

THE ADVENTURES OF INDIA!  
YOUR PERSONAL GUIDEBOOK  
ON PREPARING FOR  
YOUR SAFARI



PREPARED FOR  
GRAHAM AND HIGHLEY



## **Preface**

This Safari Guide contains all of the information you will need before going on your safari. It is divided into two sections:

**Section One: Before Departure** contains important information that you will need before you leave. **Please read it now** for this reason.

**Section Two: On Safari** contains details and reference materials that will help you during your safari. Please make sure you review it before your safari departs.

Please contact us if you have any questions.

### **IMPORTANT NOTE**

Since you are going on two separate safaris, we highly recommend that you pack **two separate bags** — one to leave in Delhi with our team and one to bring with you for the safari you are on — because, for the Snow Leopards portion, it is going to be cold and there will potentially be a lot of snow, but, while you're in central India, it will be warm.

## **Section One: Before Departure**

### **Checklist: Before Departure**

- Please read this entire guide before your departure.** It contains important information to help you prepare for your safari. We recommend you bring this safari guide with you on safari.
- Get a passport or check your passport.** If you already have one, make sure it will remain valid for at least six months **after** the date of your return from your safari. If it doesn't, please get a new passport now. Countries will not issue the required admission visas if your passport expires within six months of your departure from India.
- Obtain the required visas:** You will receive additional information regarding any travel visas that you may need for India. Most countries have an online system allowing you to obtain visa approval in advance.
- At the airport.** Your international airline is required to check your passport, prior to your departure. Occasionally, airline staff may not be familiar with visa requirements, and they may initially refuse to let you board the aircraft if they do not see a current travel visa in your passport. Showing them your visa approval should be accepted in place of a visa in your passport. If the airline staff does not accept the visa application, ask to speak with a supervisor and suggest they check the embassy's website of the country you will visit.
- Please talk with your medical professional and/or a professional at a travel health clinic about recommended health precautions.** This safari guidebook provides you with important information on the various precautions you may choose to take, but it is ultimately up to you to consult with your own medical professionals to determine your personal precautionary health measures.
- Plastic bags:** Some countries have banned single-use plastic bags, including the bags that contain duty-free purchases. The bans are primarily intended to eliminate the plastic bags used at retail stores. If this applies to your safari, you'll receive additional information.
- Arrange for transportation to and from your hometown.** Safari Professionals does not make international flight arrangements.
- Please be sure to send us a copy of your international air confirmations as soon as you received them.** We need to provide your flights details to our team in India in order to coordinate all your arrangements.

## Documents

### **Passport**

Please visit the U.S. State Department's website for complete information.

[http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)

- If you have a passport, make sure that it will remain valid for at least **six months after the date of your return** from your safari. **Your airline may have been instructed to not let you board your flight if this requirement is not met.**
- If you have changed your name (are newly married, for instance) be sure that we have your name as it appears on your passport. Your safari arrangements must be confirmed using your passport name. Please note that, if a name change is required, the airlines and other providers of services will charge a fee, which will be added to your safari balance.
- If you have a passport that has expired within the last 15 years, or one that will not remain valid for at least six months after the date of your return home, you will need to renew it. Renewal requires an application, two passport photos, your latest passport, and payment of the renewal fee.
- If you are getting a U.S. passport for the first time, or if your old one expired more than 15 years ago, you will need to provide proof of citizenship, proof of identity and two 2"x2" photos. For complete details, please visit this website:  
[http://travel.state.gov/passport/get/first/first\\_830.html](http://travel.state.gov/passport/get/first/first_830.html)
- If you are applying for your passport, please make sure to leave enough time to obtain any travel visas you may need.
- Please check to determine if you have **at least two blank visa pages** for the travel visas and entry/exit stamps you may obtain. Endorsement pages cannot be counted as visa pages. If you do not have a minimum of two blank pages, we strongly recommend you obtain a new passport.
- You may use a professional passport/visa service to assist you with any passport-related transaction. An additional fee will be charged by the passport/visa service. You may use any service you wish. We have found The Travel Documents Company (<https://www.traveldocs.com/>) to be highly effective in providing personalized assistance with passport and visa services.

Passport agencies of the U.S. Department of State are located in several cities and there are over 7,000 locations which accept passport applications throughout the U.S. Please visit this website to locate one near you: <http://iafdb.travel.state.gov/>

If you require expedited service, we strongly recommend you use a professional passport/visa service. Please note that additional time may be needed to obtain visas. If you apply for expedited service directly to the State Department, be sure to specify your departure date on your application. This is very important: passports are processed by the State Department in the order of departure date. Application forms that simply arrive by overnight services do not receive expedited treatment. The State Department charges an additional fee to expedite the processing of your passport.

