in most cases, kettles are boiled, the smell of cooking is in the air and we sit around the camp, enjoying one another's company and chatting about Africa. For those on the accommodated tours, the only difference is that you sleep in a bed. Every single trip is different - we like it that way!

Nomad's Core Tours: Offered in Camping and Accommodated; in a North and South direction, or Roundtrip.

Core Tour	Start / End	End / Start	Shorter option, start or end in:
Cape to Vic Falls	Cape Town	Vic Falls	Swakopmund, Windhoek
East African Adventure	Vic Falls	Nairobi	Dar es Salaam
Masai Mara and Gorillas	Nairobi	Nairobi	Kampala
South African Explorer	Cape Town	Johannesburg	Port Elizabeth, Durban
Discover Mozambique	Johannesburg	Johannesburg	Maputo
Okavango and Chobe Trail	Johannesburg	Vic Falls	Maun
Best of Zimbabwe	Vic Falls (start only)	Johannesburg (end only)	
Kruger Big 5 Safari	Johannesburg	Johannesburg	

We offer a selection of core tours, as well as the option to start or end your tour at different points along the core tour. We also offer you the opportunity to combine core tours to extend your time on tour. For example, a core tour would be a Cape Town to Vic Falls tour, however you can start or end this tour in Swakopmund or Windhoek too. You could also combine our Cape to Vic Falls tour with our East African tour, thereby extending your travel time and distance from Cape Town to Nairobi.

We also have a two day transit from Vic Falls to Joburg – this is the cheapest, but not the quickest way of getting between the two destinations. If you see on your tour itinerary that it is going to take you two days to get from Vic Falls to Joburg, please remember that this is a transit from A to B and it is not a tour. For example, the Cape to Kruger includes a Cape to Vic Falls tour, a Transit and a

Kruger tour. If you don't feel like doing a transit, extend your tour for a few more days and do our Best of Zim tour instead. If you are not sure of what to expect on your tour, please ask us.

One of the few things we can guarantee about Africa is that not everything is going to run perfectly. Along the way there are sure to be a few unexpected surprises! These include road closures, mechanical failure (it happens, but not often), accommodation changes or having wild animals in the campsite! Anything can happen, the main thing to remember is that whatever happens, we are experienced enough to handle the situation and make sure that you still have a fantastic adventure with Nomad!

Who is suited to go on an adventure tour?

Almost anyone can go on an adventure tour these days. In the past, the groups tended to be very young as the majority of travellers to Africa were backpackers. As Africa has become a progressively more mainstream destination (i.e. Africa today is far more accessible than 15 years ago) our guests have also changed. 15 years ago the average age of our travellers was around 23-27 years old and now we have anyone from 8 - 80 years of age. Use this opportunity to slip out of your comfort zone and learn about the people on your tour with you - there are so few opportunities in life that we have to do this, take advantage of it!

The average age of our campers is approximately 20 – 45 and our accommodated guests is more variable between 35 - 60 years of age. However, these indications are very general as each and every tour is different and campers and accommodated guests travel together. When the University semesters end we do get younger travellers making up the majority of certain tours. Outside of traditional holiday periods the age groups can be very diverse. Part of experiencing the tour is about meeting new people and what we can confirm is that 99% of our travellers find that they get along very well. This is because the people that book an adventure holiday in Africa have similar values and interests.

All of our tours, except the Cape To Vic Falls North camping tour (including shorter sections of the tour), have a maximum of 18 guests on our 24 seater trucks. Our small groups (set departure dates and rates) have a maximum of 12 guests on board a 24 seater vehicle (double seats and your own window for each guest - this concept is unique to Nomad and is the "business class" of adventure touring).

We have a large range of nationalities on our tours and although there are often couples and groups of friends who have booked together, many travellers are single and the male / female ratio generally evens out. The nature of an adventure tour tends to attract a certain age group, and experience has shown us that our adventure tours are best suited for the majority of travellers between the ages of 18 and 60. East Africa tours require a hardier and more intrepid attitude to touring and are suited to a younger traveller and if you are planning on trekking with the Mountain Gorillas or climbing Mount Kilimanjaro, you will need to have a higher level of fitness.

We do however accept people older than 60 years on trips because we believe it's about being willing and able to join in. Suitability for our trips is not just about fitness, it's about being able to take the rough with the smooth - whether you're up to your elbows in mud rescuing your sinking truck, climbing the nearest tree in an attempt to escape from charging buffaloes or searching for the only bush in the desert to squat behind – keep an open mind and remember that this is all part of being on an adventure in Africa!

We do accept children on our tours and for 2015 the following child policies will apply:

- ✓ 13 – 15 Years: Nomad will accept a maximum of two children between the ages of 13 to 15 years on any tour without requesting permission from agents or travellers. If more children want to join a tour once the maximum has been reached, this will be allowed on a request basis only.
- ✓ 8 – 12 Years: Children between the ages of 8 – 12 years will be accepted to travel with Nomad on a request basis only.
- ✓ 8 Years: No children under 8 years of age may travel on Nomad's scheduled tours.
- ✓ A child must be 15 years or older to partake in the Gorilla Trekking Activity and 14 years or older to climb Mount Kilimanjaro.

- ✓ Any traveler between the ages of 8 – 16 must be accompanied by a parent, unless specific authorization had been obtained from Nomad.
- ✓ 17 – 18 Years: Guests of this age may travel with us with a letter of permission from their guardian; they do not require a parent to travel with them.
- ✓ “On A Request Basis” means that we put this request out to the other guests (or their agents) on tour and everyone has 48 hours to respond. If there is no response or a positive response, the kids are welcome to travel. If however there is a negative response, we will have to find an alternative tour or departure date.

When requesting that a child joins a tour, please ensure that you provide us with as much information as possible about the suitability of the child for the tour. This will vastly improve the chances of the child being accepted by the other guests on the tour.

“Become friends with people who aren’t your age. Hang out with people whose first language isn’t the same as yours. Get to know someone who doesn’t come from your social class. This is how you see the world. This is how you grow”

Camping or Accommodated?

Our accommodated tours are here to fill the gap between a camping experience and an expensive lodge-tour while our camping tours allow you to have a truly African experience. On all of our tours (excluding the Cape Town to Victoria Falls, sections of this tour and opposite direction) we have both camping and accommodated guests travelling together. Other than the tent that you pitch or the bed that you sleep in, everything else about these tours is exactly the same. All meals are prepared at the truck, you have the same guides and the travel times are all the same so that literally is the only decision that you have to make – a bed or a tent.

