

TIME  
LIDE



ZAMBIA

*Begin Your Journey*



## CONTENTS

- + ENTRY REQUIREMENTS
- + TRAVEL INSURANCE
- + HEALTH AND SAFETY IN THE BUSH
- + WHAT TO PACK
- + WEATHER AND SEASONS
- + A TYPICAL DAY ON SAFARI
- + NEED TO KNOW

## CONTACT INFORMATION

TIME + TIDE OFFICES - CAPE TOWN	+27 87 700 6555
TIME + TIDE OFFICES - MFUWE	+260 97 1084808
AFTER HOURS EMERGENCY	+27 87 700 6542
PROFLIGHT ZAMBIA	+260 1 252 348
SKYTRAILS	+260 96 7867848
TOURS AFRICA	+260 97 9149376



## ENTRY REQUIREMENTS

### VISAS

Visas can be purchased prior to arrival for some nations, but we recommend obtaining your visa on arrival. No visas are currently required for travellers from the UK, US, Canada, Norway, Australia, China, South Korea, Gulf Estates and European Union, among other countries. Your passport must be valid for at least six months past your departure date from Zambia. Visa conditions change regularly, please check one of the following websites for the latest visa regulations for the country of your passport:

- + The Zambian Department of Immigration - [www.zambiaimmigration.gov.zm](http://www.zambiaimmigration.gov.zm)
- + The Zambian High Commission, London - [www.zhcl.org.uk](http://www.zhcl.org.uk)
- + The Malawian Foreign Affairs Department - [www.foreignaffairs.gov.mw](http://www.foreignaffairs.gov.mw)

### CURRENT VISA FEES

Prior to travel, please check if you require a visa for Zambia and confirm the cost of your visa, as well as whether or not you are able to purchase your visa on arrival. Visa fees are subject to change. For more information, please [click here](#).

The KAZA UNIVISA allows tourists to obtain one visa for both Zambia and Zimbabwe. This visa costs US \$50.00, and is valid for multiple entries, up to 30 days, so long as the holder remains within Zambia and Zimbabwe. It also covers day trips to Botswana at the Kazungula Border. This visa is not available online and is subject to availability, but can be obtained at the following ports of entry:

- + Zambia: Lusaka Airport, Livingstone Airport, Victoria Falls Border, Kazungula Border
- + Zimbabwe: Harare Airport, Victoria Falls Airport, Victoria Falls Border, Kazungula Border

Travellers obtaining a visa on arrival are recommended to check their passports after it has been stamped by the immigration officer to ensure that the correct number of days stay have been authorised to cover your whole stay in Zambia. We cannot accept responsibility for any disruptions caused by visa issues.



## INSURANCE

We strongly advise that you take out comprehensive travel insurance before departing for Zambia. The policy should cover the full dates of travel, including international flights. We recommend obtaining a policy that covers emergency evacuation, medical emergencies, cancellation or interruption, repatriation expenses, and damage/theft/loss of personal luggage/money/goods, and force majeure. Depending on your personal circumstances, it may be advisable to obtain a policy that covers cancellation for any reason. Time + Tide is unable to accept liability for any issues that may arise of the aforementioned eventualities.

Time + Tide carries public and passenger liability insurance for all guests staying at our camps and travelling in our vehicles. However, we cannot be held responsible for loss or damage to any personal possessions whilst guests are in our care.

We do our utmost to ensure your experience is entirely safe and enjoyable, however we do operate in the bush, where sudden changes in weather and wild animals wandering freely through our unfenced camps are potentially daily occurrences. Guests are urged to take note of all safety advice and read the safety information in all camps.

## CANCELLATION AND CURTAILMENT

If for any reason, you cancel a trip close to departure date, you could lose the entire cost of your trip. Should you have to leave before your holiday is finished, we cannot refund you the cost of the portion of the package you do not complete. In the eventuality of this happening, insurance may cover you, depending on the reason for cancellation and curtailment. As previously mentioned, depending on your personal circumstances, it may be advisable to obtain a travel insurance policy that covers cancellation for any reason.



## HEALTH

At Time + Tide, whilst we are in no way qualified to give medical advice, what follows here are a few tips and guidelines for staying healthy on safari. Please note that a travel insurance policy covering medical emergencies and emergency evacuation is an essential prerequisite for your safari. Please consult a medical professional for advice.

