

Further Information



This document has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions. **Please do take into account your own personal preferences and common sense!**

We welcome feedback on how this document can be improved upon your return from your Challenge.

A few notes on The Zambezi.....

Water sport enthusiasts consider The Zambezi to be the world's BIGGEST white-water river on the planet. The River is known as a 'pool drop' river, meaning that there are pools of flat water between each rapid encountered, meaning we can catch our breath! The Zambezi is home to the world's steepest commercially run rapid (Stairway to Heaven) and the current whilst on the rapids themselves moves at a very fast pace. People who are not comfortable in moving water should contact the Global Office to discuss their suitability for this Challenge. Quite truly, participants can expect lots of HUGE rapids and HUGE fun!

White-water rafting events are kept on the smaller side which means there is less impact on the environment, and everyone gets to know each other.

Climate

You will be rafting in a tropical climate, and therefore it is important that you bring a good quality, waterproof sunscreen and sunhat. It can get up to 45°C in the Batoka Gorge, but more often than not it ranges from 35°C to 40°C.

With the river running at around 24°C, the waves make a welcome reprieve from the warm weather. It does cool down a little in the evenings, and perhaps a light cardigan/jumper/fleece may be welcome.

Time

GMT +2 hours

Food

This is one of the best parts! Participants are expected to help with the cooking duties at camp – your guides will really appreciate it! A wide range of food will be available, such as burritos, marinated steak, garlic bread, apple crumble, carrot cake, fettuccine, and a variety of fresh salads, pizzas, omelettes and pancakes. Every effort is made to select only the freshest food, and use is made of ingredients synonymous with the area being explored.

A variety of dietary preferences can also be catered for, e.g. vegetarian, food allergies etc.

Difficulty

Whilst it is always recommended that participants can swim, plenty of non-swimmers have gone rafting. High flotation buoyancy aids are used with all our rafts. You do not need to be a professional athlete. However, the fitter you are, the more you will enjoy your Challenge. This Challenge should not be underestimated just because it's a rafting Challenge - participants do need to have a reasonable level of fitness as you are doing a lot more than just sitting down! Participants will be paddling for nearly 6 hours a day so a good cardio-vascular fitness is recommended. Please contact the Global Adventure Challenge office if you have any concerns regarding your suitability for this Challenge.

Equipment

All rafting equipment is provided – life jackets, helmets and paddles etc. Tents and sleeping mats are also provided but participants are expected to bring their own sleeping bags.

Each participant will be issued with a dry-bag and water-proof Peli-case – these are for you to fill with items and clothing you will need whilst on the expedition. These will then be strapped to the rafts and will accompany you down the river!

Luggage

Your main piece of luggage will stay in Livingstone ready for when you return from the Challenge and back to civilisation.

Further Information cont.



Health/Vaccinations

The immunisations given below are a guide only.

You must discuss your own particular needs and contra-indications to vaccines or tablets with your doctor or practice nurse.

Immunisations - confirm those recommended for use in Britain are up to date, especially those for children and adult boosters of Tetanus. Courses or boosters usually advised - hepatitis A; typhoid; diphtheria; poliomyelitis. Vaccines sometimes advised - tuberculosis; hepatitis B; rabies; yellow fever; meningococcal meningitis.

Yellow fever vaccination recommended for western districts, but there are no vaccine certificate requirements.

Malaria may also be required.

Accommodation and Sleeping arrangements

Whilst in Livingstone, we will stay in lovely African Style lodges, twin-share, with en-suite washing facilities. Whilst we're on the river, we will camp on our very own private sandy beaches next to the river! Participants are expected to erect their own tents and get involved with the campsite duties.

Toilets and washing facilities

Whilst on the river, we will have the use of a portable toilet, which will be placed in a 'secret' location, ensuring your privacy. A portable shower may also be taken on the river, however, most participants don't use this as you are getting wet all day! It is highly recommended participants keep their hands very clean using the soap provided and / or dry wash.

Passport/Visa

If you are not extending your stay, each participant will be placed on the Visa Waiver, meaning that one is NOT required. If you are planning to stay for more than 2 weeks, then you will need to contact the Zambian Embassy direct to arrange a Visa BEFORE departure.

Security and Safety

Rafting, like any adventure sport, has an inherent risk involved. However, there is no need to have had any previous rafting experience as you will be given a full, comprehensive safety talk, at the beginning of the Challenge, and you will be under the guidance of some of the World's most experienced river people. The best safety equipment and outerwear is also provided.

On every trip, as an added safety measure, there will be a safety kayaker who will paddle ahead, check out the river and be there if help is needed.

All guides are trained river professionals with many years of experience, and safety is at the forefront of their minds. In the unlikely event of an accident, at least one guide is a trained Emergency Medical Technician, and is prepared to deal with medical situations. In addition, all guides are trained swift water rescue technicians.

Comprehensive First Aid Kits are carried at all times. All trips have a satellite telephone which means, if required, anyone can be evacuated quickly.

Water

Water is readily available at cost from your lodges in Livingstone. Whilst on the river, we will use filtered, treated water which perfectly safe to drink.

Valuables

Ask your guide upon arrival for further information on where you can leave items such as passport money etc. Remember, if you don't need it, don't bring it!

Further Information cont.



Currency & Spending Money

This is the Kwacha and it has denominations of 50, 100, 500, 1,000, 5,000 and 10,000, 20,000 and 50,000 kwacha notes. If you have trouble obtaining this currency on your local high street, we suggest you take American Dollars and then change it when you arrive. We suggest you take approx. £150 spending money, but this does depend on how many presents you wish to buy!

Departure Tax

There is a local departure tax of US\$20 (as at Sept 2006) and this must be paid, in the correct amount of cash (as change may not be given), in person, upon departure from Livingstone Airport.

Tipping

Tipping your guides is appropriate and always appreciated. Your guides work in Teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special your guides did to enhance your trip.

Fact File

- **Full country name:** Republic of Zambia
- **Area:** 752,600 sq km
- **Population:** 10.4 million
- **Capital City:** Lusaka
- **Currency:** Kwacha
- **People:** 98% African, 1% Asian, 1% European
- **Language:** Bemba, English
- **Religion:** 50-75% Christian, 50-75% indigenous beliefs
- **Government:** Republic
- **Major Industries:** Copper mining and processing, construction, foodstuffs, beverages, chemicals, textiles, fertilizer
- **Major Trading Partners:** Japan, South Africa, USA, Saudi Arabia, India, Thailand, Malaysia, UK, Zimbabwe
- **Climate/Temperature:** August to October temperatures average around 32°C (89°F) during the day. May to August are cooler and drier, while November to April is the rainy season.

Please note that the information above is correct at the time of going to publication