Loss or theft of a valid passport is a serious matter and should be reported in writing immediately

to Passport Services, Department of State, Washington, D.C., or to the nearest passport agency. If you are abroad, it should be reported to the nearest U.S. consulate or embassy. We strongly suggest you make a photocopy of your passport and carry the photocopy with you, separate from your passport. In case of loss, this will help expedite the paperwork for obtaining a new one. In addition, we require that you provide Safari Professionals with a copy of the photo page of your passport, so we may book your hotel and transportation reservation in India.

If you experience any problem in obtaining a passport, please call us and we'll assist you.

## **Visas**

### **Eligibility for E Tourist Visa: International**

- Travelers whose sole objective of visiting India is recreation, sightseeing, casual visit to meet friends or relatives, short duration medical treatment or casual business visit.
- Passport should have at least six months validity from the date of arrival in India. The passport should have at least two blank pages for stamping by the Immigration Officer.
- International Travelers should have return ticket or onward journey ticket, with sufficient money to spend during his/her stay in India.
- International Travelers having Pakistani Passport or Pakistani origin may please apply for regular Visa at Indian Mission.
- Not available to Diplomatic/Official Passport Holders.
- Not available to individuals endorsed on Parent's/Spouse's Passport i.e., each individual should have a separate passport.
- Not available to International Travel Document Holders.

### **Instructions for e-Tourist Visa**

- Applicants of the eligible countries/territories may apply online minimum 4 days in advance of the date of arrival with a window of 30 days (for 30 days e-Tourist visa) OR minimum 4 days in advance of the date of arrival with a window of 120 days (for 1 year/ 5 years e-Tourist visa).
- Recent front facing photograph with white background and photo page of Passport containing personal details like name, date of birth, nationality, expiry date etc. to be uploaded by the applicant. The application is liable to be rejected if the uploaded document and photograph are not clear / as per specification.
- e-Visa fee is country/Territory specific. Bank transaction charges of 2.5% will be charged additionally on applicable e-Visa fees. The fee must be paid at least 4 days before the expected date of travel otherwise application will not be processed. To know the fee applicable on your Country/Territory please visit [https://indianvisaonline.gov.in/evisa/eTV\\_revised\\_fee\\_final.pdf](https://indianvisaonline.gov.in/evisa/eTV_revised_fee_final.pdf)
- e-Visa fee once submitted is non-refundable as the fee is for processing of the application and is not dependent on either Grant or Rejection of Electronic Travel Authorization (ETA).
- Applicant should carry a copy of Electronic Travel Authorization (ETA) along with him/her at the time of travel. Please confirm that your ETA status is shown as 'GRANTED'

on this website prior to commencement of your journey. Applicants can track the status of their application online by clicking <https://indianvisaonline.gov.in/evisa/tvoa.html>

- Biometric details of the applicant will be mandatorily captured at Immigration on arrival in India.
- The validity of e-Visa will be 30 days from the date of arrival in India.
- Double entry is permitted on e-Tourist Visa and e-Business Visa. Triple entry will be permitted on e-Medical Visa.
- e-Visa is valid for **entry** through **24 designated Airports** (i.e., Ahmedabad, Amritsar, Bagdogra, Bengaluru, Calicut, Chennai, Chandigarh, Cochin, Coimbatore, Delhi, Gaya, Goa, Guwahati, Hyderabad, Jaipur, Kolkata, Lucknow, Mangalore, Mumbai, Nagpur, Pune, Tiruchirappalli, Trivandrum & Varanasi) and **3 designated seaports** (i.e. Cochin, Goa, Mangalore). However, the foreigner can take **exit** from any of the authorized Immigration Check Posts (ICPs) in India.
- This facility is in addition to the existing Visa services.
- e-Visa can be used for maximum of two times in a calendar year i.e., between January to December.
- e-Visa is non-extendable, non-convertible & not valid for visiting Protected/Restricted and Cantonment Areas. If you intend to visit Protected/Restricted/Cantonment areas, you will require prior permission from the Civil Authority  
<http://www.mdoner.gov.in/content/rappap-restrictedprotected-area-permit>
- Applicants can track the status of their application online by clicking visa status.
- Please be careful while making payment of the e-TV fee. If the number of unsuccessful attempts is more than three (03), then the application id would be blocked, and the applicant would be required to apply again by filling the application form once more and regenerating a new application id.
- The Visa fee payment status updating may take up to 2 hours due to technical reasons/network delays. Applicants are advised to wait for 2 hours before payment of Visa fee again. In cases, where Visa fee has been deducted but status is not updated, the applicants are advised to verify their payment status by clicking on 'Verify Payment/Pay Visa Fee' tab or by clicking on the link Verify Payment.
- Before re-applying, the applicants are requested to wait for 4 hours for payment status updating, after final submission of the application form and payment of the fee. The payment status updating may take up to 4 hours.
- Nationals of Yellow Fever affected countries must carry **YELLOW FEVER VACCINATION CARD** at the time of arrival in India, otherwise they may be quarantined for 6 days upon arrival in India. Please visit our Ministry of Health & Family Welfare latest guidelines regarding yellow fever countries here.
- For any assistance call 24/7 Visa support center at +91-11-24300666 or send email to [indiatvoa@gov.in](mailto:indiatvoa@gov.in)

