



Equus Journeys

HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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Macatoo

BOTSWANA

A **riding safari** from Macatoo camp, in the heart of the Okavango Delta, is a unique experience. Enjoy early morning canters across the floodplains, tracking elephant, buffalo or perhaps the elusive leopard, with leisurely afternoon rides. A luxurious camp with superb game viewing, quality horses and the remoteness of the location make this a must-do horseback safari!

Horseback Safari	 10 days / 6,5 riding	 From £4,375		Open to non-riders
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An adrenalin-pumping riding safari!



Watching wild dogs from horseback



Botswana Macatoo camp horseback safari

ITINERARY

Highlights

- Fantastic game viewing including elephants, lions, buffalo, giraffe, zebra and numerous antelopes
- An intimate safari experience with only 16 guests and a maximum of 8 riders in each riding group, all on a private concession in excess of 200,000 hectares.
- Quality horses and a pacey ride to include a number of long canters and gallops, as well as the possibility to swim across deep channels (flood season).
- Light aircraft transfer into camp, with the chance to view game herds from the air (30 mins each way).
- Recently renovated camp (2025) offering luxurious tents on raised platforms, each with a view across the floodplains.
- Accompanying non-riders are welcomed and are offered walking, boat or vehicle safaris (dependent on water levels) and a 10% discount.
- Arrival/departure days are flexible and you can stay for as long as you like (minimum 3 nights).

Day 1 — 1: HOME - JOHANNESBURG

International flight overnight to Johannesburg. If booking your own flight then you need to depart London for instance (or another European hub) at c. 19:00 so that you arrive in Johannesburg at c. 07:00 in time for your flight to Maun which will depart Johannesburg at c. 11am.

These flights are not included but we can book them for you on request.

Day 2 — 2: JOHANNESBURG - MAUN - CAMP - 2 hours riding

 Macatoo camp

On arrival in Maun you will be met at the airport by a representative of Macatoo camp holding a sign saying African Horseback Safaris. You will be escorted to your light aircraft for the transfer into camp - a journey of c. 30 minutes and offering a birds eye view of the Okavango Delta. Please note that there is a luggage limit of 20kg on the light aircraft, which includes your hand luggage and must be in soft sided bags.

Important: bookings of seven nights and more receive a 50% discount on aircraft transfers. Bookings of 10 nights and more receive complimentary transfers.

On landing at Cement airstrip it is a short game drive or boat ride (depending on water levels) into camp which is situated on the edge of a seasonal flood plain. After a quick lunch under the trees, there is usually time for a short siesta before the evening ride where you can get to know your horse. You return to camp for a hot shower and candle-lit safari dinner.

IMPORTANT This is a sample itinerary. The actual itinerary will depend on game movements, water levels and weather conditions but always with your best interests at heart.

Day 3 — 3 : Okavango Delta - 6 hours riding

 Macatoo camp

You will be woken before dawn with a cup of tea or coffee in bed. After a light breakfast of toast and muesli you will set out on your first full mornings ride. Depending on the season this may involve some long canters, swimming through the flood waters or pushing-on through seas of tall grass following giraffe, zebra, antelope, elephant, buffalo or whatever's out there. After approximately four hours you head back to camp for lunch with the guides and there's usually some wine to encourage a little siesta through the midday heat. The evening ride is deliberately slower-paced and it's a good opportunity to ask questions and take photographs. Leopard sightings are not infrequent, the bird-life is some of the best in the world and towards sunset there is often elephant or hippo interaction to observe. A sun downer can be enjoyed out in the bush before riding back to camp to freshen up. There's no guarantee that dinner is always eaten in the same place...

Day 4 — 4 : Okavango Delta - 4-6 hours riding

 Macatoo camp

Wake up as normal with freshly-brewed coffee or tea and depending on your wishes, either ride out again, perhaps to find the rare semi-aquatic antelope, the red lechwe, or join one of the guided walks, game drives or perhaps a spot of fishing for bream from the boat? The riders and non-riders will meet up for breakfast under one of the large baobab trees. After lunch take the opportunity to relax and either swim in the pool, read a book or watch the wildlife from your verandah. Homemade tea and cake is followed by the sunset ride, exploring the lower flood plains where elephant often gather at a pool. As dusk closes in, it is fascinating to watch them interact and being on horseback brings you that much closer.