All Time + Tide camps have basic first aid facilities and staff on hand who have first aid training, but it must be stressed that our camp staff are not trained or equipped to handle serious medical situations. You are strongly advised to consult your doctor prior to travel and get accurate, up-to-date advice on inoculation and anti-malarial requirements.

### MEDICAL CONDITIONS

Prior to your arrival, please notify us of any medical conditions you have that may impact your safety or well-being. This includes any food, drug or environmental allergies, especially nuts, bees, or any other commonly encountered allergens.

### DIETARY REQUIREMENTS

If you have specific dietary requirements, please let us know before you arrive. With prior warning, we can accommodate most reasonable requests for alternate dietary options.

### INOCULATIONS

Inoculations generally advised for Zambia include diphtheria, tetanus, polio, hepatitis A and typhoid. Inoculations sometimes advised include tuberculosis, hepatitis B, rabies, meningococcal meningitis and cholera. It is advisable to begin any round of inoculations you may need several months prior to departure to ensure the inoculations have sufficient time to become effective before travelling. If you have travelled from a country where yellow fever occurs, then you may be asked to produce an International Certificate of Vaccination when entering Zambia. Please be prepared accordingly.

### DOCTOR

In the South Luangwa, there is a doctor available for call out in emergencies. The call out fee is \$200 per doctor's visit, all of which goes towards funding a full-time doctor at the local clinic.



## COMMON MEDICAL CONCERNS

### MALARIA

Malaria is caused by a mosquito borne parasite. It is endemic across Zambia and can be contracted at any time of year. We recommend a combination of physical, topical and medical preventative measures to maximise your protection. Wear clothing that covers your limbs and liberally apply insect repellent to reduce the occurrence of bites. Malarone and doxycycline are the most effective and widely used prophylactics. We very strongly urge you to consult with your doctor to determine which option is best for you. Tell your doctor that Zambia is chloroquin resistant. The incubation period for the malarial parasite is 12 - 14 days. If contracted, it is important to get treatment as soon as possible. If you develop flu-like symptoms, seek medical attention immediately.

### YELLOW FEVER

As of 28 January 2015, South Africa (to align with the rest of the world) no longer requires travellers from Zambia to have proof of yellow fever vaccinations.

### DEHYDRATION

It is advisable to drink at least two litres of fluids per day. In addition to water, it is important to have sufficient salt and sugar intake. All Time + Tide camps carry supplies of rehydration salts. If nausea or vomiting occurs, then seek medical attention.

### DIARRHOEA

This is a common problem that can arise when travelling abroad. All of our camps have very high levels of hygiene, but sometimes travellers can react to a change in diet or water. We advise you bring suitable medication, just in case.

### TSETSE FLIES

Tsetse flies occur in parts of Zambia. They are more of an irritant than a serious threat. They have a sharp bite, which can be quite itchy, hemorrhoid cream can reduce the effect.

### SUNBURN

The African sun can be very strong and sunburn can occur through clouds and even a light shirt. We advise you use high strength sun cream and wear a hat.



## SAFETY IN THE BUSH

Africa's wild animals can be unpredictable and potentially dangerous if encountered in the wrong context. Your safety is very important to us, so while on safari with Time + Tide, you need to be aware of your surroundings and the associated risks. You will most likely undertake both walking and driving safaris; please note that these activities are taken at your own risk.

We conduct our safaris in unfenced national parks where wild animals roam freely. Additionally, all of our camps are unfenced, so potentially dangerous animals are often found in and around camp. Attacks by wild animals are as a whole quite rare, however, there are no guarantees that such incidents will not occur. Please use common sense while on safari - be aware of your surroundings, listen for animals, and do not approach, touch or feed wild animals. While on walking safaris and game drives, keep noise to a minimum, especially at sightings.

We will do our utmost to ensure your safety, with numerous measures put in place to keep your experience enjoyable and safe. It is of the utmost importance that you listen to all instructions given by your guide and camp staff, especially at night. Do not wander around by yourself, and during night wait for a staff member to escort you to your room after dinner.