## **Climate of India**

Weather in India is divided into three distinct seasons — winter, summer, and the monsoon. Generally, if you are not going to Ladakh, the best time to visit India is during the winter when the weather in most places is relatively cool and pleasant.

### **Summer Season (From March to July)**

The temperature starts rising from late March in India. By April, the northern plains of India experience daily temperatures exceeding 40° C while in the south temperature reaches around 35° C, but humidity is more.

While the summer can be very uncomfortable in most parts of India, it's the perfect time for visiting the mountains and hill stations. If you want to see wildlife and spotting tigers in their natural environment, the summer is also the best time to visit India's national parks as all the animals come out of the thickets in search for water in the extremely hot environment. The National Parks are only open till June, hence please do note that. Ideally, if you are on a leisure holiday trip, your trip should end by early April, as it just gets unbearable hot. If you are on a photography trip and the heat is ok, then a wildlife expedition is great in April and May, as the heat draws animals to waterholes.

### **Monsoon Season (From Mid-July to Early October)**

In India there are two types of monsoons — the southwest monsoon and the northeast monsoon. The southwest monsoon, which is the main monsoon, comes in from the sea and starts making its way up India's west coast in early June. By mid-July, most of the country is covered in rain. This gradually starts clearing from most places in northwest India by October.

The northeast monsoon affects India's east coast during November and December. It's a short but intense monsoon. The states of Karnataka, Tamil Nadu and Kerala receive most of their rainfall from the northeast monsoon, while the rest of the country receives most of its rainfall from the southwest monsoon.

During the monsoon, India doesn't receive rain all the time, although it usually rains for a heavy period every day, followed by pleasant sunshine. The rain brings some relief from the scorching heat. Conditions become very humid while the temperature still remains quite hot.

It is difficult to travel throughout most of India during monsoon time as the rain often disrupts transport services. However, it is the best time to visit Ladakh in the far north. This is one of the tourist destinations for monsoon travel in India.

### **Winter Season (From late October to March)**

Once the monsoons subside, average temperatures gradually fall across India. As the Sun's vertical rays move south of the equator, most of the country experiences moderately cool weather. December and January are the coldest months, with mean temperatures of 10–15 °C (50–59 °F) in the North. Mean temperatures are higher in the east and south, where they reach 20–25 °C (68–77 °F). In the south, it only gets cold if you are on a boat or a safari very early in the morning. But the days are always present. Rajasthan, one of the most frequently visited states of India, can get quite cold in the mornings and evenings as it's a part of the Thar Desert. Hence, starting mid-November to early February, expect temperatures close to 5 to 10 degrees centigrade in early mornings and evenings. In October, November, late February, and early March, you can still get away with a light jacket.

### **Ladakh**

The weather in Ladakh is quite cold because of the high altitude (around 13000-14000 ft). It is essentially a cold desert that lies in the rain shadow of the Himalaya. Temperatures in the winter can drop to -4°F at night and at dawn and dusk, but on clear days, the bright sun and the lack of

humidity can make it very warm. As it is high altitude the air is quite dry. There is always a possibility of snow or rain, so it is advisable to bring warm layers, along with waterproof clothing. Additionally, sun protection at such high altitude is required, so a lot of sunscreen and a good hat are important.

## **What to Take**

### **Documents**

Before your departure, we will provide you with additional information that will help you on safari. Take this safari guide and other information with you. **DO NOT put any important documents in the luggage that you check through.** Keep these items with you at all times in your carry-on luggage. And don't forget your passport!

