



ARCHAEOLOGICAL INSTITUTE
OF AMERICA TOURS

KENYA & TANZANIA SAFARI:
Wildlife & Human Origins In East Africa
JANUARY 7 – 21, 2025



TRAVEL INFORMATION GUIDE

*This document contains important information about your tour.
Please read it carefully.*

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PASSPORT & VISAS

The following information is for U.S. citizens only. Citizens of other countries should contact your local embassy/consulate for entry requirements.

U.S. PASSPORT

A valid passport is necessary and is the best form of identification while traveling. If you have a passport, please check to be sure it is valid for at least six months after the end of the tour. Check your passport to ensure there is sufficient space for entry and exit stamps with at least one blank page not including the amendment and endorsement pages. Non-U.S. citizens should consult their governments for passport application requirements and other relevant information.

Please note that as of January 1, 2016, the U.S. Department of State will no longer add visa pages to U.S. passports. Applicants in need of additional pages in their valid passports must obtain a new passport.

If you do not have a passport or need a new one: Apply now! For complete information about obtaining and renewing passports, please visit <https://travel.state.gov/content/passports> to find the nearest location or call the National Passport Information Center toll-free at (877) 487-2778. The following tips may be helpful to reduce delays, but will not eliminate them – apply early.

Consider paying the additional fee for expedited service, or apply through a private passport service. Passport Agencies, located in major cities throughout the United States, offer services to travelers who need passports in less than two weeks. Applications are accepted by appointment only. These appointments can be arranged by calling the National Passport Information Center.

Examine your passport carefully, and sign it immediately upon receipt. As of this writing, the [Passport Services Office](#) advises that **processing times take 6-8 weeks for routine processing, and 2-3 weeks for expedited processing.** Please note processing times only include the time your application is at a passport agency or center.

VISAS

Visas are required for entry to both Kenya and Tanzania. You should apply between 30-60 days prior to arrival, otherwise, your visas will expire.

- **Kenya:** An e-visa may be obtained online at <https://etakenya.go.ke/en>. Please email a copy of your visa to aia@studytours.org once obtained.
- **Tanzania:** An e-visa may be obtained online at <https://visa.immigration.go.tz/>. Please email a copy of your visa to aia@studytours.org once obtained.

NON-U.S. PASSPORT AND VISA REQUIREMENTS

If your passport is issued from any country other than the United States, please immediately contact the passport agency of the country that issued it and the consulate of the country(ies) to which you are traveling to determine any necessary visa requirements. If you have not done so already, please notify our office of your non-U.S. citizenship.

Important Note: Information provided concerning passports and/or visas is subject to change without prior notice by the U.S., governments of all countries visited on this travel program, and countries of non-U.S. citizens participating in this program. All costs associated with passports and/or visas are the responsibility of the participant. Although we may provide information regarding passport and/or visa requirements, it is each participant's responsibility to ensure compliance with government requirements at the time of travel.

IMPORTANT DOCUMENT REMINDER

Keep all travel documents, such as your passport and airline tickets, with you before and during your flights. Before you leave home, it is a good idea to scan and email all important documents—your credit cards, tickets, driver’s license, passport, medical prescriptions, and vaccination certificates – to an email account that can be accessed from abroad. You may also want to make photocopies of these documents to take with you on your trip, but carry them separately from the originals. Carry one copy in your hand luggage during your travels, pack another in a suitcase, leave a third at home with a friend or family member, and, when applicable, give a fourth copy to a traveling companion. Bring extra passport photos in case you lose your passport and must replace it.

TRAVEL INSURANCE

We highly recommend the purchase of trip insurance. Many kinds of insurance are on offer from a myriad number of companies. The U.S. Department of State provides some points on insurance coverage while traveling abroad: https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad/Insurance_Coverage_Overseas.html?

We recommend Travel Insurance Select: <https://www.travelinsure.com/select/?pcode=32366>. We ask that you carefully review the information on their site and decide which options work best for you. To view a webinar about Travel Insurance Select, please click [here](#). To download Travel Insurance Select’s Coronavirus FAQ page, please click [here](#).

If you have questions regarding the travel insurance plan offered, please contact the customer service number listed on their website. A representative will be happy to discuss the policy, as well as answer any questions you may have about coverage options.

HEALTH

GENERAL HEALTH CONSIDERATIONS

Participants should be active and in a good state of health in order to fully participate in the tour. **Any disabilities, required medical apparatus, or special medical needs must be brought to our attention in writing immediately.** We reserve the right to decline anyone who fails to furnish this information and/or whose condition, in our opinion, may affect the health, safety, well-being, or enjoyment of other passengers.

VACCINES AND MEDICATIONS

Proof of Yellow Fever is required when traveling between endemic zones. This is required when traveling from Kenya to Tanzania (unless medically waived): please contact your local travel clinic or your doctor. Please make sure they give you the International Certificate of Vaccination (a yellow book issued by the World Health Organization that travel vaccination providers should have, also available online). Contact your local travel clinic immediately to schedule an appointment as they often have to order the vaccination. **The date of the Yellow Fever inoculation must be at least 14 days prior to departure.** Please send a copy of your certificate or medical waiver to aia@studytours.org once obtained.

A course of anti-malarial tablets is highly recommended with a prescription from your personal doctor. A mosquito repellent is also advisable.

Before you depart you should consult your physician for medical advice. Make your appointment no less than six weeks before your departure. It is strongly recommended that your routine inoculations are up-to-date (e.g. tetanus, etc.). If you are due for a dental check-up, schedule one prior to departure.