Camping gives you the freedom to build your own little home every evening. We provide you with heavy duty canvas dome tents which are standing height (unless you’re over 6 foot) and approximately 2.5 x 2.5m across the base. On a camping tour, you need to provide your own pillow, sleeping bag and towel. The tents are easy to put up and have flexible self-supporting poles and there are no unnecessary pegs to fight with. There is a flysheet provided for rainy weather and a built-in mosquito net which should be kept closed at all times. Please make sure that you pay attention when the guides explain the correct way of putting up and taking down your tent as the incorrect use can cause problems with the tent. We also provide everyone with a sleeping mattress.

Camping is more affordable and you don’t have to rely on anyone for anything – only on the heavens when you ask them very kindly not to open up on your tent! If you choose the camping option, when the tour gets to a major city, we will put you up in twin accommodation so that you can have the comfort of a bed for the evening. At most places we visit, there is the opportunity to upgrade to accommodation if you’d like, but it is subject to availability. Please be sure to check the seasonal weather conditions when booking your camping tour as we can’t be responsible for mother nature (tents that get put up and taken down in the rain have a bad habit of being wet). The tents handle a fair amount of rain but if there is a consistent downpour, the likelihood is that you will get wet.

Most of the camp sites we visit have good toilet and shower facilities, but hot water is sometimes a luxury. Fortunately, most places we visit on tour are warm! Some places that we visit are bush camps where there are no facilities.

On Accommodated tours, we have done all that we can to keep our fantastic low prices on these tours so the accommodation is not luxury but you can expect 2 – 4 star twin / double accommodation and the majority of it is en-suite. In some places, we also make use of permanent safari tents which are considered "accommodation". We have selected accommodation that is inkeeping with the areas we visit so there is a good variety. It is important to note that general accommodation standards are higher in Southern Africa than they are in East Africa. Please bring along your own towel as these are not always provided. The truck will remain in the area where the campers are and one of the guides will take you over to your accommodation – so please remember to pack light!

On camping tours, single supplements are optional however on accommodated tours, single supplements are compulsory if you are travelling on your own.

Southern vs East Africa

Southern Africa (South Africa, Botswana, Namibia, Swaziland, Lesotho, Zimbabwe, Mozambique) has adapted to its visitors needs and most who are involved in the tourism industry put a lot of effort into ensuring that guests have an incredible all-round experience while visiting. You will find most of your home comforts here and be very surprised at how easy it is to find your way around – especially with English being widely spoken throughout all Southern African countries. The infrastructure is sound and travelling in these areas is “comfortable”. Accommodation is of a high standard and service levels are excellent.

East Africa (Zambia, Malawi, Tanzania, Kenya, Uganda) is more “rustic” and “basic” and relies heavily on the popularity of their National Parks and the abundance of wild life. It would not be uncommon to go without a hot shower, share a bathroom, spend many hours on the roads, buy your own drinking water...etc, but once you’ve discovered the magic of the people and witnessed the spectacular natural beauty of the herds of animals moving across the plains, everything else will become irrelevant.

If you have travelled with us in Southern Africa, please don’t expect your East African tour to be of the same standard, particularly where accommodation is concerned. Accommodation standards vary dramatically between East and Southern Africa. Driving time and distance is generally a lot more in East Africa than it is in Southern Africa due to the conditions of the road and the distance between highlights. The two destinations are completely different and standards of service and products are not similar at all.

Special Requirements

Please confirm to us in writing if you have any special dietary requirements, allergies or intolerances. We need to know a week or two before departure to arrange any special requests. This does not include ‘I don’t like mushrooms’, you can tell your guides about your likes and dislikes, we need to know if ‘mushrooms’ (for example) will make you ill, or if you cannot eat them for religious reasons.

Medical Insurance

Medical insurance is compulsory and you will be asked for your policy number before embarking on tour. Please make sure that your travel and medical insurance covers cancellation as well as being airlifted in case of a serious illness or injury as our tours often travel a long way from good hospital facilities. Credit card insurance is often insufficient, so a separate policy is recommended.

Outstanding Payments

Please settle any outstanding payments at least 28 days before your tour departs. We reserve the right to cancel a booking if payment is not received in full and you will not be allowed to depart on tour unless payment is received.

Pre and Post tour Accommodation and Transfers, and Onward Travel

We are more than happy to assist with booking accommodation and transfers for you before and after your tour. The properties that we use are generally at the tour departure point and we offer this service to make life easier for you. If however your transfer is not where they’re supposed to be, please contact Nomad on our emergency contact number so that we can resolve this immediately – it does sometimes happen as communications are always difficult when arriving in a new country. Please don’t let something like this affect the rest of your time on tour. Put it behind you and give the tour the opportunity to show you the best of Africa.

Please ensure that your onward travel arrangements are made before you depart on tour as it is difficult to make these arrangements while on tour. We offer a good value for money transit from Vic-Falls to Johannesburg which you can add to your tour. Please ask our reservations department about the options of onward travel with your tour and for names of low cost airlines if you want to fly to your next destination.

Do not book your onward travel or flights on the day your tour is scheduled to end (unless the last day of tour does not involve any travelling and ends after breakfast). We could be running late for a number of reasons. This also puts a lot of unnecessary pressure on your fellow travelers and guides and turns the last day of tour into a rush. Nomad will not be held accountable if you have booked flights out on the last day of tour and you are not able to get there on time. We will also not rush to get to flights as we can't jeopardize the safety and enjoyment of everyone else on the tour. Remember, expect the unexpected.

Flexible Itineraries

Although we intend to stick to the published itineraries it is critical to understand that the routing can and does change from time to time. Africa is unpredictable and many variables may require changes to the itinerary, this cannot be stressed enough. If we are forced to make a change to a tour we will ensure that we still provide what we specified in our brochure. If we can no longer provide what is published in the brochure we will provide a comparable experience of the same value.

Your Passport

Your passport must have enough pages for all visas, at least 2 pages free for every country that you'll be visiting. Please ensure that you take your passport out from your hotel / backpackers safe the night before departure. It is absolutely necessary that you make a copy of your passport and give it to your guides; we strongly recommend that you also leave a copy at home or with some friends. Another good idea would be to take a photo of your passport, and the contents, and email it to yourself. Please note that South Africa insists having 2 clear pages available when you enter the country. Keep this in mind if you are going to fly home from South Africa after completing a tour to multiple African countries.