### **Luggage and Packing**

Most people tend to take too much clothing and gear on safari. Pack light and plan on taking only one medium soft-sided suitcase or duffel bag. The size limitation is required so that all bags can easily fit into your safari vehicle or light aircraft. Both have a limited amount of space for luggage. Plan on using your carry-on as your day bag during game drives.

**Keep one carry-on bag in your possession at all times with important items such as medications, tickets, passport, etc.**

Although the U.S. Transportation Safety Administration (TSA) publishes guidelines regarding the dimensions of carry-on luggage, each country and each airline establishes their own guidelines.

**Please check with all your international airlines now to determine if your carry-on luggage meets their specific requirements.** And we suggest you check again, just before your departure, to ensure their policies have not changed.

**Some international airlines restrict carry-on luggage to one piece and do not allow an extra piece such as a purse or computer case. Again, please check with your airline to determine their carry-on allowance and policies.**

The U.S. Transportation Safety Administration (TSA) provides the following information regarding luggage:

“Please check with your airline for their specific policies on carry-on and checked bags, including the number of bags allowed and size/weight restrictions. To help you and your bags get through security quickly, here's a packing tip: Many harmless items, when packed in a less than orderly fashion, might look like threats in the X-ray and require additional screening. So if you're packing electronics, be sure to wrap the cords tightly. Also, pack your items in layers: a layer of clothes, a layer of electronics, a layer of clothes, and then a layer of other items. This gives an officer a better view and will reduce the chances of your bag needing additional screening.”

We strongly recommend you consider securing your checked baggage with locks approved by the U.S. Transportation Safety Administration (TSA). These locks provide security but allow the TSA to open your baggage if it is chosen for inspection, without destroying your locks. TSA approved locks can be purchased just about anywhere padlocks or travel items are sold. Additional details are available at this TSA website: <http://www.tsa.gov/travel/travel-tips>.



Please use the large, easy-to-spot luggage tags provided by Safari Professionals. When our safari travelers use the same tags, it makes it easier for guides, lodge staff members and drivers to identify the pieces belonging to you. We recommend you place a copy of your itinerary inside your checked luggage in the unlikely event that your baggage does not arrive at your destination. You may also wish to attach an additional tag to your checked luggage that includes your flight schedule. The

## **Cameras**

Virtually everyone who wishes to take photographs on their safari uses a digital camera, mobile phone or tablet. Most people find that a digital camera with a zoom lens rated between 200 to 300mm allows them the greatest flexibility in taking wildlife photos. The zoom feature is handy for framing your photo and the longer focal length will bring your subjects closer to you.

You will be able to charge your camera batteries at each place you stay. But make sure you have the proper adapter.

Digital cameras store their image files on memory cards. It's easy to fill up a card when using a digital camera, so we suggest you bring more than one. Some travelers bring a dedicated hard drive to store image files, allowing the cards to be reused throughout the safari.

**If you purchase new photographic equipment for your safari, please test it to make sure it is functioning properly.** And **be sure to bring extra batteries,** even if your equipment uses rechargeable batteries. Batteries can run out of power while you are on a game drive and a spare will ensure that you won't miss a great photo opportunity. It is unlikely you will be able to purchase another battery while on safari.

## **Notes**

Everyone SHOULD have binoculars.

**Please note Satellite Phones are not allowed in India.**

## **Baggage Information in domestic flights**

Cabin Baggage Allowance: You can carry a maximum of 7 kg bag, which includes a laptop and a duty-free shopping bag. The maximum size of your cabin baggage should not exceed 115 cm (55cm+35cm+25cm).

Passengers are allowed to bring certain items free of charge in addition to their baggage allowance, as long as they comply with applicable security regulations. These items include

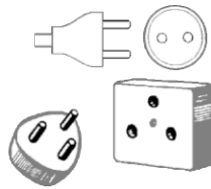
- An overcoat wrap or blanket.
- An umbrella or walking stick.
- A lady's handbag, lady's pocketbook or lady's purse.
- A reasonable amount of reading matters for the flight.
- A small camera and/or a pair of binoculars.
- Infant's food for consumption in flight.

Passengers are not allowed to carry anything on the aircraft that does not fit under the seat in front of them or in the attached storage compartment. If a passenger's hand baggage is too large, heavy or unsafe then baggage will be included as checked baggage.

**Checked Baggage:** They allow only 1 piece of check-in baggage, up to a maximum of 15 kgs (We have added 5 kg more so total would be 20 kg per person). Dimensions of the checked-in baggage should not exceed 158 CMS (62 inches) in overall dimensions (L+W+H)

### **Electric Adapters**

The electric current is 230-volt AC (50cycles) throughout country. Many different types of plugs and sockets are infused. Travelers with electric shavers, hairdryers, tape recorders and other appliances should carry a plug adapter kit.