Be sure to bring enough prescription and non-prescription medicines that you take regularly or you may need during your trip. When packing, make certain that you have them packed in your carry-on luggage, not your checked luggage. Occasionally, checked luggage is delayed, and you may find yourself without your medication. Carry a written copy of the prescriptions for any such medication you need, given in its chemical (generic) name rather than a brand name.

If you have any special condition or allergy that might possibly require attention request with your physician a written letter describing the nature of the condition and the treatment—send a copy to our office and carry the letter with you. Then, if you should happen to need medical care away from home, your temporary physician will be able to treat you more efficiently and effectively.

If you wear prescription glasses or contact lenses you will want to bring an extra pair in case of loss. Some contact wearers prefer to wear glasses when driving on dusty roads.

TRAVEL FATIGUE

Air travel experts and experienced travelers have various techniques for combating travel fatigue (“jet lag”). Here are some things you can do to reduce travel fatigue:

Get plenty of rest the day before you leave.

Avoid alcohol during the flight, but do drink plenty of other liquids. According to some experts, dehydration is the most debilitating part of air travel. You should drink at least eight ounces of fluid every hour.

Eat lightly during the flight.

Exercise. Get up to stretch and walk. There are also simple exercises that will relax your muscles and circulate your blood while in your seat. Roll your feet, rotate your head, and contract and relax your leg muscles. Do some deep breathing. Raise your knees to your chest and swing your arms over your head. Stretch out if there are some unoccupied seats. Take off your shoes. Some veteran travelers also wear earplugs and eye masks.

DIGESTIVE DISORDERS

Stomach and intestinal upsets are common traveler's complaints. They range from mild discomfort to diarrhea and vomiting. Most are harmless and quickly pass. For most people, some digestive upset may be inevitable. Exposure to new flora and minerals in the water causes part of it. A rich diet and changed eating and drinking habits are responsible for much of it as well.

Diarrhea is common among travelers anywhere. When it occurs, there are two things you can do: stop it with medication or let it run its course. There are several medications that can usually stop it, such as Lomotil. Some physicians argue, however, that diarrhea is nature's way of ridding the system of harmful toxins and therefore shouldn't be arrested prematurely. You should consult your physician on whether, and under what conditions, you should take anti-diarrheal medicine.

RECOMMENDED TRAVEL MEDICAL KIT:

- ❑ All prescription medications including copies of the prescription with brand and generic drug names plus any vitamins that you normally use
- ❑ Antacid tablets, Pepto Bismol type medication
- ❑ Aspirin, ibuprofen or other pain medication
- ❑ Imodium or Lomotil (to control diarrhea)
- ❑ Diarolytes (for rehydration after diarrhea)
- ❑ Cough/sore throat medicine

- ❑ Calamine lotion or Antihistamine cream
- ❑ Topical antibiotic cream or gel
- ❑ Insect repellent containing DEET
- ❑ Sunscreen with high SPF and UVA UVB protection
- ❑ Assorted band-aids
- ❑ Lip balm and facial moisturizer
- ❑ Liquid hand sanitizer or wipes
- ❑ Tissue packets

For additional medical information, contact The Centers for Disease Control (CDC) in Atlanta. They offer up-to-date information on health precautions. You may reach them at 877-394-8747 or at <https://www.cdc.gov/>.

PHYSICAL EXPECTATIONS

You must be in good physical condition to participate in the safari and able to walk, unassisted, over uneven terrain and up and down steps. Participants who are not able to walk or stand unassisted for extended periods are kindly advised not to join this tour. All participants are expected to be physically active and not be an impediment to others on excursions, to enjoy traveling as part of a group, and to be ready to experience cultural differences. **Note: there will be several hours in 4WD vehicles on game drives over bumpy roads.** Participants with back issues should consult with their physician and consider traveling with appropriate back support. Participants with allergies or breathing issues are encouraged to travel with a dust mask or bandana to inhibit dust inhalation. If you have any questions about your ability to participate, we suggest you consult with your physician to discuss whether or not the tour is appropriate for you.

MEDICAL INSURANCE

Any additional expenses resulting from medical problems or emergencies are your own responsibility. Therefore, we encourage you to check with your insurance agent to make sure that your current medical and hospitalization policies cover you while traveling overseas. If they don't, you might want to take out a separate medical insurance policy that is specially designed for travelers. Please note that Medicare does not offer coverage and is only valid for services rendered in the United States. Please consult the link above under "Travel Insurance" for advice from the U.S. Department of State.

Although as a trip participant, you are a member of the AMREF Flying Doctors, which provides emergency medical evacuation to Nairobi for travelers, you should also be aware that medical services or facilities may not be readily available during all or part of your trip. Each participant must be covered by medical insurance that is valid overseas.

All participants will be covered with MedEvac200 evacuation and emergency medical insurance through USI Travel Insurance Services. This is separate from your own individual comprehensive health insurance plan(s) and covers emergency medical evacuation.

MONEY MATTERS

How much money you need will depend on whether or not you plan on making any purchases, but we generally recommend bringing perhaps \$500 in cash, mostly in \$20s, \$1s, and especially \$5s. While most tips are included, it is nice to tip a little more to hotel staff when departing.

You should carry your money in a money belt or pouch beneath your clothing, especially in cities where pickpocketing of foreigners is not uncommon.

USD's are accepted in most places (especially tipping etc). If you are purchasing from a gift shop they are typically marked in USD. Most lodges/camps have credit cards or will take USD cash. US

Bank notes older than 2012 or notes that do not have the latest security measures (large portraits) are not accepted. Please make sure the bills are not torn and do not have ink marks.

EXCHANGE RATES

The basic unit of currency in Kenya is the Kenyan Shilling. As of August 2024, 1 USD = 129 KES.