Day 5 — 5 : Okavango Delta - 4-6 hours riding

 Macatoo camp

Today's ride heads out through different country, making your way through clouds of bushman hair grass to plains dotted with fig trees. You might encounter giraffe or shy antelope while passing through mopane woodlands. Your pace increases as you break out onto the flood plains, often disturbing troops of baboons.

Return to the camp for an afternoon spent at leisure, or the possibility of hiring a helicopter for an hour to gain access to remote and otherwise totally inaccessible parts of the delta with spectacular photographic results (additional cost, payable locally). Finish off the day with a night drive by spotlight, where the resident clan of hyena are often spotted. Bushbabies may leap from branch to branch through the terminalia and acacia trees - only seen by the brights of their eyes. If you are lucky, the spotlight will pick up the glint of a leopard's sultry stare...

Day 6 — 6 : Okavango Delta - 6 hours riding

 Macatoo Tree camp

This morning ride deeper into the heart of the delta, along some of the high palm islands which offer great sweeping views of the Delta plains. After tea, it's a short drive to Macatoo's magical tree house where you will have the option to spend the night out, sleeping high up in the tree tops under the stars. To be out in the wilderness so freely in the Okavango bush like this is a wonderful opportunity and one that few people experience.

Please note: the Tree House is an option and depends on availability. If you decide to spend a night at the Tree House, it is likely you will miss the afternoon ride and the following day morning ride.


Day 7 — 7 : Okavango Delta - 4-6 hours

 Macatoo camp

After waking amongst the trees to the call of the African Fish Eagle it's a short boat ride back to camp to meet the horses. Splash through water on the vast open plains, home to blue wildebeeste and Burchell's zebra. The riding may be fast as you approach deep reedy areas full of bird life including

open-billed storks, squacco herons, slaty egrets, egyptian geese and many more. Return to Macatoo camp along the myriad of waterways lined with large trees for a hearty lunch followed by the option of an afternoon ride, night drive, mokoro or boating trip.

Day 8 — 8 : Okavango Delta - 6 hours riding

 Macatoo camp

Your last full day of riding in this magical place takes you cantering through the shallow flood plains, admiring the deeper pools of lilies. Here, the buffalo can gather in large numbers (anything between a dozen and 2000 individuals) and you can try to creep up on them using the islands as cover. The evening offers a last quiet ride with memorable smells of wild sage and the warm African dust as the sun goes down. Your farewell dinner is sure to be a memorable one with another surprise location in store.

Day 9 — 9 : MACATOO - MAUN - JOHANNESBURG - 2-3 hours

Time allowing, for your final ride head along some of the high palm islands which offer great sweeping views of the Delta plains. Maybe take a final exhilarating gallop and run with the game before returning to camp for brunch and a quick shower.

You are transferred by light aircraft back to Maun in time for your flight. You will need the afternoon flight from Maun to Johannesburg which departs at c. 2pm. You will then require a flight back to the UK which departs in the evening, at c. 8pm. Please note departures to Kasane are earlier and do not allow for morning activities.

Day 10 — 10: HOME

You will likely arrive home in the morning.

DATES & PRICES			
DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
01/08/2025	10/08/2025	£7,035	Guaranteed departure
08/08/2025	17/08/2025	£7,035	Guaranteed departure
15/08/2025	24/08/2025	£7,035	Guaranteed departure
22/08/2025	31/08/2025	£7,035	Guaranteed departure
29/08/2025	07/09/2025	£7,035	Guaranteed departure
05/09/2025	14/09/2025	£7,035	Guaranteed departure
12/09/2025	21/09/2025	£7,035	Guaranteed departure
19/09/2025	28/09/2025	£7,035	Guaranteed departure
26/09/2025	05/10/2025	£7,035	Guaranteed departure
03/10/2025	12/10/2025	£7,035	Guaranteed departure
10/10/2025	19/10/2025	£6,480	Guaranteed departure
17/10/2025	26/10/2025	£5,740	Full
24/10/2025	02/11/2025	£5,740	Guaranteed departure
31/10/2025	09/11/2025	£5,740	Guaranteed departure
07/11/2025	16/11/2025	£5,740	Guaranteed departure
14/11/2025	23/11/2025	£5,740	Guaranteed departure
21/11/2025	30/11/2025	£5,740	Guaranteed departure
28/11/2025	07/12/2025	£4,765	Guaranteed departure