### **Checklist: Packing**

#### **Snow Leopard Tour:**

- Thermal underwear
- Long-sleeve mid layer thermal shirts
- Sweaters or warm fleece
- T-shirts to wear around the lodge or as base layer x3
- Heavy-duty down jacket
- Goretex/waterproof jacket outer layer
- Heavy-duty, warm trousers (not jeans) x2
- Water/windproof outer pants (ski pants) x1
- Thick woolen hat
- Warm, waterproof gloves
- Liner gloves
- 1-2 Scarves
- Rugged, warm trekking high ankle boots that are good in snow
- Shoes other than boots for around camp

- Chemical hand and foot warmers
- Thick Wool Socks
- Snow Pants
- Good quality sunglasses - preferably polarized. Tinted fashion glasses are not good in strong light
- Normal Underwear
- Leisure wear and sleeping

### **Central India Tour:**

- Lightweight/Quick dry long-sleeved shirts, pants, and socks to protect you from insect bites and sunburn
- T-shirts
- Shorts (if preferred)
- Sun hat with a brim Long Shorts/skirts
- Good rubber-soled walking shoes (running/tennis shoes are fine)
- Sandals or rubber flip/flops for poolside
- Swimsuit with light cover-up garment
- Light rain gear or windbreaker (during monsoon Jun-September)
- Light fleece for early morning and evening drives (can be cool)

### **Overall:**

- Good quality sunglasses - preferably polarized. Tinted fashion glasses are not good in strong light
- Underwear
- Leisure wear and sleeping

### **Checklist: In Your Carry-On or On Your Person**

- Passport, airline confirmations, frequent flyer card
- Credit card (due to security concerns, do not use debit cards)
- Cash in USD
- Electrical converter and adaptor plugs
- Thermos bottle
- Flashlight with extra batteries
- Waterproof bags
- Medications (do not pack medications in checked luggage)
- Vitamin C Supplements to boost immune system
- Lip balm

- Sunscreen (50 SPF+)
- Moisturizing cream
- Pocket tissues
- Wet wipes/hand sanitizer
- Written copy of your prescriptions with the generic names of the medication (Keep this separate from your medications)
- Spare pair of prescription glasses or contact lenses if you wear them. If you wear contacts, we suggest you also bring along a pair of glasses. Eye drops.
- A copy of your eyeglass prescription in case you lose or break your glasses
- Cameras, digital memory cards, extra batteries, lens cleaning items
- Photocopy of your passport photo page (Keep this separate from your passport)
- Ear plugs, neck rest, eye shade for your overnight flights
- Spare set of underwear & socks in the unlikely event your luggage is delayed
- Something to read during your flights
- Notebook and pen with rubber bands (optional if you want to take notes)
- Walking stick (optional)

## **Money**

### **Currency & Credit Cards**

Regarding money exchange, money change in Delhi is better. The only thing you would need money for is tipping, which can be done in USD. Shops can also take foreign currency up there. There will be very limited shops that will be open.

### **Tipping**

We would like to inform you that tipping is completely a matter of a guest's satisfaction with services. It is fully up to you to tip someone or not, you could therefore change the amount of tipping depending upon your level of satisfaction with services provided. We hope this will help you.

## **Health**

### **General Health Considerations**

Before you leave for an extended vacation, especially one to an international destination, we recommend you consult your physician and a professional travel clinic. Make the doctor's appointment **no less than eight weeks before your departure**. You may need some prescriptions, inoculations (some of which need to be taken well before your departure), and perhaps some special advice that relates to your own physical condition. If you haven't had a physical examination recently, you should get one. Discuss your itinerary and describe your planned activities with your doctor if you have any questions about your fitness.

### **If you have any medical condition that requires special care or medications, let us know.**

In addition to getting specific inoculations and drugs, it is a good idea to bring along some general medicines as well. A broad-spectrum antibiotic is advisable. Be aware that some antibiotics (like tetracycline) can cause hypersensitivity to the sun. Diarrhea medicine is also advisable, as is medication for itches or rashes.

Be sure to bring enough of the prescription medicines that you are currently taking. Pack your medications in your carry-on luggage, not in your checked luggage. And don't take just enough in your carry-on luggage for the flight, assuming you will retrieve the rest when you get to your destination. Occasionally, checked luggage is delayed, and you could find yourself without medication. Carry a written copy of the prescriptions for any such medication you need, including its chemical (generic) name.