### KEY SAFETY GUIDELINES

- + The animals are wild, and should not be approached, touched or fed
- + Listen to all instructions given by guides and camp staff
- + Adhere to all safety measures - they have been put in place for your security
- + Stay far away from the river's edge unless accompanied by a guide
- + Never attempt to attract the attention of a wild animal by clapping, whistling, etc.
- + Do not litter, it can attract animals into camp or poison/choke them
- + Refrain from smoking on game drives - the dry bush ignites easily



## WHAT TO PACK

### CLOTHES

All camps have a daily laundry service, so you don't need to bring many clothes. Bush coloured clothing is best (green, brown or dark khaki). Please note you cannot partake in walking safaris wearing pale beige, cream or white. If you are travelling during the Green Season (Nov to Apr), bring a lightweight waterproof jacket, a change of shoes and plastic bags for your camera and binoculars.

- + Shirts or tee shirts x 3
- + Lightweight, long-sleeved shirt (good for covering up in the African sun)
- + Shorts x 2
- + Lightweight, long trousers
- + Set of casual evening clothes x 2 (long pants recommended to prevent insect bites)
- + Medium weight sweater + windbreaker (especially for cooler months, May to July)
- + Good pair of walking shoes (closed toe, thick soled)
- + Sandals or flip flops (for wearing around camp)
- + Sun hat
- + Sunglasses + case and cleaning cloth
- + Undergarments + socks (sports bra recommended for women, roads can be bumpy)
- + Light scarf (multi purpose - keeps off sun, wind and dust)
- + Swimming suit if desired (some camps have pools)

### PERSONAL CARE

- + General toiletries
- + Anti-malarials (speak with your doctor about which option is best for you)
- + High strength sunscreen
- + Moisturiser + lip salve (with SPF)
- + Insect repellent
- + Any personal medications with original labels if prescription
- + Simple personal first aid kit, including antihistamine cream + tablets
- + Glasses or contact lenses if needed - always bring a spare pair in case of damage
- + Feminine hygiene products if needed





## WHAT TO PACK

### GENERAL

- + Small day bag for bringing out on activities
- + International plug adaptor
- + Binoculars (one pair per person recommended)
- + Torch or head-torch (one per person is a must, with spare batteries)
- + Luggage ID tags
- + Luggage locks (ensure they adhere to airline regulations)
- + Travel alarm clock if desired

### DOCUMENTS

- + Passport
- + Health certificates if needed
- + Airline tickets
- + Spending money + bank cards (be sure to alert your bank of your travels)
- + Proof of travel insurance
- + Photocopy of your passport

### CAMERA EQUIPMENT (FOR ENTHUSIASTS)

- + A telephoto lens (200-300 mm recommended)
- + Wide angle lens for landscape photography
- + Additional flash for night photography
- + Tripod for shooting in low lighting (Zambia is great for night sky photography)
- + Spare memory cards (you can't have too many!)
- + Camera cleaning equipment
- + Dust proof bag + resealable zip bags for smaller equipment
- + Spare batteries + charger (limited availability of charging points in the seasonal camps)

### DOWNTIME

Between safari activities, you will have the afternoon to enjoy at your leisure.

- + Good book to read
- + Journal + pen to jot down your favourite memories and sightings
- + Crossword puzzles or sudoku



## SEASONS

### JANUARY TO MARCH

This is the green season, when the annual rains bring the bush to life. With plenty of water, the landscape is lush, providing ample grazing for the herbivores and well-fed prey for the predators. With plenty of food available, this is when many baby animals are born - the baby elephants make for an especially wonderful game viewing experience. Many birds are in their colourful breeding plumage, and the endangered wild dogs are easier to see this time of year. In the South Luangwa, the Luangwa River itself becomes an interesting feature. It is usually flowing very close to the top of its banks, and can rise or fall by up to a metre in just a few hours.

Although the rains may delay or interrupt activities, they are rarely cancelled. Storms can be very dramatic with impressive cloud formations, and clear skies in between. With very clear air, the verdant landscape, dramatic storms and adorable baby animals, this is an excellent time of year for wildlife and landscape photography.

### APRIL + MAY

With the annual rains coming to an end in April, our access through the national parks is greatly extended. As the seasons start to change, the seasonal camps open up. Sandbanks start to emerge from the river, attracting wading birds, and swollen lagoons become gathering points for the abundant wildlife.

### JUNE + JULY

The walking season starts in earnest during June in the South Luangwa and all roads in the national parks open up. As lagoons start to dry out large feeding parties of fish catching birds congregate, offering a dramatic addition to the game viewing.