Please ensure that your passport is valid for at least six months after your date of departure from Africa. You are personally responsible for ensuring that passports, visas, vaccination certificates and other travel documents are in order and for all costs relating thereto.

Please note that it is not advisable to use more than one passport (to avoid visa payments) when travelling. When entering (for example) Namibia, the immigration official needs to see the exit stamp for South Africa and it must be in the same passport in order to allow entry.

Visas - very important!

As visa requirements vary considerably depending on your nationality, please contact the various embassies or visa service agencies to re-check visa requirements at least four weeks prior to departing for your tour. Please note that visas are the responsibility of the traveller and that Nomad Adventure Tours will not be held responsible for clients being denied entry should they not be in the possession of the relevant visas.

All travellers must be in possession of a valid onward/return air ticket or proof of other means of transport enabling the traveller to leave the country in which your adventure tour terminates. Alternatively you must have proof of sufficient funds (e.g. credit card) enabling you to purchase an air ticket to leave the country. Should the adventure tour you are joining be re-entering a country, be sure to have a multiple entry visa that enables you to re-enter the country.

In doubt whether you require a visa or just need assistance?

Contact the embassy in your home country or contact:
Visa Solutions (South Africa)
Corner of Riebeeck and Long Streets, Cape Town, 8001, South Africa
Telephone +27 21 425 5896 - E-mail: visasolution@mweb.co.za

For those of you visiting and requiring a visa for Mozambique, please ensure that you apply for this before coming on tour with us as this visa in particular takes a long time to process at the border.

Packing for your tour

Your luggage is limited to one backpack and one day pack weighing no more than 20kg. As a general rule, if you cannot lift your own luggage, you've got too much stuff! Most people make the mistake of bringing too many clothes on tour, less is more in this instance.

Please keep in mind that this is an adventure tour in an adventure truck and luggage should NOT include any Samsonite style suitcases. As the wheelie / trolley bags have a solid frame, they don't squeeze into spaces the same way a backpack or a duffel bag does, some of the lockers are as narrow as 35cms. If the frame does not fit these diameters, there aren't many other places to put your bag and it will inconvenience everyone else on tour. Also, by day two, the mud and stones will get into the little wheels on your wheelie bag and the novelty will be over and you'll be carrying your suitcase from A to B. They aren't as comfortable to carry as a duffel bag and as you think you don't have to carry it, you end up packing a lot more than you normally would.



A compact & flexible (without a hard frame) duffel bag is perfect for stashing into a locker



DON'T bring this kind of bag on tour! We will leave it behind or charge you a fee to carry it!



A money belt is an excellent way to carry important documents

On our camping tours you will have to bring your own sleeping bag as we do not rent out sleeping bags. So it is very important that you don't forget to pack or buy a sleeping bag before you leave on one of our camping tours. Nomad does provide mattresses, which are 5 cm thick, so you have a comfortable sleep. Pillows are also not provided, so if you would like to use one, please make sure you bring one with you.

This is what the inside of a truck looks like, and the reason why you need to be considerate about how much luggage you carry with you as anything that can't fit inside a locker will impact everyone else's space.



You should pack the following:

Kit for all weather conditions including:

- ✓ 2/3 shorts/skirts
- ✓ 1 jacket/anorak
- ✓ Tracksuit/pullover
- ✓ 2 pairs of long pants/jeans
- ✓ 2 pairs of walking shoes/boots/trainers
- ✓ 1 pair of sandals
- ✓ 3 or 4 T-shirts/short sleeve shirts or sundresses
- ✓ 2/3 Long Sleeve Shirts
- ✓ Smart casual change of clothes
- ✓ Swimwear
- ✓ Underwear & socks
- ✓ Sun Hat – preferably that covers the back of your neck.
- ✓ Raincoat
- ✓ Kikoi/sarong
- ✓ Beanie and gloves if you're travelling in Winter

Your clothing should be easy to wash and dry and should preferably not need ironing. Avoid synthetics, which can be very uncomfortable in hot weather. Many people underestimate how cold Africa can be – remember your jersey/jacket! There are also nights that are warm but you must still wear clothes that cover arms and legs from mosquitoes, or there are days that are warm but nights that are freezing so plan carefully. Take a set of casual but smart clothes for the occasional evening out in a restaurant or club. If you wear glasses (or contacts) it is also advisable to bring a spare pair along.

Additional Items:

- ✓ Towel & facecloth
- ✓ Baby wipes/ Wet Wipes
- ✓ Personal toiletries
- ✓ Sleeping bag and Pillow
- ✓ Torch & enough spare batteries
- ✓ Camera & spare batteries and memory cards
- ✓ Water bottle. (A 2-litre Coke bottle works well)
- ✓ Penknife
- ✓ Insect and Mosquito repellent
- ✓ Suntan lotion, sun block & after sun lotion
- ✓ Sunglasses
- ✓ Watch
- ✓ Biodegradable laundry detergent
- ✓ Passport (plus a copy of your passport & visas)
- ✓ Extra passport photos
- ✓ Pair of gloves if you are gorilla trekking
- ✓ Vaccination certificates
- ✓ Money
- ✓ Small sewing kit
- ✓ Plastic bags
- ✓ Clothes line and pegs
- ✓ Small scrubbing brush
- ✓ A small padlock for your luggage locker in the truck
- ✓ Small basic First Aid kit (painkillers, band aids, after-sun lotion, eye drops, anti-diarrhea tablets.)

Day Packs

Please check the itinerary for your specific tour as generally you will need to take along a smaller day pack for excursions. For example on our Cape Town to Vic Falls tour you will need a smaller bag, big enough to bring basic equipment (toiletries and clothes) for two nights. The day pack is for your Okavango Delta Excursion, where you cannot bring your entire luggage.

Life on tour

What you need to know to manage your expectations

It is very important to separate issues that you control from issues that Nomad controls. It is unreasonable to hold Nomad responsible for things out of our control. Understanding this will help you get some perspective and to have realistic expectations. This is an adventure tour and we do our best to take you into remote areas and by definition we are attempting to remove ourselves from the world as you know it.