05/12/2025	14/12/2025	£4,375	Guaranteed departure
12/12/2025	21/12/2025	£4,375	Guaranteed departure
19/12/2025	28/12/2025	£4,375	Guaranteed departure
26/12/2025	04/01/2026	£4,375	Guaranteed departure
02/01/2026	11/01/2026	£4,592	Guaranteed departure
09/01/2026	18/01/2026	£4,592	Guaranteed departure
16/01/2026	25/01/2026	£4,592	Guaranteed departure
23/01/2026	01/02/2026	£4,592	Guaranteed departure
30/01/2026	08/02/2026	£4,592	Guaranteed departure
06/02/2026	15/02/2026	£4,592	Guaranteed departure
13/02/2026	22/02/2026	£4,592	Guaranteed departure
20/02/2026	01/03/2026	£4,592	Guaranteed departure
27/02/2026	08/03/2026	£4,592	Guaranteed departure
06/03/2026	15/03/2026	£4,592	Guaranteed departure
13/03/2026	22/03/2026	£4,592	Guaranteed departure
20/03/2026	29/03/2026	£4,592	Guaranteed departure
27/03/2026	05/04/2026	£5,204	Guaranteed departure
03/04/2026	12/04/2026	£6,020	Guaranteed departure
10/04/2026	19/04/2026	£6,020	Guaranteed departure
17/04/2026	26/04/2026	£6,020	Guaranteed departure
24/04/2026	03/05/2026	£6,020	Guaranteed departure
01/05/2026	10/05/2026	£6,020	Guaranteed departure
08/05/2026	17/05/2026	£6,020	Guaranteed departure
15/05/2026	24/05/2026	£6,020	Guaranteed departure
22/05/2026	31/05/2026	£6,020	Guaranteed departure
29/05/2026	07/06/2026	£6,020	Guaranteed departure
05/06/2026	14/06/2026	£6,020	Guaranteed departure
12/06/2026	21/06/2026	£6,545	Guaranteed departure
19/06/2026	28/06/2026	£7,245	Guaranteed departure
26/06/2026	05/07/2026	£7,245	Guaranteed departure
03/07/2026	12/07/2026	£7,245	Guaranteed departure
10/07/2026	19/07/2026	£7,245	Guaranteed departure
17/07/2026	26/07/2026	£7,245	Guaranteed departure
24/07/2026	02/08/2026	£7,245	Guaranteed departure
31/07/2026	09/08/2026	£7,245	Guaranteed departure

07/08/2026	16/08/2026	£7,245	Guaranteed departure
14/08/2026	23/08/2026	£7,245	Guaranteed departure
21/08/2026	30/08/2026	£7,245	Guaranteed departure
28/08/2026	06/09/2026	£7,245	Guaranteed departure
04/09/2026	13/09/2026	£7,245	Guaranteed departure
11/09/2026	20/09/2026	£7,245	Guaranteed departure
18/09/2026	27/09/2026	£7,245	Guaranteed departure
25/09/2026	04/10/2026	£7,245	Guaranteed departure
02/10/2026	11/10/2026	£7,245	Guaranteed departure
09/10/2026	18/10/2026	£6,895	Guaranteed departure
16/10/2026	25/10/2026	£6,020	Guaranteed departure
23/10/2026	01/11/2026	£6,020	Guaranteed departure
30/10/2026	08/11/2026	£6,020	Guaranteed departure
06/11/2026	15/11/2026	£6,020	Guaranteed departure
13/11/2026	22/11/2026	£6,020	Guaranteed departure
20/11/2026	29/11/2026	£6,020	Guaranteed departure
27/11/2026	06/12/2026	£5,204	Guaranteed departure
04/12/2026	13/12/2026	£4,592	Guaranteed departure
11/12/2026	20/12/2026	£4,592	Guaranteed departure
18/12/2026	27/12/2026	£4,592	Guaranteed departure
25/12/2026	03/01/2027	£4,592	Guaranteed departure

Price details

- Rates are per person, based on two riders sharing a twin or double tent. These prices do not include International flights to Johannesburg, or from Johannesburg to Maun. We can book these for you on request.