If you have any special condition or allergy that might possibly require attention overseas, have your physician write a letter describing the nature of the condition and the treatment - send a copy to us and carry the letter with you. 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 have severe allergies that may require the use of an Epi pen, please be sure to bring them.

### **Dental Check-Up**

It's a good idea to see your dentist a few weeks before departure. A broken or lost filling can be very aggravating while traveling. You might also consider taking along one of the commercially available dental emergency kits. Such kits allow you to replace lost fillings, cement crowns or caps, and alleviate toothaches. Ask your dentist or pharmacist for a recommendation.

### **Eyeglasses And Contact Lenses**

If you wear eyeglasses, take an extra pair along on the trip. If you wear contact lenses, you may want to take an extra pair of contacts and a back-up pair of regular glasses. A copy of your eyeglass prescription will make it easy to replace your glasses, if necessary. Contact lens users should bring plenty of any solutions they use. Wearers of soft contact lenses that need daily care should not hesitate to bring them. If the lenses require treatment in an electric sterilizer, however, be sure that you have plug adapters and a voltage transformer that will allow you to use the equipment on 220 volts. Please note that at some locations, electricity provided by solar power or generators may not be available 24 hrs. each day.

### **CPAP Machines**

If you use a CPAP machine, please be aware that some lodges and camps may not provide 24 hr electrical service. Portable, battery-operated CPAP machines are currently on the market and you may want to consider purchasing and bringing one with you, if you need your CPAP every night.

### **Checklist: Health**

- Consult your physician and/or a professional travel clinic no later than eight weeks before your departure.
- Plan ahead and get the necessary inoculations well before your departure.
- Ask your medical professional for a recommendation for malaria prevention medication. Let your doctor know if you are or may become pregnant.
- Let Safari Professionals know of any medical issues you may have and carry a letter from your physician with relevant information.
- Hand-carry your prescription medicines and bring written copies of all your prescriptions in

case you need to replace any while you are on safari.

- Take some personal medications for infection, headache, upset stomach, allergies, and diarrhea. Get advice and prescriptions from your doctor.
- Take out additional medical travel insurance if your insurance advisor recommends it after reviewing your own policy and the travel insurance provided.

## **Safety**

### **General Risks of Travel**

We make every effort to assure you a safe, healthy, and rewarding journey. Any travel, however, involves some risk. Whether you make your own arrangements or go with a group, the new and wonderful things that travel offers can be a potential source of danger. Although we believe such risks can be greatly minimized and will not pose a serious threat to you, no one is able to guarantee you the same level of safety or health that you might enjoy at home. Standards of health and safety vary widely around the world, and we have little control over local conditions or practices.

### **Travel Advisory**

From time to time, the U.S. State Department issues travel advisories regarding travel to and within various countries, as they deem appropriate. You may review their website at <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>. If you have any questions or concerns, please contact us to discuss them.

## **Section Two: On Safari**

You don't have to digest this all at once, but we ask that you read it through carefully at least once before you leave on your safari. Please use this as a reference during your journey. Included are descriptions of situations that you will probably never experience and procedures that you will never need to use, but that are important to know about just the same.

### **Valuables**

One of the recurrent problems of travel is losing items or having belongings stolen. Most people simply are not used to a nomadic way of life and don't keep track of their personal possessions very well while on the move. Remember also that travelers are usually quite conspicuous, and thieves thrive on carelessness. Here are some important points to keep in mind wherever you travel:

- Avoid wearing flashy items like jewelry and fancy clothes in public. It's best to leave your jewelry at home. Most thefts are of the "grab and run" variety.
- You may be particularly vulnerable while standing in lines, in baggage-claim areas, and in crowded public places where pickpockets lurk.
- Men should not carry a wallet in pant pockets. Women should carry bags with any flaps held toward them. Hold onto bags tightly in crowded places or leave your purse at home.
- Do not talk to strangers on the street. Don't listen to any plea for help or any other line that you may be given. Con artists of all sorts abound, so just ignore them and continue on your way. They have very convincing stories and are unbelievably good. If someone persists, go into a shop or other public place, and ask the manager for assistance.
- Always keep all of your important items in a safe place. It's best to spread valuables in different places rather than in one bag or pocket. It's best to keep your passport on your person at all times. Keep your carry-on bag with you at all times while you are traveling. Don't leave money or credit cards in your hotel room unless there is a safe in the room. Don't leave your purse, day pack or camera bag unattended.

### **Lost Luggage**

It is a sad but true aspect of air travel that bags get delayed or lost. It doesn't happen often, but it does happen, and there is not much that we can do to prevent it. The hopeful note is that the odds of it happening to you are thousands to one. But if it does happen, please don't let it spoil your safari.