The Guides

Both crew members are trained and qualified guides, but only one may be tour leader (either the driver or the courier/cook). Although our guides are qualified for the work they do, please remember they are human too. Adventure tours place enormous demands on our guides due to the nature and duration of the tours. Working 18 hours a day, week after week would place a strain on anyone so please don't be quick to judge them and rather have a quiet conversation with them if you feel that there is an issue. Guides do this job because they love Africa and want to share it with our guests so please treat them with respect and decency and you will get the same in return.

It should also be noted that guests often hold guides responsible for things that are out of their control, so please be fair to them, the guides are not personal servants, butlers or maids and may be handling a lot more than you are aware of.

Sometimes our tour leaders and drivers have to make a decision with regards to health, safety, security and circumstances beyond their control. This may not always be a popular decision but as far as possible, your guide will take into account the wishes of the group as a whole, but your understanding and patience at these times will be much appreciated. Sometimes both crew members will need to discuss the matter together, this means that you'll not always have someone in the back of the vehicle to answer questions and remark on certain locations. For anything that you would like to know or have explained, please ask the guides so they may assist.

In terms of the information that is provided on tour, some guests prefer more information, others prefer less, so if you feel that you're not receiving enough information, or that you're receiving too much, please let the guides know so that they can do something about it. It is always easier to sort this out on tour than to complain about it afterwards.

The Tour Leader has complete authority on tour and his/her decision is final however you do have our emergency contact number if you feel that you'd like to speak to someone in the office too.

Translators

On some of our tour departures we have German translators who are there to help guests who are not confident in speaking English. Please keep in mind that these translators often foreign students and are sometimes not acquainted with the tour. They are not guides and are only there to help along with the communication between the guides and guests. They are not specialized in tour guiding nor are they professional interpreters. They will do line by line translations directly from the guide to the guest.

Tipping

In Africa tipping is not compulsory. Tipping in restaurants is usually 10% for good service and more if you feel that you received exceptional service. You do not normally tip taxi's and we provide specific information with regards to tipping certain groups such as the porters on Kilimanjaro and the polers in the Okavango Delta for instance. This information is in your tour dossier under "Optional Activities" or under "Tipping on Tour".

Our guides do work hard, but they are also paid industry standards for this work. Our Crew can be tipped if you feel that they have done a good job and/or gone above and beyond the call of duty.

If you feel pressured by a crew member to tip please do not hesitate to report this to us at ops@nomadtours.co.za. Please use this address for any other feedback you have from your tour with us.

The Group

Travelling in a group offers many advantages and allows you to share the experience with like-minded fun-seekers! It's also a cheaper and more secure way to explore an unfamiliar continent. Making friends with your fellow travellers will certainly help you make the most of your tour and an open mind may sometimes be necessary as we have a range of cultures and nationalities on our trucks.

The guides are there to ensure that the tour runs smoothly and this includes the group dynamic. If you feel that someone is behaving in an unsociable way the mature thing to do would be to mention this in a non-confrontational way to the individual. If you do not feel comfortable with this please speak to our crew.

You are travelling in a truck together and the best way to avoid petty conflict is to follow the Guide's schedule with regards to keeping the truck and environment clean and tidy at all times, the fastest way to lose friends on tour is to leave your smelly hiking boots all over the place.

In all honesty, it is very rare that we have passenger conflict on tour and we feel very lucky that the Nomad guests have always been like-minded and considerate people and we hear far more stories about people making friends for life (as well as meeting future husbands and wives) than we do about the very rare unsociable passenger problem.

An average day on tour

The days usually start early and end late, although a lot of time is spent travelling, we do cram a lot into every day. Expect some frustrations, you are in Africa and things don't work that well sometimes. Coming on tour with an open mind, flexible attitude and realistic expectations will ensure you have a great time.

An average day on tour begins around 6am and departure is after breakfast at around 7am. There are some mornings that need a very early start to reach our next destination, or to photograph a spectacular African sunrise - it's all part of the adventure. Prepare yourself for the worst, especially in winter when days are shorter. We lose approximately 5 hours of daylight in Winter so it may happen that you're setting up your tent in the dark or that some optional activities are not available then.

Travellers will often request that a guide stops during the day for a bathroom break, shopping stop or photo stop. This means that every couple of hours the guides will stop somewhere for the guests to do this. Often they will choose a shopping mall or a fuel station to do this as these have a good selection of items for people to purchase and they also usually have the best ablution facilities.

We usually take a lunch-break en route and depending on the distance to be covered, afternoons are often spent relaxing or exploring the lay of the land. Usually every few days, we will spend a couple of nights at one venue to break the travel routine.

Meals on tour

Included on your tour are three meals a day (unless otherwise specified in your tour dossier). We are able to cater for specific dietary requirements to a degree, however please keep in mind that you are travelling with a group and the guides generally prepare meals on two gas burners so it may not always be possible for them to prepare regular, gluten intolerant, lactose intolerant and vegetarian meals all at the same time.

Please also discuss your dietary requirements with your guides and let them know if you're not getting the correct food as everyone has different requirements and levels of intolerances. Our guides can produce miracles on a camp-stove however in today's environment there are more of our guests who have specific requirements when it comes to their dietary concerns so please do help us with this where possible. In East Africa it is more difficult to cater to certain requirements as there is not always accessibility to a large variety of food types.

When travelling through Africa, the guides are briefed to shop at supermarkets as far as possible, as shopping at street vendors could be a health risk to the guests as there is no indication as to where or how the vendors grow, harvest and transport their produce. Guides have to be responsible and ensure that their produce comes from reliable sources and this can generally only be done by shopping at the supermarkets. The prevalence of street vendors also means that there is thieving from local farms who support the local industry, and this in turn means that the farms become unsustainable, leaving the community in a worse off position.

Breakfast:

As breakfast is served very early in the morning (if there is driving or activities to be done) it is a simple but filling breakfast: Tea and coffee, breads and spreads, cereals, yoghurts, fruits and on occasion, when there is time for a later breakfast, guides will serve a hot breakfast of scrambled eggs, porridge, bacon or beans.

Lunch:

Lunch is generally served at a picnic spot next to the road en route to a destination. As the guides only have approximately 45 minutes to get everyone off the truck, prepare lunch and then get everyone back on the truck again, lunches consist of sandwiches and salads (rice salad, pasta salad, tuna salad or green salad) which are quick and easy to prepare but which are quite filling. They do have meal plans which they should stick to, to ensure that there is variety on a day to day basis.

Dinner:

This is when the guides get time to prepare a delicious meal and they focus on a substantial protein, vegetable and carbohydrate dinner. We serve traditional cuisine consisting of braais (BBQ), potjie (stew), bobotie (mince), spaghetti and fish and chicken dishes.