The basic unit of currency in Tanzania is the Tanzanian Shilling. As of August 2024, 1 USD = 2702 TZS.

Please check online for current exchange rates before departure. Banks and most hotels offer currency exchange services. It is a good idea to shop around for the exchange rates and lowest commission.

CREDIT CARDS & ATMS

ATMs are generally available only in bigger cities not at lodges and camps. Even then, ATMs are often unreliable so it's always good to carry some cash as well as 1-2 major credit cards (Visa and Mastercard are widely accepted). Often, due to communication outages in remote locations, credit card processing machines may not work so keep ample cash to settle extra hotel bills such as beverages and gifts.

You will want to keep a record of the numbers of all the credit cards you are bringing and keep them in a safe place, separate from the cards.

Please note: If you plan to use your credit card or ATM card overseas, don't forget to notify the issuing credit card company or bank prior to departure.

RESTRICTIONS

Currency restrictions for entry into and exit from Tanzania are 10,000 TZS or equivalent. Non-residents may not import or export Tanzanian Shillings.

GRATUITIES & TIPS

On the main tour, gratuities are included for restaurant staff including meals, driver/guides, porters, and hotel, camp, and lodge staff. However, you may wish to tip a little extra such as \$5 for certain hotel staff or perhaps \$10 for a special driver/guide.

Gratuities are not included on the post-tour extension to Zanzibar. Here are some tipping suggestions:

- Airport Transfer Driver: \$5 per guest per transfer
- Waiter/Bar Tender: 10%-15% of bill.
- Porter: \$3-\$5 per bag
- Lodge/Hotel Service Staff: \$7-\$10 per guest per day (common tip boxes typically available in the reception of the hotel). This is shared among the front and the back-of-the-house staff who you may have had contact with.

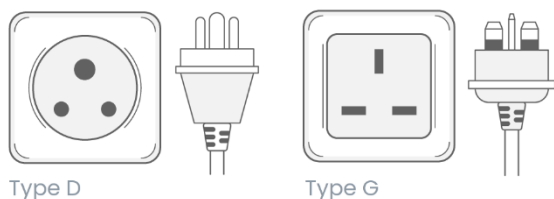
TIME

East Africa is 3 hours ahead of Greenwich Mean Time (GMT/UTC), 7 hours ahead of U.S. Eastern Standard Time, and 10 hours ahead of U.S. Pacific Standard Time.

ELECTRICITY

East Africa operates on a 230V supply voltage with a frequency of 50Hz. You will need an electrical adapter to use the wall sockets and charge your electrical devices.

The following plugs are used:



FOOD AND DRINK

Main Tour: All meals are served with bottled/filtered water/soft drinks, plus coffee or tea. Dinners include a choice of local beer and/or wine. Special welcome and farewell dinners include local beer and/or wine plus non-specialty spirits.

Post-Tour Extension: Breakfast daily and three dinners are included. Meals include water.

Please let us know as soon as possible if you have any special dietary restrictions or requests, and we will do our best to accommodate you.

Water is chlorinated and safe for showering and washing hands but should not be drunk directly from the tap. We recommend you take a refillable bottle with you and the lodge will fill it up for you using filtered water. Alternatively, you can purchase bottled mineral water provided for you at the hotel and lodges.

COMMUNICATIONS

All hotels have free wireless internet access. Communication apps, such as Facebook Messenger, or WhatsApp work well in East Africa. Wi-Fi may be spotty due to remote locations, so please refrain from up/downloading large files.

To call the US from either Kenya or Tanzania, dial 000 + 1 + area code + the phone number.

To call Kenya from the US, dial 011 + 254 + the phone number.

To call Tanzania from the US, dial 011 + 255 + the phone number.

CLIMATE

The chance of rain will be low or brief. Generally, the weather will be pleasant with clear skies, and daytime temperatures will range from the mid-70s F to the mid-80s F. Equatorial sun is very intense and we recommend using strong sunblock and drinking plenty of water.

| | Nairobi | Oi Pejeta Conservancy | Lake Naivasha | Amboseli National Park | Ngorongoro Conservation Area | Serengeti National Park | Arusha | Zanzibar (Extension) |
|------|---------|-----------------------|---------------|------------------------|------------------------------|-------------------------|--------|----------------------|
| High | 78°F | 73°F | 80°F | 84°F | 77°F | 82°F | 84°F | 90°F |
| Low | 60°F | 50°F | 51°F | 61°F | 55°F | 59°F | 61°F | 76°F |

We recommend checking the extended forecast for the area prior to departure for a better look at current conditions.

CULTURAL ETIQUETTE

As a foreigner, you will be forgiven most etiquette *faux pas*, but it helps if you can respect local customs and standards of behavior.

Every contact between people in Kenya starts with a greeting. Even when entering a shop, you shake hands and make polite small talk with the shopkeeper. Shaking hands upon meeting and departure is normal between all the men present. Women shake hands with each other but with men only in more sophisticated contexts. You are likely to notice a widespread and unselfconscious ease with close **physical contact**, especially on the coast. It's good to be aware of the **left-hand rule**: traditionally the left hand is reserved for unhygienic acts and the right for eating and touching or passing things to others. Like many "rules," it's very often broken, at which times you have to avoid thinking about it.

LANGUAGE

The official language of Kenya and Tanzania is Swahili.

Here are a few key phrases to know. A complete list can be found here

https://wikitravel.org/en/Swahili_phrasebook

Hello, how are you? (to one person)

Hujambo (response: Sijambo: I am fine.)

Hello to an older person or authority figure.

Shikamoo (*shee-kah-moh*) (response: Marahaba). Some people frown on the use of Shikamoo because it started out as a servant's greeting to his/her master.

