

LONG HAUL EXPEDITIONS

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TAMAR TRAVEL AGENTS LTD.
56 BOHUN GROVE
EAST BARNET
HERTFORDSHIRE
EN4 8UB

TELEPHONE: 01-440 1582

INFORMATION LEAFLET

Please read this sheet carefully as it contains some important information. Hopefully it will make your preparation for the trip a little easier, but if you are left with any questions do not hesitate to contact us. You will be receiving a letter stating the departure arrangements a little closer to the departure date.

LUGGAGE As mentioned on previous leaflet this MUST be restricted to a standard size holdall or kitbag (definitely no rucksacks please). The overall size of your bag should not exceed 24 inches long by 14 inches wide by 14 inches high. Luggage space is very limited, especially at the beginning of the trip and it is important that your case is within the size limits stated above. Sleeping bags should be carried separately and must be of the COMPACT TYPE that roll up and pack into their own waterproof bag.

CAMP BEDS/STRETCHERS Camp beds/stretchers are not practical for the tents which we will be using, and also no provision is being made for packing them into the vehicle or trailer.

CAMERA BAG etc. etc. It is recommended that you bring a small airline type bag in which to keep for example camera and other items which may be needed during the days travelling. (Size should not exceed 14 inches long by 10 inches wide by 10 inches high.)

FIRST AID KIT A first aid kit is supplied on the expedition, and it is intended to take care of emergencies and accidents that may occur during the expedition. However it is not intended for long courses of treatment, or normal day to day medical care, and if any one has an accident or falls ill, they will be treated from the first aid kit until the first opportunity to visit a doctor or hospital. Any further treatment will be at an individuals own expense. It is recommended that you bring your own small personal medical kit - do not forget some insect repellent. It is particularly important that you bring a supply of Malarial tablets to cover the duration of the trip.

It is recommended that all members of the trip have a dental check before departure as this may save trouble and discomfort later on.

INSURANCE It is essential that everyone has medical insurance cover that would cover the cost of any medical treatment necessary as a result of accident or illness. The insurance should also cover the cost of flights home in the event of anyone being too ill to continue the trip. We are enclosing two insurance proposal forms with this leaflet. The ISIS policy which we have been using for many years, and also a more comprehensive policy which is arranged through Lloyds. If you wish to arrange one of these policies will you please send the completed proposal form to the above address together with the premium. The insurance premium can be included with the trip payment and should be made payable to Tamar Travel Agents Limited.

N.B. The ISIS policy is available to anyone and is not restricted to students only and this policy is available for up to 18 months if required. Please ask for details.

We particularly recommend the Lloyds policy as although more expensive than ISIS, the benefits are very comprehensive.

In addition to the above insurance, anyone taking expensive cameras or similar items should take out an 'all risks' policy to cover these items. It is important to make certain that any policy is for world wide cover and not limited to Europe.

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STUDENT CARDS If you have a student card or can obtain one you are strongly advised to bring it on the trip. On some recent expeditions some travellers have been asked to change a sum of money into Algerian currency on entry into Algeria, however those with student cards did not have to comply with this request.

VACCINATIONS Please obtain vaccinations as stated on main leaflet (with the exception of Typhus which is no longer necessary). It is essential that you obtain International Vaccination Certificates in respect of Cholera and Yellow fever. These certificates should be valid for the duration of the trip.

Vaccination against Hepatitis (Gamma Globulin) is only effective for a limited time and should be had as near to departure as possible.

PLEASE NOTE: We will need your yellow fever vaccination certificate in order to obtain your visas. We will need this in our possession about five weeks before departure.

TRAVELLERS CHEQUES AND CASH When buying travellers cheques (either £ sterling or U.S. dollars are suggested) you will find it more convenient to have cheques in small denominations. We would suggest £10 or £20 or \$20 or \$40 cheques. It is recommended that you bring half of your money in cash as it is sometimes possible to obtain higher exchange rates for cash. A small amount of French francs cash is also very useful when travelling through the ex French colonies.

A money belt or similar is recommended for carrying cash, travellers cheques and passport. There is a strongbox for cash and passports fitted in the vehicle.

FILMS It is recommended that any films required for the trip are purchased before departure. They are extremely expensive in almost all of the countries that we will be travelling through, and sometimes very difficult to get.