All meals (on both accommodated and camping tours) that are included as per the dossier are prepared at the full service adventure truck. This is a unique adventure in itself where you get to dine under the stars with your new found friends and experience the real sights and sounds of Africa!

Most evenings are spent at camp talking about Africa. Your tour dossier will have details of where you will be each night and the prices of meals if we are spending an evening at leisure in a city or town. After or during dinner, guides will do briefings, please use this opportunity to discuss things with them.

Standards of food in East Africa are not as high as they are in Southern Africa as there is much less time for preparation (the days on the road are longer in East Africa), food is a lot more expensive and there is not as much variety available.

Travelling in our purpose built Nomad Trucks

The transportation on tour is a major component of all adventure tours. These tours are road trips and incorporate long drives, bumpy roads and possible mechanical problems, also, digging your truck out of mud is sometimes a considered a highlight. These setbacks are what you make of them so please be prepared and note that we have trucks and not buses. Your crew will be very unhappy if you call them bus-drivers.

Nomad vehicles are amongst some of the finest on the road however do not forget the nature of an adventure tour, it is not a city to city coach liner trip and there is no air-conditioning or toilets on the truck. We also don't provide up-market tours, our tours are still budget tours aimed at the adventurous traveller.

No bus or other vehicle is designed out the box to operate under the conditions in which our trucks run and this is why we build them ourselves. We run a strict maintenance program and all of the trucks are on a permanent rotation schedule. Unfortunately break-downs are not uncommon so if a problem occurs, please be patient as it can take time to resolve mechanical problems in Africa so make the best of the situation.

The suspension system on adventure trucks is a spring pack system. These packs balance the weight of the truck and assist with lessening the impact of bumps in the road. This does feel different to your standard coach air shock system as it is a little harder, however the air shocks are not able to handle the conditions of the roads that we travel in these trucks. If an air shock fails, it

prevents the truck from moving at all, the spring packs do not have this effect and would be able to get the truck to a place where it can be mended if there is a failure.

I can guarantee you that your guides and our operations team will have any situation like this as their top priority and will do all in their power to ensure that you get back on the road as soon as possible.

Distances and road conditions

All of our tours cover long distances on the roads of Africa as our passion is to show you the magnificent sights of this continent. This means that there will be many hours spent driving which cannot be rushed for the following reasons:

You are in a truck and not a sports car so expect average speeds of approximately 80kph, however there are roads where we are forced to reduce to speeds of 30kph due to bad roads conditions or safety concerns. When reading through your dossier you will note that we have mentioned approximate travel distance. Please keep in mind that this is approximate only and could change drastically based on current road conditions as they do change frequently from day to day. The guides will always have your safety as their first concern.

Distances between highlights are often on a bigger scale than those at home, particularly in East Africa. Often there is absolutely nothing between focal points except vast open deserts. Most tours average approximately 350 km per day however there can be stretches of up to 650km in a single day and that's a long way in a truck so be prepared.

We will be travelling along winding dirt roads and your safety is of paramount importance, please keep this in mind when you are tired, hot and irritable.

Our drivers are highly skilled and spend a lot of hours on the roads in Southern and East Africa. Their days are long however they do rest their legs at least every two hours on driving days.

Participation and Interaction, what's expected of you

Although we do most of the work, the nature of these tours is not that of a beach holiday. A little assistance from the group can make a real difference as it means that the guides have more time for you and more time to make the tour amazing so getting involved definitely enhances the tour experience. This is an adventure, not a holiday.

All Nomad tours are limited participation tours and what we would like your assistance with is:

- ✓ Assist with washing up duties
- ✓ Offer your help with the food preparation if time is pressing
- ✓ Loading and unloading the truck
- ✓ Loading and unloading your own bag
- ✓ Help keeping the truck clean (it is your home after all for the next days and weeks)
- ✓ Help setting up camp
- ✓ Putting up and taking down your tent. The first time is a challenge, thereafter it's a breeze!

Your tent and camping equipment and kitchen utensils are provided on your tour so please take care of our equipment, as anything broken or lost on tour cannot be easily replaced.

Our guides do all the cooking, however you are welcome to ask the guides if you are keen to share your culinary skills with the group.

The more you get involved, the better the group experience and not doing your dishes is not a great way to make friends.

Communication

An enjoyable trip depends heavily on open and honest communication between yourself, the guides and your fellow passengers. Many problems have their root in a lack of communication, misjudgements and assumptions. Essentially, you have people from all over the world, taken out of their comfort zone, put in a box in the middle of Africa, shaken around and then expected to all get along. Not easy, so it does require a positive attitude because essentially, you are all there for the same reason!

On Tour

When on tour be sure to keep the communication channels open with your fellow passengers and the guides. This is the key to a successful trip. If you are unhappy, please discuss it because problems cannot be resolved if no one knows that there is a problem. Feel free to approach your guides at any time because the smallest problems can turn into big ones very quickly!

How others can reach you

The easiest option to keep in touch with your loved ones at home is to buy a SIM card of the respective country you are travelling in. Usually you can get sim cards rather easily in major cities and in some instances vendors might even sell them at border posts. The cost for a sim card is usually rather low (often between ZAR 20 and ZAR 30). Please keep in mind though that this is an adventure tour and that there still might not be reception in a lot of the areas we travel through.

Although you may not be able to contact the outside world easily while you're on tour, we track you constantly and are always able to find you. Feel free to provide your family with our contact details and should there be an emergency of any kind at home we will be able to contact you almost anywhere. Please bear in mind that in certain instances there may be a charge for this (in some areas there are not even radio facilities) should we have to physically send someone by boat, road or air to your camp site, the person we send will expect to be compensated. Please inform your families that although we can find you – it must be a real emergency - as we will not be sending one of our local contacts 500km over terrible roads to remind you to change your underwear regularly!

In an emergency your family can contact us on nomad@nomadtours.co.za or by calling our offices on +27 21 845 7400 and if the call is outside of office hours the emergency contact number is +27 82 578 2199.

We advise that you should also contact family and friends before leaving and tell them that you are on an adventure tour and that you will probably be out of contact for that time.

There are telephones in some places but do not count on these being all that reliable! In East Africa you can expect to pay up to USD 3 per minute for a phone call. E-mail facilities can be found in major towns and city centres, but it is often very slow and expensive.