Hello. (*informal*)

Sasa / Mambo / Jambo (generally said only to tourists). This is 'Sheng' or Swahili slang. Most locals are not impressed if you greet them using Sheng.

Response to informal hello

Mzuri (fine), Safi (clean/in order), Poa (cool), Poa kichizi kama ndizi (crazy cool like a banana)

How are you?

Habari / Habari yako? (lit.: Your news?)

Fine, thank you.

Nzuri, asante.

What is your name?

Jina lako ni nani?

My name is _____.

Jina langu ni _____.

Where are you from (native region)

unatokea wapi

I am from _____.

Ninatoka nchi ya _____ (your country).

Please.

Tafadhali.

Thank you (very much).

Asante (sana).

You're welcome.

Karibu.

Yes.

Ndiyo.

No.

Hapana.

Excuse me. (*getting attention*)

Samahani.

Please forgive me

tafadhali nisamehe

Goodbye

Kwa heri.

TRANSPORTATION

While transportation is included for all group excursions and activities, the following information may be helpful during your leisure time. In addition to walking, you may find other means of transportation convenient.

There are licensed taxis in Tanzania, although they are unmetered and there are no formal companies. They are white or have white plates, and can be found at train and bus stations and at main intersections. They can sometimes be hailed on the street, but it is best to have your hotel call a cab for you. Fares should be negotiated beforehand. At Dar es Salaam and Zanzibar airports, there are taxi desks that have a list of standard fares.

SHOPPING

You may find time for shopping during your free moments on this program. If you are looking for something in particular, like Maasai blankets, ceramic beaded jewelry, batik panels, art, or gifts, you should find it in many of the places you are staying.

VALUE ADDED TAX

VAT can be deducted from the price of goods bought in Kenya and Tanzania. A refund of approximately 16% in Kenya and 18% in Tanzania on the purchase price may be worth the paperwork. Please remember that not all shops have the necessary paperwork unless it is a very touristy shop. Please consult these AF websites for the latest information:

<https://www.tra.go.tz/index.php/value-added-tax-vat>

<https://www.kra.go.ke/individual/filing-paying/types-of-taxes/value-added-tax>

The amount of purchases, including taxes, from a single shop during a single visit, must be equal to or more than \$160 US regardless of the number of articles. You will need to show your passport or other acceptable travel documents at the time of purchase.

For example, at the time of purchase, the salesperson will issue an export sales docket. This should be countersigned by customs under the following conditions:

1. When leaving East Africa, produce the docket for Customs at the point of exit with the stamped envelope you were given by the salesperson.
2. The Customs authority will remove the pink (or yellow) sheets and return the signed green copy to you. Keep your green copy.
3. Customs will forward the pink (or yellow) sheets to the shop.
4. The shop will reimburse you the sum indicated on the docket (unless this was done at the time of your purchase.)

SAFETY AND SECURITY

To minimize the risk of loss or theft, we recommend the following:

- Make two photocopies of your passport: send one to our office and keep one in a safe place separate from your passport and other documents. This will provide a backup in case yours gets lost or stolen and will make checking into hotels quicker and easier.
- Make copies of the credit cards that you plan to take and keep the copies in a safe place.
- Don't bring any credit cards that you don't need.
- Don't carry your wallet where it can easily be stolen (e.g. hip or rear pocket).
- Don't bring valuables on the trip. It is a good idea to travel with a cheap watch and leave any jewelry (except wedding rings) at home. The only thing of value you should have is your camera, which we recommend keeping with you at all times.

PACKING & LUGGAGE

We recommend packing light and bringing one checked bag and a backpack that can be used for a day pack while on tour. If you are traveling with someone, it is a good idea to put half of your things in each other's checked baggage in case one bag gets delayed or lost, you will still have half of your clothes.

Airline luggage allowance policies are set by individual airlines and are subject to change. Airlines may impose fees for excess luggage, which are the responsibility of the individual participant. Please contact your airline(s) for their current luggage allowance policies and fees.

Because space in our safari vehicles is limited and you are flying in a small bush plane on the last leg of the trip from the Serengeti to Arusha, please carry soft-sided bags such as duffel bags as opposed to hard/roller cases. See the image below. Baggage allowance is limited on the light aircraft to the bush to **15 Kg/33 lbs. per person + 5 kg/~11 lbs of hand luggage**. **The local airline has the right to refuse luggage that does not adhere to their requirements and/or charge an extra fee for extra weight.**

Suggested soft main luggage size: 16 inches wide by 12 inches high by 24 inches long.

A small daypack can come in handy to carry items such as snacks, camera equipment, and assorted rain gear.



CLOTHING

Casual clothing that is modest and comfortable is ideal. Keep in mind that natural fibre clothing, such as cottons and linens, will keep you more comfortable than synthetic items. We recommend quick dry outer clothing that you can easily hand wash. It is practical to wear layered clothing that can be added to or taken off according to temperature variations. You may want to bring one dressier outfit for the farewell dinner, but this is optional.

We suggest you bring a hat to keep the sun off your head and pack sunscreen to protect your skin from sun and windburn.

FOOTWEAR

You will want a pair of comfortable walking shoes. Some people want footwear with good ankle support, which can make a difference when you are walking over uneven, rocky ground, though hiking boots won't be required. You may want a pair of dress shoes if you plan to dress up for the farewell dinner.

LAUNDRY

Laundry service is available for a small cost (limited articles). Check directly with the hotel for drop-off and pick-up times. Typically, laundry is back the same day, if taken away first thing AM or the next day depending on when it was given.