- You will also require light aircraft transfers from Maun to camp, which are £300/€350/\$385 per person each way in 2025 / £305/€360/\$390 per person each way in 2026.

It is also possible to fly into camp from Kasane (if visiting Victoria Falls) and transfers from Kasane are £420/€490/\$530 per person each way in 2025 / £430/€500/\$535 per person each way in 2025.

PLEASE NOTE:

- Bookings of seven nights and more receive a 50% discount on transfers (Maun). Bookings of 10 nights and more receive complimentary transfers.
- If flying out of or into Kasane, there will be no activities on arrival/departure

- Dates are flexible and you can arrive/depart on any day. We recommend a stay of 7 nights, but it is possible to stay for as little as three nights and as many as ten nights. Please enquire for prices for shorter/longer stays.

- Macatoo camp can accommodate 16 people and there are usually two riding groups with 7/8 riders in each group.

- There is no single supplement if you are willing to share a tent with another guest of the same sex. To guarantee your own tent there is a single supplement of 50%. There is one tent which is available to single travellers with no single supplement and this is allocated on a first come, first served basis.

- A conservation donation of GBP 10 per person, per night, will be added to your invoice to support conservation projects and anti-poaching efforts in

the Okavango Delta. Should any guest prefer not to contribute, they may request the removal of the donation from their booking before confirmation. Please note that donations are non-refundable once the booking is confirmed.

- Children over the age of 12 years are welcome at Macatoo camp but they must be good riders and accompanied by an adult throughout. Please note that they will be riding in an area of potentially dangerous game and so it is imperative that they can stay on their horse, ride out of danger at speed if required and take commands from the guide. There is no discount for children.

- The usual weight limit is 95kgs. There are one or two horses capable of carrying between 95kgs - 105 kgs but these are subject to availability, so please check with us if you weigh more than 95kgs.

- If you have previously visited Macatoo camp and are re-booking within 12 months then you may be eligible for a 5% discount.

- Accompanying non-riders will be offered non-riding activities to include game walks, game drives, boat trips, mokoros and fishing (dependent on water levels). Non-riders are eligible for a 10% discount on the accommodation rate.

- There is one honeymoon tent, complete with a bath on a raised platform and larger private deck. This tent is available at a surcharge of £190/€220/\$240 in 2025 / £200/€230/\$260 in 2025.

Please Note

The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.

The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

Price includes

SUPPORT TEAM

1 English speaking horseback safari guide

1 back-up guide

ACCOMMODATION

Double/twin luxury safari tents

MEALS

Full board from lunch on D2 to brunch on D9

Snacks and beverages (including wine and alcoholic beverages)

Price doesn't include

TRANSPORTS

Light aircraft transfers from Maun to camp

International flights to Maun

EXTRA

Tips to local team

INSURANCE

Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

Optional

ACCOMMODATION

Single tent supplement

EXTRAS

Conservation fees

Horses

There is a stable of 50-60 horses available, ranging from Thoroughbreds, Namibian Warmbloods, Arabs and Kalahari-Arab crosses to include even a couple of Percheron. The horses are on average 14 - 16.2 hands (140 - 165cm) and all are forward going and sensible around the game. There is a horse to suit everyone, with gentle mounts for those who wish to relax and more spirited horses for guests who prefer a more exciting ride.

Due to the deep water at certain times of year, the saddles are usually synthetic Wintec English style saddles. There are also one or two South African Trail saddles for those that request them.

Guide & local team

Your horse guide will be either Bongwe, Thabo, Chief or Bernard. All are experienced guides and riders. There will always be at least one back-up rider with the group and at least one guide will carry a rifle.