Fortunately, delayed bags are more common than lost bags. Our local team will help you purchase whatever you may need. To take advantage of your baggage delay and loss insurance keep your receipts for reimbursement. And your travel insurance company may help locate your luggage if the airlines cannot identify its location. To help your luggage find you, we recommend placing your home address and a copy of your complete itinerary in your luggage to help the airlines get it to you.

## **Health pt. 2**

### **Travel Fatigue**

According to an old expression, getting there is half the fun. A lengthy flight, however, can be downright exhausting. The sheer fatigue of air travel, coupled with jet lag, can precondition you for problems when you arrive, unless you take steps to ease its potential effects.

Travel fatigue is primarily caused by lack of sleep. Airplane seats become uncomfortable after a few hours and your feet swell during prolonged sitting. The in-flight routine of safety briefings, passing out of headsets and drinks, meal service, tray collections, miscellaneous announcements, duty-free shopping and movies often seems like a three-ring circus designed to keep you awake. Other factors can also cause fatigue. Many cabins are pressurized at 5,000 ft. or more, which means that those who live at sea level will experience some oxygen deprivation. And the bone-dry air can cause a raw throat and dehydration.

Air travel experts and experienced travelers have techniques for combating travel fatigue. Here are some things you should do to reduce travel fatigue:

- Get plenty of rest the day before you leave.
- HYDRATE!** Avoid alcohol during the flight and drink plenty of other liquids. According to some experts, dehydration is the most debilitating part of air travel. Drinking at least eight ounces of fluid every hour is recommended.
- Eat lightly during the flight.
- Exercise. Although the cabin crew may disapprove if you jog around the plane, you can get up and stretch and walk about. There are also simple exercises that will relax your muscles and circulate your blood. Roll your feet, rotate your head, and contract and relax your leg muscles. Do some deep breathing. And if you're not the shy type, raise your knees to your chest and swing your arms over your head. This may result in some quizzical looks from passengers around you, but you'll be better off for it.
- Stretch out if there are some unoccupied seats. Take off or loosen your shoes.
- Use earplugs and an eye mask if you wish to sleep during your flight. You may ask your flight attendant to let you rest when they offer meals or other services.

### **Jet Lag**

When you travel across time zones, your circadian rhythms (or body clock) are thrown off schedule. For example, despite India's vastness, the entire country operates according to the same time zone, which is 10 ½ hours ahead of Eastern Standard Time (New York) & 5½ hours ahead to GMT (Greenwich Mean time). There is no daylight savings time. Your watch will tell you it's time to wake up, while your body convincingly argues that it's time to sleep. Coupled with general travel fatigue, jet lag can cause impaired body and mental functions.

Chief among the symptoms are restlessness and fatigue, digestive problems, altered kidney and bowel functioning, pronounced reaction to alcohol, cloudy vision and short-term memory loss.

Several factors can influence the seriousness of jet lag: the number of time zones crossed, the length of the flight, whether there is a stopover during the journey, and the departure and arrival times. In addition, traveling from west to east seems to be more difficult than from east to west.



Ideas about how long it takes to adjust vary from "one day for each time zone crossed" to a complicated formula that computes a half dozen interrelated factors.

There are several things you can do to alleviate jet lag. First, follow the suggestions given above to combat general travel fatigue: rest before the flight, exercise, drink plenty of liquids and so on. Second, in preparation for your journey, you can consciously adjust your diet and sleeping patterns prior to your departure to put you more in sync with your destination's time frame.

We suggest you visit The National Sleep Foundation's informative website to learn more about jet lag: <http://www.sleepfoundation.org/article/sleep-topics/jet-lag-and-sleep>.

## **Digestive Disorders**

Stomach and intestinal upsets are common complaints wherever people travel. They range from mild discomfort to diarrhea and vomiting. The vast majority are harmless and quickly pass.

Some digestive upset is probably inevitable for many people. Readjustment of the body clock and exposure to new flora and minerals in the water cause part of it. Overindulgence, a richer than usual diet, and changed eating and drinking habits are responsible for much of it, as well. According to one study, the biggest cause of traveler's stomach upset is overindulgence in rich foods and alcohol, not bacteria in the water supply. Depending on the destination, of course, there may be health hazards from drinking the local water or eating certain foods.

## **Water in India**

**Never drink the tap water in India! — this includes brushing your teeth.** Instead, you should brush your teeth with and drink from purified, bottled water, which is available everywhere.