HAIR DRYERS

Hair dryers are available at some hotels.

CAMERAS & BINOCULARS

Bring a camera that you are familiar with and that is in good working order. You will also want to bring plenty of camera memory cards and batteries or a charging cable. For great wildlife shots a large (and heavy) telephoto lens is usually necessary. But, bear in mind weight restrictions.

Binoculars are highly recommended. 8x42 or 10x42 are often suggested.

GENERAL PACKING TIPS

Never pack valuables in bags that you are planning to check. Such items include (but are not restricted to) cameras, credit cards, jewelry, medications, personal computers or other electronic equipment, and travel documents.

- If you must check an item of value, purchase excess-valuation insurance. Ask in advance to make sure the item is covered.
- Pack appropriate-sized toiletries (for updated information, please check the TSA website <https://www.tsa.gov/travel> and some clothing appropriate to your destination in your carry-on luggage. If your checked bags are delayed, you will at least have a change of clothing.
- If your bags are lost, liability insurance is quite limited and tends to cover clothing and clothing-related items only. For international travel, the amount an airline is liable for is based on weight.
- If your luggage doesn't appear upon arrival, fill out a claim at the airport immediately. Be sure to list everything that is missing. If you add items later, you will not be compensated. Do not leave the airport without your lost baggage claim form.
- Bring a photocopy of the information page of your passport with extra passport photos and keep in a separate place from your passport in case of theft or loss.

PACKING LIST

Everyone has personal preferences when it comes to packing; for this reason, the information below is offered as a general guide and not a definitive list.

- Shorts
- Long pants/or convertible pants
- Warm jacket (fleece)
- Light rain jacket
- Short sleeve shirts/tee- shirts
- Long sleeved shirts
- Sandals or flip flops
- Comfortable walking/hiking shoes
- Swimming suit (and cover-up)
- Sun hat
- Sunglasses

- Undergarments

Miscellaneous:

- Passport, visa, airline tickets
- Cash
- Credit cards
- ATM card
- Cell phone, charger and adapter(s)
- Safety Wallet
- Photocopies of documents/tickets (kept separately from the originals)
- Spare eyeglasses
- Binoculars (*optional*)
- Walking stick (*optional*)
- Notebook and pen
- Sewing kit (*must be packed in your checked suitcase*)
- Pocket tissues
- Hand sanitizer and wipes
- Zip-lock bags
- Reusable water bottle
- Wash cloth
- Camera and/or video camera and memory cards
- Snacks
- Plug adapters
- Extra foldable bag for extra space for souvenirs/purchase
- Headphones for headset system (if you prefer to use your own)

Medications & Toiletries:

- All prescription and non-prescription medications, including copies of the prescriptions with brand and generic drug names
- Antibiotics with a copy of the prescription
- Pepto-Bismol
- Aspirin or other pain medication
- Imodium or Lomotil (to control diarrhea)
- Assorted band-aids
- High SPF UVA UVB sun block
- Insect repellent
- Personal toiletries such as toothbrush, toothpaste, soap, and shampoo

AIRPORT CHECK-IN AND SECURITY

Please arrive at the airport **at least two hours before your scheduled domestic flight departure and three hours before an international flight departure** to allow yourself enough time to check in and pass through security. **Remember to hand-carry your passport.** Participants will not be allowed to check in without proper identification.

Be certain that the check-in agent properly tags your bags through to the correct destination, and that you have all baggage receipts attached to your airline ticket. The airport code for Nairobi Jomo Kenyatta International Airport is **NBO**.

Many U.S. domestic carriers will automatically transfer your luggage to an international carrier if requested. "Interlining" is a convenient way of having the airlines handle your baggage, and saves you from having to claim your baggage at the end of each flight segment and re-check it onto the next flight. Although interlining may increase the probability of your bag going astray while being transferred at airports, most people feel that the convenience outweighs the possibility of lost

luggage. To help prevent misrouting, remove all previous airline tags from your luggage before check-in.

For security reasons, all checked and carry-on bags are subject to X-ray and a physical search by the TSA (Transportation Security Administration) personnel. Travelers may be required to remove their shoes so they may be X-rayed with their carry-on bags. To minimize potential damage to your bags, we recommend that you do not lock your checked luggage. If you prefer to lock your checked luggage, we recommend that you purchase a lock from a manufacturer recognized by the TSA.

We recommend you avoid wearing clothes with metal grommets or fittings on flight days, as you may be asked to remove them or be subjected to further security checks in airports.

DUTY-FREE SHOPPING

You must show your international boarding pass and passport when making purchases in duty-free shops. Your purchases are normally delivered to you as you board the aircraft. Please allow enough time for security checks as you proceed to the boarding gate.

ARRIVAL & DEPARTURE TRANSFERS

Individual and/or group (depending on flight schedules) airport transfers on arrival at Nairobi Jomo Kenyatta International Airport (NBO) on January 8 and departure transfers to Kilimanjaro International Airport (JRO) on January 21 are included. Departure flights must depart after 5:00 pm.

For participants on the Zanzibar Extension, a group transfer to Arusha Regional Airport (AKA) on January 21 is included. Individual and/or group departure transfers to Abeid Amani Karume International Airport (ZNZ) are included on January 24. The in-program group flight from Arusha to Zanzibar will be booked for you and is included in the extension price (subject to change).

OTHER TRAVEL RESOURCES

To help you prepare for your trip, some useful websites follow. While we make every effort to provide complete and current information, it is important for you to be an informed traveler. Travel information frequently changes, so it is strongly recommended that you verify information before your trip.