Minimum riding ability

MINIMUM RIDING ABILITY

You need to be a competent and confident rider, capable of rising to the trot, cantering and galloping in open spaces. This is an area of dangerous game and so you should be secure in the saddle and able to stay on if you need to gallop out of danger. The canters can be across rough terrain or on tracks which twist and turn through woodland. There may also be requirements to jump small obstacles such as branches dislodged by elephants. Where the terrain allows it is possible for riders to spread out and take their own line.

The usual weight limit is 95kg / 210 lbs / 15 st. There are one or two horses capable of carrying up to 105kg / 230 lbs / 16,5 st but these are subject to availability, so please check with us if you weigh more than 95kg / 210 lbs / 15 st

PACE

The morning rides can be fast and exhilarating. You usually ride out at dawn when the game is most active, riding for c. 4 hours before returning to camp for lunch. There are plenty of opportunities for long canters on the dry islands or across the flood plains. When water levels are deep it may also be possible to swim the horses across some channels.

The afternoon rides are shorter, c. 2 hours, and slower. You may walk and trot, but not canter. This is the time to take your camera and appreciate the sights and sounds of the bush - the afternoon light is beautiful.

TACKING ABILITY AND PARTICIPATION

The horses are tacked and un-tacked for you.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

You need to be fit for long canters in the African sun and prepared to get wet during splashy canters or deep wades.

Guests who do not ride regularly are requested to get fit prior to the ride. It is of particular importance to ensure you are comfortable and balanced when riding at speed across rough terrain and open spaces. If the guides feel that you are unsafe on horseback, then you will be offered non-riding activities instead.

Riders are accompanied by a lead guide and back-up guide at all times, one of whom will carry a rifle.

EQUESTRIAN EQUIPMENT

English tack - most of the horses are ridden in a snaffle. Saddles are synthetic Wintec saddles design to resist the flood water. There are a few trail riding saddles available on request. If you need a seatsaver you will need to bring your own.

Water bottles are provided on all of the saddles.

There are saddle bags so that you can take small items (suncream etc) with you during the day.

We recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit.

COMFORT

Macatoo camp features large, walk-in, twin bedded tents, each with their own en-suite shower and loo. Centrally there is a large furnished mess tent and a plunge pool. There is a daily laundry service although for hygiene reasons they do not wash underwear - washing powder will be provided in your room for this purpose.

There is also a large honeymoon tent with raised bath and extended viewing deck - there is a surcharge to specifically request this tent.

There is no phone coverage - be prepared to be disconnected from the outside world! WiFi access is available in their "Wifi lounge", a short walk from the mess and guest tents in the centre of camp. Since camp is in a very remote area the bandwidth is limited and for the safety of guests this service is only available during daylight hours.

Small charging points are available for small devices (phones and cameras)

MEALS

Breakfast is usually taken very early (before dawn) and is therefore light, consisting of cereals, fruit and rusks with tea or coffee.

Lunch is also light and may be quiche, pasta, and salad or a variety of salads with cold meats. The chicken pie is always a hit!

Dinner is three courses. Wine is served with the meals and a selection of drinks are available.

Vegetarians and special diets can be catered for with advance notice.

CLIMATE

The Okavango Delta is a seasonal flood plain and so different times of the year offer different experiences - each magical in its own way. The seasons in southern Africa are the reverse of the UK and so December/January is mid-summer with high temperatures and the chance of dramatic thunderstorms, whereas July/August is mid-winter when temperatures are lower and there is little chance of rain. The water level in the Delta depends on the rainfall in Angola and the floods usually arrive around April/May and recede around September/October, but this varies every year and is difficult to predict. The following guide may prove useful when planning the best time for your holiday.

March/April : Daytime temperatures are warm/hot (25-35c) and will drop to 10-20c at night. There is a small chance of rain and the bush is green and lush. There will be waterholes left over from the rainy season but the flood may not have arrived yet. Because of the rain, lush grazing and plentiful waterholes the game is dispersed and not gathered in big herds but will look fat and healthy.

May : Daytime temperatures are falling (20-30c) and it is starting to feel cooler at night (5-10c). The floods normally arrive in May which brings high levels of bird life. The large herds of lechwe antelope and buffalo will start to move into the area, but game is still dispersed as there is plenty to eat and drink.