One of the cheaper places for buying films is:-

Jessop of Leicester Ltd.,
Photo Centre,
Hinckley Road,
Leicester. LE3 0TE. Telephone: 0533 20461

Films can be purchased by mail order - delivery very quick.

Adverts always appear in 'Amateur Photographer' (for current prices)

GROUP KITTY Payments into the group kitty will be collected as and when required en route. At least half your kitty payments should be brought in cash so that advantage can be taken of the higher exchange rates sometimes available. The amount quoted for the kitty is a flexible figure, and for example if the trip should take longer than planned, if exchange rates drop, or if more expensive items are purchased than normal, then the total amount paid into the group kitty will be higher. However this has never happened in the past.

The group kitty is meant to cover all food costs, (excluding meals out and market lunch stops), all camp site fees, (when campsites are available, it is not very often that we go onto a paying campsite), and the entry fees into the main game parks (Serengeti, Ngorongoro conservation area etc. etc.) but is not intended for payments for such things as climbing Kilimanjaro where not all members of the group take part.

The cost quoted for the kitty is based on the amount spent on the last two trips with an increase to take account of inflation and different exchange rates. As the group kitty is organised and run by the group, for the group, more (or less) items can be included by group consent.

KITTY PRE DEPARTURE PAYMENTS We will be collecting £60 towards the group Kitty before departure. This may be paid with your final payment for the trip. This is to cover kitty shopping.

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MAILING ADDRESSES

Address letters:-

Name,
c/o Poste Restante,
The Main Post Office,
Town,
Country.

Write surname in capitals and underline to make certain letter is filed under correct name. Money or packages should not be sent.

Tamanrasset, Algeria	after 3½ weeks
Niamey, Niger	" 5 "
Bangui, C.A.R.	" 10 "
Kigali, Rwanda	" 15 "
Nairobi, Kenya	" 18 "
Lusaka, Zambia	" 21 "
Johannesburg, South Africa	" 22 "

Allow 8 days for mail to arrive (from U.K.). The times given above are only approximate and are subject to alteration.

SUGGESTED CLOTHING LIST etc. etc. (Main items)

- 1 pair of good walking shoes or lightweight boots
- 1 pair tennis shoes or training shoes
- 1 pair thongs/sandals or similar
- 4 pair socks
- 1 pair jeans
- 2 pair shorts
- 1 warm sweater/jumper
- 3 or more T shirts
- 2 long sleeved tops
- 1 pair good trousers and good shirt/1 dress or long skirt
- 1 waterproof and warm anorak
- swimwear
- underclothes
- hat
- towel
- washbag containing soap, toothbrush etc.
- sunglasses
- torch with spare batteries
- sleeping bag with inner sheet
- personal conveniences such as needles and cotton, writing materials, etc.
- Plastic bags for packing clothes in to keep them clean when travelling
- scissors
- tissues
- pen knife or small sheath knife
- washing line and pegs
- small scrubbing brush
- a small personal water bottle is very useful
- Steretabs or similar (for purifying your personal water supply)

WARNING Government surplus clothing (ex army or air force) should not be brought on the trip as these items can at times cause misunderstandings with some officials.

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LIST OF SUGGESTED READING ON AFRICA

Things Fall Apart	Chinua Achele	Heinemann Ed Books
Houseboy	Ferdinand Oyono	African Writers Series
The Interpreters	Wole Salyinka	"
The Grass is Singing	Doris Lessing	"
African Child	Camera Laye	Fontana
Facing Mount Kenya	Jomo Kenyatta	Heinemann
Freedom and After	Tom Mboya	Andre Deutsch
Black Faces, White Masks	Franz Fanon	Palladin
Child of Two Worlds	Hugo Gathem	Mentor
Congo Kitabu	Hallett	Hamish Hamilton
Animal Kitabu	"	"
Green Hills of Africa	Hemingway	
Uhuru	Robert Ruark	
Something of Value	"	
Travellers Guide to East Africa	Thornton Cox	
The White Nile	Moorehead	Penguin
The Blue Nile	"	"
The Magazine 'Africa'	Africa Journal	
Myths and Legends of Africa	Margaret Carey	Hamlyn, London
Discovery of Africa	Richard Hall	"
Races of Africa	C.G. Seligman	"
A Short History of Africa	Oliver & Fage	Penguin
African Genesis	Robert Ardrey	Fontana
African Handbook	Colin Legum	Penguin
Rome in Africa	Susan Raven	
The Sahara is Yours	Stevens	Constable
Vanishing Africa	Mirella	
The Great Sahara	J. Wellard	Hutchinson 1964
Simple History of East. Africa	Britain & Ripley	Collins 1963
Africa South of the Sahara	G. Kingsworth	Cambridge 1962
The Secret of the Sahara	Rosita Forbes	
The Niger Journal of Richard and John Lander		Routledge 1965
No Room in the Ark	Alan Moorehead	Penguin
The Geography of African Affairs	Paul Fordham	Penguin (Pelican)
Africa in the 1980s	Legum	Macgraw
Travellers Guide to East Africa and the Indian Ocean	Simon and Jan Glen	IC Magazines Ltd Lascelles
Sahara Handbook		IC Magazines Ltd
Travellers Guide to Africa		
Flyaway	Desmond Bagley	Fontana