<https://tz.usembassy.gov/>

US Embassy
686 Old Bagamoyo Road, Msasani
P.O. Box 91230
Dar es Salaam, Tanzania

<https://ke.usembassy.gov/>

US Embassy
United Nations Avenue, Off Limuru Rd
Nairobi, Kenya
+254 20 363-6000
+255-22-229-4000

U.S. State Dept. Background Notes

The U.S. State Department issues *Background Notes* to provide an overview of each country's land, people, history, government, political conditions, economy and relations with the United States and other countries. *Background Notes* for the countries to be visited during this travel program can be read on or printed from <http://www.state.gov/r/pa/ei/bgn/>

The U.S. State Department: <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

We recommend that you visit this website for complete current travel information. Choose your destination country from the drop-down list to view specific country information, as well as tips for a safe journey.

Library of Congress Locations in Country Studies: <https://www.loc.gov/collections/country-studies/index/location/>

Centers for Disease Control: www.cdc.gov

The site offers updated information on immunization requirements as well as detailed information on specific diseases, the area of outbreak, and a summary of health information for international travelers. Visit them online and select “Travelers’ Health.”

U.S. Customs and Border Protection: <https://www.cbp.gov/travel>

This site provides detailed information on U.S. Customs regulations, duty rates, trusted traveler programs, etc.

Transportation Safety Administration: <https://www.tsa.gov/travel>

This site provides information on airline travel and security, including regulations on checked and carry-on luggage, prohibited items, current restrictions, and news about travel warnings.

Money and Practical Matters

Oanda Currency Converter: <https://www.oanda.com/currency-converter/en/?>

For calling the United States while abroad

AT&T’s USADirect
(800) 428-8468

For cellular phone use abroad

www.ustronics.com
www.cellularabroad.com

For local weather

www.weather.com or www.wunderground.com

ATM Locator

<https://www.mastercard.us/en-us/personal/get-support/find-nearest-atm.html>

[https://www.visa.com/atmlocator/#\(page:home\)](https://www.visa.com/atmlocator/#(page:home))

https://network.americanexpress.com/en/atm_locator/



ARCHAEOLOGICAL INSTITUTE OF AMERICA TOURS

Kenya & Tanzania Wildlife & Human Origins in East Africa

Suggested Media Guide

Here is a brief selection of favorite, new, and hard-to-find books relevant to your journey. These books should be available at local public or university libraries, and most of them may be purchased and/or downloaded for e-readers through local and online bookstores.

GUIDEBOOKS & MAPS

Barsby, Jane. *Kenya - Culture Smart! The Essential Guide to Customs & Culture*. Kuperard, 2017.

Benjamin, Martin. *Lonely Planet Swahili Phrasebook & Dictionary*. Lonely Planet, 2014. This book is a passport to the most relevant Swahili phrases and vocabulary for all your travel needs.

Briggs, Philip. *East African Wildlife*. Bradt Travel Guides, 2016. This indispensable guide offers all the information you need to get the most out of wildlife watching in East Africa. It provides a colorful overview of the region's variety of large animals together with information on their habits and habitats.

DK Eyewitness. *DK Eyewitness Travel Guide: Kenya*. Dorling Kinders, 2015. This is an in-depth guide to the very best of Kenya, from safari adventures to spectacular wildlife in its world-famous parks.

Estes, Richard D. *The Safari Companion: A Guide to Watching African Mammals*. Chelsea Green Publishing, 1999. The best field guide to observing and understanding the behavior of African mammals.

Kavanaugh, James. *East African Wildlife: A Folding Pocket Guide to Familiar Species in Kenya, Tanzania & Uganda (Wildlife and Nature Identification)*. Waterford Press, 2017. This beautifully illustrated guide highlights over 120 familiar and unique species of mammals, birds and reptiles the area is famous for.

Kavanaugh, James. *East Africa Birds: A Folding Pocket Guide to Familiar Species in Kenya, Tanzania & Uganda (Wildlife and Nature Identification)*. Waterford Press, 2017. East Africa is home to nearly 1,400 species of birds. This beautifully illustrated guide highlights over 140 familiar and unique species and includes a map featuring prominent bird-viewing areas.

Kingdon, Jonathan. *The Kingdon Pocket Guide to African Mammals*. Princeton University Press, 2020. A convenient, compact edition of Kingdon's *Field Guide to African Mammals*, with abbreviated information on identification, distribution, ecology, and conservation status.

Nelles Verlag. *Kenya Serengeti (Tanzania)*. Map. NELLES, 2020. Folded map of Kenya and the Serengeti (Tanzania) with insets of Central Nairobi and Mombasa. (Includes the places we visit.)

HISTORY, TRAVEL & BIOGRAPHY

Briggs, Philip. *Northern Tanzania: Serengeti, Kilimanjaro, Zanzibar*. Bradt Publications, 2017. A compact, practical overview of the history, wildlife, and attractions of the Serengeti and surrounding parks, including Zanzibar.

Hemingway, Ernest. *Green Hills of Africa*. Zinc Read, 2023. Hemingway paints the true story of his ramblings on safari in this classic, exquisitely written tale of hunting around Lake Manyara.

Matthiessen, Peter and Jane Goodall (Introduction). *The Tree Where Man Was Born*. Penguin Classics, 2010. A classic portrait of East Africa, enthralling in its detail on nature and daily life. Includes Maasai, Ngorongoro, the Kenyan highlands, and Matthiessen's field trips, safaris, and adventures in the Serengeti.

Meikuaya, Wilson and Jackson Ntirikana. *The Last Maasai Warriors: An Autobiography*. Me to We, 2016. Wilson and Jackson are two brave warriors of the Maasai, an intensely proud culture built on countless generations steeped in the mystique of tradition, legend and prophecy. They represent the final generation to literally fight for their way of life, coming of age by proving their bravery in the slaying of a lion. They are the last of the great warriors.