June-August : Daytime temperatures are still pleasant (20-25c) but nights are cold (3-5c) and so the early morning and late evenings are chilly. The floods are at their highest and so there is plenty of wading from island to island and boat activities. Hippo and crocodile may move into the area as well as large buffalo and antelope herds.

September/October : Spring arrives and temperatures start to climb with daytime temperatures of 30-45c, dropping to 15-25c at night. The floods are starting to recede, the islands are dry as there has not been rain for months and so the game starts to concentrate around the water holes.

November - February : The rain can arrive anytime in November. Daytime temperatures are high before the rains (30-40c) but drop after each shower. It is unlikely to rain persistently, but usually for a few hours. Nights are still warm (15-20c). The bush turns green after the rains and the grass starts to grow again. Once the waterholes start to fill again the game will disperse. The antelope will give birth during this time of plenty.

TIPS

We recommend tipping 10-15 USD per day, which can be split between the entire team, and tipping your guide separately - approx \$10 per day. Tips are also accepted in Euros, GBP or Pula/ZAR.

PACKING LIST

Our Recommendations

- Please don't take a hard sided suitcase. Your luggage should be soft sided, particularly for light air transfers. There is usually a luggage limit of 20kgs including hand luggage. For safety and logistical reasons all bags must be soft sided and easily manageable with a maximum dimension of 35cm x 70cm. Hard suitcases and bags with wheels or frames will not be able to fit into the aircrafts resulting in clients having to repack before they are able to fly. Extra luggage can be stored in the Maun office if needed.

- Wherever possible you should wear neutral colours, such as beige, brown or natural bush colours for riding as bright colours, such as red, yellow or white can startle the wildlife and they will see you long before you've seen them.

- Evenings are nice and relaxed, and long sleeves and light trousers are recommended to avoid mosquitoes!

- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!
- Carry a copy of your passport and insurance details with you.

Head

- Equus Journeys strongly recommend that you wear a riding helmet and that you take your own to ensure a correct fit.
- Sunhat for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana

Upper body

- Long sleeved shirts provide protection from the sun and thorns
- T-shirts
- Fleece, jumper or jacket - the evenings can be cold, particularly June - August
- Waterproof jacket - the rains can be difficult to foresee and it's better to be prepared. Rain is more likely Oct-April, but in the Delta you may appreciate a waterproof jacket for splashy canters May-September
- Casual clothes for the evening

Legs

- Lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Shorts for lazy lunchtimes
- Casual clothes for the evening

Hands and Feet

- Comfortable riding boots. We recommend short boots with half chaps. We don't recommend taking your favourite long leather boots in case they get damaged. During the flood season you may wish to take a second pair so that you aren't putting wet boots on (mesh chaps will dry quicker).
- Sandals, flip-flops or trainers for moving around the lodge and camp
- Gloves - your hands are particularly exposed to the sun whilst riding

Nightwear

Other useful items

- Swimsuit - for plunge pools
- Binoculars for viewing game
- Camera and high capacity memory card. Spare battery
- Bumbag for carrying your camera and small items whilst riding
- Headtorch or torch for moving around camp at night (big torches will be provided at camp)
- One standard water bottle is provided by Camp, feel free to bring your own insulated bottle in the hotter months.
- Waterproof pouches if you want to bring your camera or phone with you whilst riding during the flood season.

In your luggage

- Any liquids, such as shampoo, moisturiser, deodorant unless they are less than 100ml and all bottles can fit in a small, clear, plastic ziplock bag. Toiletries are provided by the camp so you can pack lighter.

In your hand luggage

- Any valuables, such as your camera, ipod, ipad etc.
- Your riding hat

Medical kit

- Sunscreen and lip balm - must be high factor
- Insect repellent, preferably containing DEET
- Any medication you regularly take
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc...
- Spare prescription glasses/contact lenses
- Anti malarial tablets and Yellow Fever Certificate if required (check with your doctor)

SUSTAINABLE TOURISM

1. **Travel light**. It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when

flying a plane or driving a car!).

2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please [see this page](#) .