Climate and weather conditions

Please ensure that you are familiar with the exact weather conditions to be expected on your particular tour and be prepared because the weather in Africa can be extreme. In the rainy season, prepare to get wet and in the dry season, prepare to bake. The weather is part of an African adventure but it can be a tough taskmaster.

The African sun is fierce, especially in Namibia and Botswana and we suggest a factor 50 sunscreen and that you wear a hat. From October until April you can experience extremely hot temperatures and during the winter months the nights can be extremely cold, even dropping down to below zero, but the days are generally warm to hot.

In Southern Africa, the short rains are from October to December, but the main rainy season begins in February and can last until April, Cape Town on the other hand experiences a cold winter with lots of rainfall from April to September.

In Central and East Africa the rainy season is from December to around April while Botswana, Zimbabwe and Zambia experience low average rainfall, usually during the summer months from October to April.

Please note that this is only a general indication and the weather is not within our control and sometimes the rains start earlier or finish later, or don't come at all. Local conditions also prevail, for example if you're camping on the rim of a crater or close to the seaside, conditions can be affected by the geography of the area so prepare for all seasons.

Laundry

Most camps have hand-washing facilities and in Swakopmund, Vic Falls and certain camps in East Africa there are laundry facilities. Please remember to bring some environmentally friendly washing-powder for your laundry. For a small fee you can often have your laundry washed by someone else. Ask your guide for assistance en route.

Security

The truck has a safe for passports, money, credit cards and flight tickets only. Please use this facility as lost passports and money cause delays and may result in you having to leave the tour. The truck safe is not large enough for cameras, cell phones, ipods and other digital equipment and these items should be kept in your day pack and your day pack should be kept with you at all times.

The camps that we use are generally safe but please be aware all the time as tourists are easy to spot targets in Africa, as well as in the rest of the world! Make copies of travel documents and keep separate from the originals. Also photograph all documents and serial numbers of your items and email a copy to yourself.

Your possessions are your responsibility at all times and Nomad will not take responsibility for damaged, lost or stolen personal items. It is advised that you take out comprehensive travel insurance if you are planning on bringing expensive items like digital cameras, ipads, ipods and laptops on tour.

Although all care and attention will be exercised, neither Nomad Adventure Tours & Holidays CC, its agents, employees or operators will be liable for any damage or loss caused due to the storage of valuable items or money in the truck safe or inside the vehicle.

Photography

Please ask the guide to stop if you would like to take photos at any time as everyone's photo requirements are different. Please stock up on memory cards and spare camera batteries before departure as these can be difficult to find en route and there are not always charging facilities available. If you are going on a tour to the Serengeti National Park or Kruger National Park you may find that you take a lot of pictures trying to get that perfect shot. 2GB is minimum and if you are interested in photography we would highly recommend more. Please take care of your photographic equipment in the dusty areas we pass through. At some camp sites power points to recharge batteries for video/digital cameras are available, but you will have to provide the necessary connections and adaptors.

Don't take pictures at border crossings, government buildings, and military installations and avoid photographing army, police or anywhere else if your guide advises against it.

Please remember we are guests in the countries we visit and respect local customs and feelings. Certain tribes in Southern and Central Africa do not allow their picture taken so please ask your guides before photographing whether it is permissible or not. You may also have to pay a nominal fee to take photos of some local people (especially Masaai).

Responsible Touring

Nomad is committed to the principles of responsible environmental tourism and it would be appreciated if you would respect the customs, laws and environment of the countries and areas we visit. Please be 'green-minded' and dispose of rubbish in the appropriate manner. We do have a dustbin on board and we ensure that we have cleaned up everything before leaving our camp sites.

What's included and what's excluded

There is no such thing as an all inclusive tour, ever. On tour there are also other expenses such as dinners at local restaurants, tips and shopping. The dinners and tips we have tried to cover in detail, but other expenses such as snacks, drinks and bottled water you have to budget for yourself.

Optional Activity Packages: Our tour dossiers are written with the optional Activity Packages included, however you do need to purchase the package if you would like to do the activities.

Optional Activities: We provide you with a great tour however there are always additional optional activities that you can do en route, so in your tour dossier, you are provided with a selection of Optional Activities that can be booked on the tour you have chosen (these are over and above the Optional Activity Package items). Please keep in mind that in the winter months, we lose five daylight hours, so it may happen that not all optional activities are available during these months. Also, if there are circumstances that mean we arrive later at camp than expected, an optional activity may not be available. The reason that these activities are optional is because they cannot be guaranteed. There are of course more Optional Activities than are mentioned, feel free to participate in whichever you prefer.

Your guide will also help you choose what is best for you. If you want to go white water rafting or bungee jumping we will make sure you book this with the safest and most professional operator. Some optional activities operate concurrently so the group may have to decide as a team which optional activities they'd prefer to do.

Do What You Can Afford To

Unfortunately, not everyone can afford to do all of the activities on offer. We keep our tour price as low as possible without compromising the quality of the tour so that you have choices as to what you'd like to do. The optional experiences and activities are there to give you a break from the routine of travelling adventure tour style. They enhance your holiday and give you an adrenaline rush when you need one! These are selected for their value for money, enjoyment factor and feedback from our guests, however, they are not endorsed by Nomad and Nomad carries no responsibility for the activities. It is completely up to the guest and their own discretion as to whether they'd like to participate in an optional activity or not.

Optional activities are not included in the price of the tour for a few reasons:

- ✓ Not everyone can afford to do them all
- ✓ Not everyone wants to do them all! (No point in throwing you out of a plane if you can't bear heights!)
- ✓ Optional Activities are not always available and are time, season and weather dependant

We leave the running and safety of these specialised activities to the people who do them best. We take you there and then let the professionals take care of you in pursuit of your thrills and spills!

Please keep in mind that the prices that we display in the tour dossiers for these optional activities, can change from time to time as we do not control the pricing of the operators who run these activities. We do our best to ensure that we give you accurate figures so that you can budget accordingly.

If you are doing a tour that goes through the Serengeti National Park, some tours include this in the Activity Package, while others include this as an Optional Activity. Please familiarise yourself with your tour dossier to ensure that you are aware of all costs. You need to prebook the Serengeti Experience if you would like to do this activity as we need to ensure that there is availability for you.

If you are trekking with gorillas, please be aware that there is an additional payment required for the Gorilla Permit. This is a conservation fee and a non-refundable prepayment in US Dollars is required to secure your permit. Passport details are also required in order to confirm your permit.