Naipaul, Shiva. *North of South: An African Journey*. Penguin Classics, 1997. A sharp portrait of Africa, circa 1979. A brilliant and provocative observer, Naipaul meditates on the various peoples he encounters in Kenya, Tanzania and Zambia.

Norton, Boyd. *Serengeti: The Eternal Beginning*. Fulcrum Publishing, 2011. Award-winning author-photographer Boyd Norton draws upon his extensive experiences and photographs of the Serengeti ecosystem, including the Serengeti National Park, Kenya's Masai Mara, and Ngorongoro Crater.

Saitoti, Tepilit Ole and John Galaty (Introduction). *The Worlds of a Maasai Warrior: An Autobiography*. University of California Press, 1988. Bridging several worlds with tremendous grace, Saitoti looks back on his life among the Maasai, both as spokesperson for his tribe and as one of the first Maasai safari guides.

LITERATURE & MEMOIR

Adamson, Joy. *Born Free: A Lioness of Two Worlds*. Pantheon Books, 2000. This is a story of a lion cub in transition between the captivity in which she is raised and the fearsome wild to which she is returned. Adamson's remarkable tale is an idyll, and a model, to return to again and again.

Blixen, Karen. *Out of Africa*. Penguin, 2001. A poignant farewell to her beloved Kenya, *Out of Africa* describes her strong friendships with the people of her area, her affection for the landscape and animals, and great love for the adventurer Denys Finch-Hatton.

Markham, Beryl. *West with the Night: A Memoir*. North Point Press, 2013. Markham evokes the landscapes, people, and wildlife of East Africa in engrossing detail in this classic memoir of amazing adventures as a bush pilot in 1930s Kenya.

Thiong'o, Ngugi wa. *A Grain of Wheat*. Penguin Classics, 2012. Set in the wake of the Mau Mau rebellion and on the cusp of Kenya's independence from Britain, it follows a group of villagers whose lives have been transformed by the 1952–1960 Emergency. As we learn of the villagers' tangled histories in a narrative interwoven with myth and peppered with allusions to real-life leaders, including Jomo Kenyatta, a masterly story unfolds in which compromises are forced, friendships are betrayed, and loves are tested.

SCIENCE

Maslin, Mark. *The Cradle of Humanity: How the Changing Landscape of Africa Made Us So Smart*. Oxford University Press, 2019. This book brings together the latest insights from hominin fossils and combines them with evidence of the changing landscape of the East African Rift Valley to show how all these factors led to selection pressures that favored our ultrasocial brains. Astronomy, geology, climate, and landscape all had a part to play in making East Africa the cradle of humanity and allowing us to dominate the planet.

Maxon, Robert M. *East Africa: An Introductory History*. West Virginia University Press, 2009. This book surveys East Africa's political, economic, and social history from pre-colonial to modern times. Maxon reveals the physical movement and societal development of and between ethnic groups before the 1890s; the capitalistic impact of European colonialism in the early nineteenth century; and the achievement and aftermath of independence in East Africa during the latter part of this century.

Reader, John. *Missing Links: In Search of Human Origins*. Oxford University Press, 2011. This is the story of the search for humanity's origins--from the Middle Ages, when questions of the earth's antiquity first began to arise, through to the latest genetic discoveries that show the interrelatedness of all living creatures.

Roberts, Dr. Alice. *Evolution: The Human Story, 2nd Edition*. DK, 2018. Interweaving latest discoveries, maps, and incredible illustrations, *Evolution* tells the story of our origins and helps us better understand our species, from tree-dwelling primates to modern 21st-century humans.

Scoon, Roger. *Geological Highlights of East Africa's National Parks*. Penguin Random House South Africa, 2022. The national parks and reserves of East Africa are widely known for their rich and abundant wildlife. This book presents the geological highlights of the region's intriguing landscape. It is a guide that escorts users around all the major – and some minor – parks of Kenya, Tanzania, and Uganda.

Tattersall, Ian. *Understanding Human Evolution (Understanding Life)*. Cambridge University Press, 2022. This compact and accessible book presents a modern view of human evolution. Written by a leading authority, it lucidly and engagingly explains not only the evolutionary process, but the technologies currently used to unravel the evolutionary past and emergence of *Homo sapiens*.

MUSIC

Music of Kenya. <https://festival.si.edu/2014/kenya/music-playlist/smithsonian>.

Music of Tanzania. <https://worldmusiccentral.org/world-music-resources/musician-biographies/tanzanian-music/>.

Various Artists. *The Music of Kenya and Tanzania: The Rough Guide*. World Music Network, Audio CD, 1996.

DOCUMENTARIES & MOVIES

Africa, The Serengeti. Director: George Casey. Slingshot, 1994. James Earl Jones narrates this dazzling 38-minute IMAX documentary of the migration of wildebeest in the Serengeti and Maasai Mara.