Wild dog sightings continue to be particularly strong during these months, especially in the remote corners of the South Luangwa and Lower Zambezi. Early mornings and night drives are chilly - the campfire becomes a popular gathering point in camp!

A warm hat and fleece or compressible down jacket is an excellent addition to your safari bag in these months.



## SEASONS

### AUGUST + SEPTEMBER

Temperatures start to warm up through August leaving the chilly mornings and evenings behind. The weather is very pleasant - not too cool and not too warm. These are very interesting months in the bush, many of the trees and bushes are in flower and the grass has been grazed or trampled down, making for excellent game viewing. Small bush fires can occur and the smoke and dust hang in the air providing some spectacular sunsets, and wildlife photography during the early morning and evenings.

In the South Luangwa, iconic carmine bee-eaters start to gather and nest in the riverbanks, now exposed as the river levels drop. Watch as these vibrant coloured birds zip through the air in search of insects - it's truly a mesmerising scene.

### OCTOBER

As the last month of the dry season, this is the final month that we operate our walking safaris between the seasonal camps. Temperatures continue to rise but with the days lengthening we are able to start the activities early, avoiding the majority of the midday heat. As the remaining water resources begin to dry up, the wildlife is increasingly drawn to these gathering points, making for superb game viewing. With so many creatures in close proximity, this is an excellent time to see predator/prey interaction and other unique animal behaviours.

In the South Luangwa, the river is low and many of the lagoons have dried up. Hippos start to fight for the few pools of water deep enough to submerge away from the sun, and buffalo aggregate in herds of over a thousand. The bare mopane trees sport fresh green leaves heralding the onset of the rains to come.



## SEASONS

### NOVEMBER + DECEMBER

These are the first months of proper rain and the bush truly feels like it is coming alive with all of the new plants and animal life springing up. Grazing species begin to drop their young during this impending time of plenty. Notably, all of the baby impala are born within two weeks of each other, usually at the start of November. The landscape comes to life with a thousand shades of green, carpeting the ground and filling the treetops with leaves and fruit.

The rains flush the dust out of the air, leaving crystal clear skies and dramatic cloud formations towering on the horizon. Game viewing is rarely affected by the weather. Storms are very localised and usually brief. It is a wonderful, dynamic time in the bush.

## WEATHER

### | SOUTH LUANGWA

### | LOWER ZAMBEZI

Month	Max Daily Temperature	Min Daily Temperature	Avg Rainfall	Max Daily Temperature	Min Daily Temperature	Avg Rainfall
JAN	31°C / 89°F	20°C / 68°F	230mm	29°C / 84°F	20°C / 68°F	190mm
FEB	31°C / 89°F	20°C / 68°F	220mm	29°C / 84°F	20°C / 68°F	170mm
MAR	31°C / 89°F	20°C / 68°F	60mm	29°C / 84°F	19°C / 66°F	100mm
APR	31°C / 89°F	19°C / 66°F	-	29°C / 84°F	16°C / 61°F	30mm
MAY	28°C / 82°F	15°C / 59°F	-	28°C / 82°F	13°C / 55°F	5mm
JUN	28°C / 82°F	10°C / 50°F	-	25°C / 77°F	10°C / 50°F	-
JUL	28°C / 82°F	10°C / 50°F	-	25°C / 77°F	10°C / 50°F	-
AUG	30°C / 86°F	14°C / 57°F	-	28°C / 82°F	12°C / 54°F	-
SEP	30°C / 86°F	14°C / 57°F	-	32°C / 90°F	16°C / 61°F	-
OCT	40°C / 104°F	22°C / 72°F	10mm	34°C / 93°F	20°C / 68°F	15mm
NOV	40°C / 104°F	22°C / 72°F	50mm	33°C / 91°F	20°C / 68°F	110mm
DEC	38°C / 100°F	22°C / 72°F	100mm	31°C / 88°F	20°C / 68°F	200mm