Activity Packages

The activity package is an optional payment (optional 98% of the time) that covers what we consider to be 'essential activities' on our tours. Ideally, we would include all of these in the tour cost however this would exclude some people from being able to afford to come on tour. This payment is 100% transparent and the cost of each activity is listed in your tour dossier. The Activity Package can be prepaid and prebooked prior to your arrival or you can pay your guide on the first day of your tour (in South African Rand or by credit card (5% fee) if departing from Cape Town or Johannesburg).

If you choose not to take the Activity Package, you can still book these activities while you are on tour, however they are then subject to availability and you may be disappointed if you are not able to partake in a particular activity so we do strongly recommend that you prebook the package.

You may sometimes find that there is a discrepancy between a price of an activity at the provider and the price that we charge in our Activity Package. There are three main reasons for this: We set one rate for the year and a lot of our suppliers have seasonal pricing; some suppliers price their activities in US\$ which we sell in ZAR at a forecasted exchange rate and lastly, because we sometimes have to set our rates before we have even received them from our suppliers as we work up to 20 months in advance of a tour departure date.

Your Money

Money can make or break a tour so make sure you have enough and tailor your trip to fit your pocket. Africa is not cheap so spend wisely and note the prices of the optional activities in your tour dossier when planning for your tour.

In Southern and East Africa, both local currencies and US Dollars are widely accepted. The conversion rates for local currencies do however fluctuate quite regularly so if you plan on using local currencies in the countries you visit, please check the exchange rate before you depart on tour. An example of a website that you can use to check a currency against your own is www.xe.com.

Cash

If you are carrying US dollars, always make sure that they have been printed after 2008 and if possible, request that your bank provides you with notes that are not torn or severely creased as you may find that the bills will not be accepted if they are not in a good condition. Request that your bank provides you with a range of bills so that you can use the smaller ones for tipping and the larger ones for settling bills if required. Carry your cash in a flat money belt on your body however always keep a small amount in a more easily accessible place so that you can access it easily if required.

Credit cards

Most of the major Southern and East African cities do have credit card facilities available, however they may charge you a surcharge to use the facility. Visa and MasterCard are the two most widely accepted credit cards in Africa, while Diners and American Express may not always be accepted. Cards should have a chip and pin if you plan to use them to withdraw money from ATMs. Please be

sure to advise your bank before you travel that you will be using your card in a different country as they may block access to your card if they do not know that you are travelling.

ATM / Debit Cards

ATM cards are a good way to withdraw local currency on arrival in a new country. This may not always be possible but it is an option in most cases. Cards should have a chip and pin. The amount that you withdraw depends on how long you will be in the country for and what you plan to spend your money on while you're there.

Street Vendors

You may encounter black market traders on arrival in countries who will offer to exchange your US\$'s for a more favourable rate than the banks. Please don't be tempted to do this, it is not worth the risk or the hassle and it is not good practice to display your foreign currency.

Departure Tax

Various countries may require that you pay an Airport Departure Tax when departing on an international flight. Please note that all departure taxes must be paid in hard cash currency and US\$'s are normally the best currency to use for this. Departure taxes can vary from US\$10 - US\$60 depending on the departure point.

Health and Safety

Carrying Medication On Tour

On each truck we have an insulated cooler box which guests are welcome to use to keep their drinks cool throughout the day. As this box is situated in the truck with the guests, it is up to them to keep the box clean and purchase ice if they would like the box kept cool. If guests have medication that needs to be refrigerated, this is the best place for them to store the medication. It should be stored in a hard plastic, watertight container to ensure that it doesn't get wet or damaged as it will be in the box with the ice, water and drinks. We do have a freezer on board the trucks if the medication needs to be stored at a cooler temperature. There are instances when you will not be with the truck however (for example camping Okavango Delta experience, Mozambique Dhow Safari or Serengeti Experience) and during these times there may be limited facilities available for storing medication in a cool environment.

General Safety

The guide has authority on tour at all times and this includes decisions regarding the safety of our guests on tour. It is important that you inform us of any medical conditions or prescription drugs that you are taking such as diabetes or asthma etc. as we are sometimes 300km or more from the nearest medical assistance. This is especially important if your medication has to be kept at a certain temperature, we must know about this beforehand.

Please report to your tour leader immediately if you are feeling even slightly ill as they may need to make plans for you to get to medical assistance promptly. Many travellers can feel sick within the first two weeks of travelling and this is very common and due to your body reacting to germs and bacteria it is unfamiliar with. Keep this in mind, but do not take it lightly, keep your guides up to date with how you're feeling.

AIDS is an enormous problem in Africa. HIV estimates range between 20% and 50% of the population and in some areas it is even higher than this. Please be careful and practical, condoms are cheap and freely available.

First Aid

There is a First Aid Kit on the truck which is available in case of an emergency. The guides will not use the kit as a dispensary and we strongly recommend that you take a personal medical kit. All of our guides are qualified in First Aid.

Suggested contents of a personal First Aid Kit include:

- ✓ Lip balm
- ✓ Anti-histamine cream or tablets
- ✓ Sunscreen and after sun balm
- ✓ Water purifying tablets
- ✓ Pain killers
- ✓ Anti diarrhoea remedy
- ✓ Moisturiser
- ✓ Dehydration salts
- ✓ Elastoplasts/band-aids
- ✓ Insect repellent
- ✓ Sterile dressings
- ✓ Antiseptic cream

Personal hygiene is very important on tour as you are travelling together in the truck in warm to hot climates. Please be considerate and attentive to your personal cleanliness. Being ill on tour is not fun and the enjoyment of the group as a whole depends largely on everyone being healthy. It is quite normal for some people in the group to have traveller's diarrhoea at some stage of the tour. This is generally not serious, usually being the reaction to the food, water and the anti-malarial tablets and it can sometimes be the result of a lack of attention to basic hygiene. If you suffer from this at any stage please inform your guide immediately.

Please pay attention when washing dishes and cutlery, as this is the quickest way for the whole group to fall ill. Make sure that your plates are thoroughly cleaned. We provide anti-bacterial washing up liquid so please use it liberally. We also supply an anti-bacterial soap for the washing of hands. Please ensure that you use it regularly, especially before meals. We use metal plate on tour as they are the most hygienic option.