Mountains of the Moon. Director: Bob Rafelson, 1990. This film traces the friendship between Victorian explorers Richard Burton and John Hanning Speke that broke down during their 1856 expedition to find the source of the Nile, a route that took them through East Africa from Zanzibar to the shores of Lake Victoria. © Artisan Entertainment

The Flame Trees of Thika. Director: Roy Ward Baker, 1982. Elspeth and her unconventional parents decide to settle down in British East Africa and begin a coffee plantation. This is a time of discovery for Elspeth, as she encounters the incredible beauty and cruelty of nature, and new friendships with both Africans and British expatriates. Eventually, however, the excitement of her life is disrupted by the onset of the First World War and the changes it brings. Based on the 1959 memoir by Elspeth Huxley. © HBO Films

Out of Africa. Director: Sydney Pollack, 1985. The true story of Baroness Karen Blixen-Finecke, a Danish woman who relocated to the British East Africa Protectorate (Kenya) with her husband in 1914 to take charge of a large coffee plantation. Based on Blixen's 1937 autobiographical account written under the pen name "Isak Dineson." *Out of Africa* won seven Academy Awards in 1986, including Best Picture. © Universal

The African Queen. Director: John Huston, 1951. This classic film starring Humphrey Bogart and Katherine Hepburn is set in German East Africa (present-day Tanzania) at the start of the First World War. The story focuses on the relationship that develops between a prim missionary (Hepburn) and the crotchety steamboat captain (Bogart) hired to transport her to safety after the war breaks out. Based on the 1935 novel by C.S. Forester. © Horizon Pictures

Nirgendwo In Afrika / Nowhere in Africa. Director: Caroline Link, 2001. In the late 1930s, a Jewish family, the Redlichs, reluctantly emigrate from Germany to British East Africa to manage a farm. At first, not all members of the family come to accept their new life in such an "uncivilized" society. However, with a return to Germany impossible given the persecution of Jews, the Redlichs must make the adjustment. They soon find themselves treated more humanely by Africans than they ever were in the supposedly civilized Europe from which they fled. Based on the 1995 autobiographical novel by Stefanie Zweig. © Sony Pictures

White Mischief. Director: Michael Radford, 1988. Set in British East Africa (Kenya) during the 1940s, this film offers a fascinating study of the decadence and moral bankruptcy of life in "Happy Valley," a colonial enclave in the eastern highlands outside Nairobi. The plot revolves around a lovers' triangle that ends in murder, but it also highlights the arrogance, idleness, and debauchery of the colonial expatriates. Based on the 1987 novel by James Fox. © Nelson Entertainment

The Kitchen Toto. Director: Harry Hook, 1988. Mwangi is a Kikuyu boy whose preacher father is murdered by Mau Mau rebels in 1950. Soon afterward he goes to work as a house servant for a colonial police officer and his wife and young son. When the rebels kidnap Mwangi and make him swear allegiance to their cause, a potentially explosive situation arises. A gripping story about one of the bloodiest episodes in the history of British decolonization and the birth of modern Kenya. © Warner Home Video

Something of Value. Director: Richard Brooks, 1957. Peter, a Kenya settler boy, and Kimani, a Kikuyu, are childhood friends. After his father is jailed for following tribal customs, Kimani joins the Mau Mau rebellion. Kimani believes in the cause, but does not agree with the indiscriminate killing of women, children, and those who will not join or support the rebels. Peter, even after the deaths of his little sister and brother by the Mau Mau, still believes that there is a chance for peaceful co-existence. Based on the 1955 novel by Robert C. Ruark. © MGM

The Constant Gardener. Director: Fernando Meirelles, 2005. Justin Quayle, a British diplomat stationed in Nairobi, investigates the brutal murder of his healthcare activist wife despite the wishes of his superiors that he rely upon the official inquiry for answers. Instead, Quayle discovers a sinister conspiracy between his government and the pharmaceutical industry to test experimental drugs on unsuspecting Nairobi slum dwellers. Based on the best-selling 2001 novel by John Le Carré with scenes filmed in Kibera, Nairobi's notorious slum and the largest in all of Africa. © Universal

To the Ends of the Earth: Birds of East Africa. This documentary, introduced by renowned conservationist Jane Goodall and narrated by National Geographic's Bill Jones, focuses on the remarkable lives of East African birds. Wildlife photographer Todd Gustafson captures stories of competition, courtship, family, hunting, and flight, illustrating the hidden world of these avian species and highlighting the shared experiences between humans and other species.

TELEVISION

PBS Wildlife Series

Running with the Beast. This *Nature* episode follows the Great Migration in East Africa, where over a million wildebeest, along with zebras, gazelles, and elands, embark on an epic journey in search of fresh grass. Maasai guides Derrick Nabaala and Evalyn Sintoya share insights into this spectacle, which is part of their cultural heritage. The documentary also explores the threats posed by climate change, tourism, and modern-day conflicts to this delicate ecosystem.

Life at the Waterhole. In this series, Dr. M. Sanjayan and his team uncover the complex dynamics of a manmade waterhole in Tanzania, rigged with cameras. Viewers witness the daily drama as elephants, lions, leopards, and other wildlife congregate and compete for water at this vital oasis. The series provides unique insights into the lives of iconic African animals and the increasingly important role of water in the face of climate change.

BBC Wildlife Series

Planet Earth II (2016). This landmark series, narrated by Sir David Attenborough, dedicated an entire episode to exploring the savannas of East Africa. It featured breathtaking footage of iconic species like lions, elephants, and giraffes, as well as lesser-known creatures like the sengi or elephant shrew. The episode highlighted the region's unique landscapes and the remarkable adaptations of its wildlife to survive in this harsh yet beautiful environment.

Africa (2013). Narrated by Sir David Attenborough, this six-part series provided an in-depth look at the diverse habitats and wildlife across the African continent. The "Savannah" episode focused extensively on East Africa, showcasing the epic annual migration of wildebeests and zebras in the Serengeti, as well as the predator-prey dynamics between lions, cheetahs, and their prey species.

Wild Africa (2001). This six-part series, narrated by Fergal Keane, explored the natural history of Africa's varied environments. The "Savannah" episode covered the vast grasslands of East Africa, featuring stunning visuals of wildebeest migrations, lion prides, and other iconic savannah wildlife.