## A DAY ON SAFARI

- 5:30 Wake up call - another exciting day on safari awaits!
- 5:45 Enjoy a hot cup of tea or coffee and a light breakfast, including eggs cooked to order on the campfire, before heading out on your morning activity.
- 6:15 Depart for your morning game drive or walk. Halfway through, you will enjoy a scenic tea and coffee break, complete with a freshly baked treat.
- 10:00 You return to camp after a morning of exploring. There is no exact time - it depends on what you see and the temperature as midday approaches.
- 11:00 Sit down to a tasty brunch - usually served buffet style with lots of fresh salads.
- MIDDAY Read a book, take a nap, or watch the animal activity at the local water hole. This is a good time to make sure your camera batteries are charged.
- 3:30 Gather for afternoon tea, coffee and cake before your afternoon activity.
- 4:00 You depart for your afternoon safari activity.
- SUNSET As the sun starts to set, your guide finds a scenic spot to stop for a sundowner.
- AFTER SUNSET After your sundowner, your evening drive continues using a spotlight to search for elusive nocturnal wildlife.
- 7:30 You return to camp after your evening drive. There is no exact time - it depends on what you see. Enjoy a drink at the bar or take a quick shower before dinner.
- 8:00 Dinner and dessert are served. Enjoy a nightcap and a little stargazing around the campfire before heading back to your room for some well-earned sleep.



## NEED TO KNOW

### CURRENCY

The Zambian currency is called kwacha. You may need a small amount of ZMK or USD for visas or flight departure taxes. There are banks and ATMs in Lusaka, Mfuwe and Livingstone Airports. You cannot change USD in Zambian banks unless you are an account holder, however there are money changing facilities in the Lusaka Airport. If you bring USD to change, only bring bills from 2008 or later, and in a range of small denominations to ensure there are no problems. It is recommended that you change any leftover kwacha back to USD prior to departure, as many banks outside of Africa will not deal in kwacha.

### CREDIT CARDS

Credit cards are accepted in many places, but it is not recommended that you not rely on any single credit card when travelling through Africa. Authorisation is usually required for larger purchases, which can be difficult to obtain. Additionally, most credit card transactions will carry a 5% surcharge of the total invoiced amount. Visa is the easiest card to use in Zambia, followed by MasterCard, then American Express. Do not forget to alert your bank to your travel plans.

### TIPPING

In Zambia, when staying in a hotel or camp, or eating in a restaurant, it is mandatory that a 10% service charge be added to your bill (sometimes more). This is passed on to the staff and is designed to replace the optional gratuity. However, it is still customary to tip a small additional amount (no more than 10%) if you feel the service has been good. In the camps, we prefer that guests tip the staff at the end of their stay, rather than throughout their stay. A communal tip box will be placed at the bar or reception prior to your departure. Every tip is divided amongst the staff, both those you have and have not seen during your stay. We generally advise \$15 - \$30 per guest per day, but this is entirely at your discretion. The safari guides and scouts are not included in this tipping system, so if you have enjoyed your experience, you may tip your guide and/or scout separately which is generally advised as \$15 - \$30 per guest per day.



## NEED TO KNOW

### ELECTRICITY & CHARGING

Zambia runs on 220 - 240 volts, using British three-pin plugs. In the South Luangwa, Time + Tide Chinzombo runs on mains electricity and has multi-adaptor plug points. Our seasonal camps (Time + Tide Mchenja, Kakuli, Luwi and Nsolo) run on solar power, and offer British three-pin charging points in the main areas and plug points in individual tents. Due to the nature of solar power, charging facilities can be limited at times. As such, we strongly recommend that you bring extra batteries. Due to limited capacity, we are not able to charge laptops in the seasonal camps.

In the Lower Zambezi, our camps all run on generator power. There are British three-pin plug points both in the Chongwe Tents/Suites/House and in the main lounge areas.

### COMMUNICATIONS

All of our properties are located in the heart of the African bush and offer free wifi for guests to use, please note that it is bush speed though! Uploading and downloading can be especially slow. Time + Tide Chinzombo also has limited phone signal and there is no phone signal in our seasonal camps (Time + Tide Kakuli, Nsolo, Luwi, Mchenja). If there is an emergency, we are always able to get messages to and from guests through our radio system.

We believe that unplugging from the hectic pace of modern life and reconnecting with nature and each other is a central part of the Time + Tide Safaris experience. This also helps us maintain a minimal environmental footprint. We recommend that phones be kept on silent and used only in the privacy of your own room, so that other guests may remain unplugged should they wish too.

TIME  
LIDE



*Time and tide wait for no man,  
start your journey today.*

[travel@timeandtideafrica.com](mailto:travel@timeandtideafrica.com)  
[timeandtideafrica.com](http://timeandtideafrica.com)

v20240716