Medical Insurance

Please note that it is a condition of booking on any Nomad tour that you have adequate medical insurance. We require the details of your insurance policy for our records before you will be permitted to depart on tour so please keep these with you at departure. The medical insurance is so important in the case of an emergency in a remote area (which is most areas we travel to) you will have to be airlifted. If you do not have medical insurance, you will need cash (which means thousands of USD) or you will not be helped during this critical period where every minute counts.

Please double check the small print of any 'free' credit-card insurance. Your insurance must cover you in the instance that you need to be airlifted to a hospital. As many public hospitals in Africa are below western standards you might have to be airlifted to South Africa for a simple problem. Many insurance policies do not cover adrenaline sports i.e. bungee jumping and skydiving – please check this before you book the activity.

Medical insurance is usually relatively inexpensive and we recommend that you buy a separate policy in your country of origin. If you purchase insurance in Africa please note that it will not cover you to be returned to your own country in the event of an emergency, it will only return you to the country in which you purchased the policy.

Water

One of the most common ailments on tour is dehydration. You should be drinking a minimum of 2 liters of water per day, and even more during the hot summer months. The tap water in the destinations we visit is not always fit for human consumption so your guides will advise you when not to drink the local water. You can buy bottled mineral water at most camp sites, keep in mind that this can be expensive. In most places North of South Africa it is necessary for you to buy your own drinking water. Your guides will point out where drinking water can be purchased (i.e at local shops / supermarkets). There is a 200 liter water tank on the truck and you are more than welcome to use this for drinking. Most people decide not to drink the water from the tank as it picks up a slight flavor, however it is there for you if you want it.

Malaria

Malaria is a serious problem in Africa however it does not have to be a problem for you as long as you are vigilant about using your mosquito repellent and you take your malaria tablets. Malaria is transmitted by mosquitoes and is more prevalent where there are high concentrations of people and water. The main points to keep in mind about malaria:

- ✓ Prevent getting bitten by wearing clothes that cover your bare skin. Long shirts, socks, shoes and long pants after dark - most mosquito bites occur below the knee.
- ✓ Keep your mosquito net closed and be vigilant at sunset as this is when the mosquitoes are most prolific.
- ✓ Use an effective prophylactic and speak to your doctor about options for antimalarial tablets.
- ✓ Insect repellent is the single most important line of defense. Make sure you bring enough of an effective (preferably stick or lotion) repellent and that you use it liberally and frequently! You need to look for the active ingredient (DEET) on the bottle.

Malaria prophylactics do not prevent Malaria, but do treat it if you come down with the disease. They also prevent you from getting seriously ill. It is not true that Malaria cannot be cured.

Vaccinations

We recommend that you have the following vaccinations for Africa: Hepatitis A (Havrax), Cholera, Yellow Fever, Tetanus Booster Shot, Rabies. Please note this guide is for information only - you should consult your doctor or travel clinic for the latest requirements. If you have entered a Yellow Fever infected area, you will be required to have a vaccination before entering into other countries.

If travelling further north of Vic Falls, then you will definitely require proof of a Yellow Fever vaccination. Travel Clinics provide vaccinations and Malaria tablets.

Alcohol and drugs

At Nomad we do not run booze-cruise tours. We want you to enjoy yourselves and it is great to sit around the fire exchanging stories enjoying your favourite tippie, but the attitude of drinking from early morning until late at night makes for unpleasantness and you dehydrate even quicker when you are consuming alcohol. Most camp sites have bar facilities, we simply ask that drinking is kept to a reasonable level for your enjoyment.

We have a firm policy about drugs on tour. We do not tolerate them! Police regularly inspect our trucks and camp sites and we make numerous border crossings. If you are caught in possession of illegal substances we cannot help you. You do not want to add a stay in a local jail to your on tour experiences!

Local Laws and Customs

Passengers are required to obey all laws of the countries through which we pass. This particularly applies to the smuggling of contraband and possession of narcotic drugs and firearms. Any passenger found contravening such laws or putting other passengers at risk may be required to leave the tour immediately with no refund. Please remember that we are guests in each of the countries we visit and it is good manners to comply with their customs.

Security

Travelling in any country has its potential dangers and in African countries you will find that it is no different. Due to massive levels of poverty, petty theft is rampant.

Basic rules apply:

- ✓ Do not bring unnecessary valuables along with you such as jewellery, expensive watches and electronic goods.
- ✓ Do not leave your personal possessions unattended
- ✓ Do not be reckless in your behaviour. Be careful
- ✓ Always walk together as a group, especially at night
- ✓ It is also suggested that you photocopy and photograph all your travel documents and belongings and store them separately to the originals. Security of the vehicle is part of the reality of tour life and you will be expected to assist when necessary.

Although all care and attention will be exercised, Nomad Adventure Tours nor its agents and employees can accept responsibility for anything deposited in the truck safe or left on the vehicle.

Travel insurance for personal belongings is also advisable, as you are not covered by Nomad for personal items such as clothes, cameras etc. You are responsible for your possessions at all times.

It does happen from time to time that airlines lose luggage and this can be very frustrating for all parties concerned as the airlines then need to chase down the tour to reach the traveler, the traveler never really knows when they're going to get their belongings and Nomad is expected to handle all of the ground operations for this. The process is immensely time consuming for everyone so please be assured that Nomad will do our absolute best to ensure that the airlines are able to get your lost luggage to you. Your guides and Nomad cannot be held responsible for any loss, damage or delay with luggage that has been lost or left behind by the airline.

When Game Driving

When you are on a game drive, no matter if it is our Nomad truck or an open 4x4 vehicle, please be as quiet as possible at all times and don't make sudden movements - this will ensure the biggest success on your game drive. Also, bring along some binoculars if you can.

It's very important to keep in mind when you go on a game drive or walk that you are not in a zoo and no one can ever guarantee which animals we will see and how many animals we will see. All our Nomad guides and all our local partners know where to best spot animals and do have an extensive knowledge about where and when to see wildlife however there is simply no way anyone can ever guarantee to see animals.

Tour Feedback

At the end of the tour you will be provided with a confidential feedback form where you are encouraged to rate the tour, service, and experience with Nomad. We use this feedback extensively in our efforts to improve our tours and we really do appreciate receiving this information from you at the end of the tour. You're more than welcome to email it to us if you'd prefer not to hand it to your guide, however please do let them know that you'll be emailing it if you intend on doing this. Your email can be sent to ops@nomadtours.co.za

Have a wonderful tour and see you on the road!

