

## Travel Check List

As the African rainforest and the bai environment can be quite muddy and wet, it is recommended that you bring enough suitable clothing (including socks) to allow time for laundered items to dry in the often humid and wet conditions. Ideal clothing is quick drying, lightweight, in dark greens or browns and has long sleeves or trouser legs. Black and blue clothes are not recommended as it may attract tsetse flies during the water activities.

We recommend that all camera equipment is suitable for humid and possibly wet environments. Lighting conditions can be challenging in the forest; gorilla welfare protocols dictate that flashes cannot be used and the typical distance at which gorillas are viewed is not closer than 7 m / 23 ft. There are many interesting smaller things that may be encountered in the forest, so a macro lens might also be helpful. You will be required to carry all your own equipment.

Gorillas are vulnerable to catching human diseases and we take every step possible to minimise any risks to these endangered primates. In accordance with international gorilla-viewing protocols you will be required to provide evidence that you have been vaccinated against measles and polio, and that you are free of any active tuberculosis (TB) infections. In camp, guests that display cold, flu or other respiratory tract symptoms will not be allowed to track gorillas and this decision is at the discretion of the researchers, guides and camp manager.

We recommend that all guests visit their physician or travel clinic well in advance of their travel date, as this will enable them to easily comply with this protocol (by having a doctor certify the required medical form provided) and use the opportunity to discuss malaria prophylaxis and other sensible health precautions. Note that a valid yellow fever certificate is an entry requirement for the Republic of Congo.

### PACKING LIST (A 15kg weight limit may apply, please enquire ahead of travelling)

#### CLOTHING (Laundry is available daily at every camp)

- At least 2 to 3 fast-drying shirts with long sleeves and 2 to 3 pairs of fast-drying long pants (preferably dark greens, browns, khakis).
- Closed walking shoes, ideally light-weight and fast-drying (heavy boots can be difficult to dry), we recommend old running shoes for the river activities as you will get wet and muddy. Feel free to leave these behind if you do not want to pack wet shoes. [Palladium high ankle walking boots](#) or [Teva Sandals](#) are perfect.
- Two pairs of socks per day, we recommend light-weight and fast-drying.
- A light fleece or jumper for cooler evenings and a long light weight dark shaded shirt for river activities.
- Sun hat, bathing suit, casual clothes and comfortable shoes for relaxing in camp.

#### EQUIPMENT & OTHER

- Sunglasses, sunscreen (non-greasy recommended).
- Binoculars, camera equipment, anti-fog for lenses, spare batteries and memory cards or film, adaptors (European plugs in camp).
- Personal toiletries (eco-friendly shower gel, shampoo and conditioner are provided).
- Insect repellent (tropical grade, ideally containing DEET - natural products are not recommended).
- Anti-itch or anti-allergy cream.
- Any medication you may require.
- A few zip-lock bags or a lightweight dry bag for electronic equipment.

#### PAPERWORK

- Guest wellbeing - A list of medical conditions, medications and allergies and dietary requirements.
- Immigration - Passport, visa (recommended getting prior to arrival), flight tickets, letter of invitation, money, credit cards, insurance details. If obtaining a visa on arrival to Maya Maya Airport please bring a printed copy of your visa assistance letter, letter of invitation and US\$ 50 in cash (this is subject to change in accordance with customs).
- Immigration - Yellow Fever vaccination record for entry into the Republic of the Congo.
- Gorilla tracking – Measles, polio vaccinations, and Tuberculosis screening confirmation to comply with medical requirements form (provided by CCC), this form must be completed by a doctor and must be returned to reservations 1 month before arrival.

## GIVING BACK

The Sabine Plattner African Charities (SPAC) is an NGO specializing in conservation and education, and links them to improve the lives for rural African communities. SPAC currently partitions its efforts to four broad areas:

1. Early Childhood Development
2. Youth Development Programs
3. Community Conservation
4. Research and Capacity Building

If you would like to support the Sabine Plattner African Charities, donations of the following are welcome:

- Malaria Tests
- Mosquito nets for the young mothers to protect their babies
- Underwear for boys and girls aged 2 – 6 years
- Stationary: Felt pens, pencils, sharpeners, erasers and colour paper (wax crayons are not advised as they melt in the heat)
- Educational books and table games in French
- Footballs

## TIPPING GUIDELINES

There are no fixed amounts for tipping, and guests are not obliged to tip. Below are general guidelines:

- Guides: US\$ 20 per guide per day.
- Local staff: US\$ 30-50 per guest for the stay. This is distributed between the camps.
- Trackers: US\$ 5-10 per tracker per trek.