## **Traveler's Diarrhea**

Traveler's diarrhea is a common malady throughout the world. When it occurs, there are basically two things you can do: stop it with medications or let it run its course. There are several medications that can usually stop it. Some physicians argue, however, that diarrhea is nature's way of ridding the system of harmful toxins and shouldn't be stopped prematurely. You should consult your physician on whether, and under what conditions, you should take diarrhea medicine.

## **Avoid Dehydration**

During your flight be sure to drink plenty of liquids and avoid alcohol. After you arrive, continue to drink lots of liquids. If you aren't careful, you can quickly become dehydrated. You may find you need to drink more non-alcoholic beverages than you do at home.

If you feel you have become dehydrated, sports drink hydration tablets mixed with bottled water may quickly help you feel refreshed. As an example, we never travel without these tablets: <https://guenergy.com/products/hydration-drink-tabs>.

## **Respiratory Ailments**

Traveling increases the risk of contracting sniffles, throat infections, and other such maladies. There's not much to be done except to take something along for the symptoms.

For the comfort of others, smoking is not permitted in the safari vehicles or during meals.

### **Motion Sickness**

For travelers prone to motion sickness, various methods of travel may cause significant discomfort. Traveling in the back of a bouncing Land Rover or flying in a small aircraft may trigger motion sickness symptoms.

If you are subject to motion sickness, please review CDC's information about the prevention and treatment of motion sickness at this website: <http://wwwnc.cdc.gov/travel/page/motion-sickness>.

Some of our travelers have found relief using pressure bands or devices that mildly stimulates the inside of their wrists. However, their effectiveness has not been proven in clinical studies. Others swear by the use of ginger and some studies have shown that ginger can be effective. We suggest you test any prevention or treatment options before departing on your safari.

### **Emergency Medical Care**

Should you become seriously ill or injured, it may be necessary for you to leave the safari. This may mean hospitalization or taking an early flight home. You may wish to consider purchasing travel insurance to cover any such medical emergencies. Safari Professionals can provide you with a reference to our preferred Travel insurance provider to provide you with a quote for travel insurance, at your request.

Medical emergencies are extremely rare, but rest assured that, in such emergency cases, Safari Professionals and our teams in India will provide all the assistance we can to help you obtain the best treatment and appropriate transport back home. Be advised, however, that medical treatment and evacuation may mean that you'll have extra expenses. Please consult with your insurance professional to determine if your health coverage is adequate for your situation.

### **Post-Travel Health**

Some diseases may not manifest themselves immediately. If you become ill after returning home, tell your doctor where you have traveled. Most people who acquire viral, bacterial, or parasitic infections abroad become ill within six weeks after returning home. However, some diseases may not manifest immediately (malaria may not cause symptoms for as long as six months to a year after returning home). Tell your physician where you have traveled within the past 12 months.

### **Communications**

Regarding Wi-Fi, it is only in Leh, but it is also slow. In Ulley, there will be no Wi-Fi and no mobile phone works there.

## **Safari Ethics & Etiquette**

Adhering to the following guidelines will help everyone enjoy their safari to the fullest.

- Do not encourage your guide to stray from the roads in locations where it is not permitted.
- Do not ask your guide to approach any wildlife so close that it may be frightened or harassed. Guides must follow certain rules and regulations that are designed to protect the environment, wildlife, and travelers. Stiff penalties are imposed on guides who break the rules. If you wish to get closer to an animal, ask your guide, but accept their decision if that you are close enough.
- Do not crowd animals. If you see that several vehicles are near an animal already, your guide may suggest waiting or moving to another location.
- Do not disturb animals in any way. Please do not make loud sounds or throw anything to attract an animal's attention.
- Do not hang out of vehicle windows or sit on top of the roof of the vehicle. Do not get out of a vehicle within 200 yards of any game animal.
- Do not discard litter of any kind. Besides being unsightly, litter can choke or poison animals, including birds.
- Do not pick, cut, or destroy any vegetation or remove any object from the parks and reserves, particularly bones, feathers, or other animal trophies.
- Avoid abrupt movements or loud talking that can startle or scare away wildlife.
- Never feed animals, including birds.
- Watch to see that everyone has finished taking their photos before making any movements in your vehicle. Even the slightest movement can cause a photo to be out of focus.
- Smoking:** Effective 2nd October 2008, the Government of India has introduced "No-Smoking" legislation for hotels, restaurants, and all public places. As a consequence, smoking is prohibited in all parts of the hotel except in designated bedrooms and designated places having open areas where smoking is permitted. Please also avoid smoking in safari vehicles.