FIELD GUIDES (published by Collins)

There are many good field guides available covering the animals, birds, plants, fish etc. to be found in Africa. These books are invaluable to have on the trip and open up whole new areas of interest. You are strongly recommended to bring one or more of these books along.

The best maps for plotting the route across Africa are the Michelin Maps of Africa (Number 153) North and West Africa, and (Number 155) Central and South Africa. These are very comprehensive maps with much detail.

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PERSONAL HYGIENE AND COSMETICS Soap, toothpaste and toilet paper are readily available in the towns en route. Cosmetics, deodorants etc. are not generally available and you should bring all you are likely to need with you. Sanitary tampons are also not generally available.

BINOCULARS If you are at all interested in birds and animals, well worth bringing along.

BOOKS TO READ ON THE TRIP We would suggest that everyone brings along say at least 4 paperback books of their choice (not necessarily on Africa). There should be a good selection of books to read throughout the trip. These books will be used to make a group library.

TAKING PHOTOGRAPHS In a few of the countries that we visit (e.g. Algeria, C.A.R., Tanzania) officials are particularly sensitive about photography of any subject which might be remotely supposed to be of military significance, or to show up the country as backward. You should therefore be very careful in these places when you take out your camera - it could be confiscated.
NEVER TAKE PHOTOGRAPHS AT A BORDER POST IN ANY COUNTRY IN AFRICA.

PUNCTUALITY When the group stops for shopping or sightseeing, a time is agreed for everyone to be back. It can obviously become very irritating if there is always someone late, and if each person is late just once a week on an expedition, it means in effect that you are always waiting for someone, so please be punctual when meeting up with the rest of the group. A watch is essential on an expedition.

PERSONAL SPENDING MONEY An absolute minimum of £350 - more if possible. The average amount spent on past trips is around £500 per person.

DRUGS AND FIREARMS These are strictly not allowed on the vehicle under any circumstances, (excluding drugs prescribed by a doctor for medical purposes for which an authority must be obtained). Any person found in possession of drugs on the vehicle or in the tents or camping area will almost certainly be required to leave the expedition. Some of the countries that we travel through have strict anti drug laws, and for the sake of the group as a whole this rule is very firmly kept.

AFRICA It is essential before leaving on a long African expedition to be mentally prepared and to accept that crossing the African continent is a major challenge. It is important to accept the fact that once in the depths of Africa there is no such thing as a fixed itinerary or a fixed schedule. We have one objective which is to get to our destination by whatever route is open and to see and explore as much of Africa as we can on the way.

MALARIA TABLETS The Hospital for Tropical Diseases have advised that to obtain satisfactory protection in Africa against malaria you should be taking one of the following tablets.

Paludrin	2 tablets daily
Nivaquine	2 tablets weekly

Whilst in East Africa, especially on the coastal areas you should also take Maloprim (one tablet twice weekly).

VISAS A visa information leaflet and visa forms for completion will be sent to you about eight weeks prior to departure. These should be returned to us with your passport not later than five weeks before departure.

DEPARTURE DETAILS You will be receiving a letter about two weeks before departure informing you of the joining details. It should be noted that all our trips officially commence at Ramsgate, however there will be a coach leaving from Kings Cross station, London for Ramsgate Ferry Terminal available at a nominal charge.