



Equus Journeys

HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

+44 (0) 1905 388977

info@equus-journeys.com

Last updated 06/12/2025

Cha Cha Metsi camp

BOTSWANA

A fully immersive riding safari in the Okavango Delta, out of the beautiful **Cha Cha Metsi camp** on the Santantadibe River. This very recent camp (2023) is a new addition to the Delta and offers riding safaris all-year round, with the added bonus of being located on a permanent lagoon, allowing for **excellent wildlife sightings** all year round. Whether you're in search of wildlife, tranquility, or a touch of adventure, Cha Cha Metsi is an unforgettable slice of the Okavango that combines the wonders of the Delta with a commitment to sustainable, community-centered tourism.

Horseback Safari	 10 days (7 days riding)	 From £3,961		Open to non-riders
------------------	---	---	---	--------------------



ITINERARY

Highlights

- Camp is located in NG32 on the Santantadibe River, a permanently flowing waterway so the camp is surrounded by classic Okavango scenery – lagoons, floodplains and tree lined islands – making for wonderful riding and walking through stunning scenery and an incredible diversity of wildlife.
- The nearby historic Ditshiping Village, is one of only two Bayei villages remaining in the Okavango Delta. Ditshiping is one of the six villages from where our local operator will select and sponsor students annually for a 12 month training course at either the South African College for Tourism or the SA Trackers Academy.
- This safari is operated by David and Robyn Foot, who have been organising horseback safaris across Africa (Malawi, Botswana) for a long time.
- A smaller camp guaranteeing a more intimate experience.

Day 1 — 1 : HOME - JOHANNESBURG

You will catch your international overnight flight to Johannesburg (flights are not included, but can be arranged upon request).

It is important that you book to arrive early the following morning (day 2) in Johannesburg, before 09:00, in order to leave enough time for you to catch your transfer - leaving 2 and a half to 3 hours to change terminal, perhaps collect your baggage and catch your flight for Maun.

Day 2 — 2 : JOHANNESBURG - MAUN - OKAVANGO DELTA - Approx. 2 hours riding


 Cha Cha Metsi Camp

You will be met at Maun airport in Botswana (reached by a flight from Johannesburg which we can help you organise if you wish). You will immediately be transferred out by car to the south of the Okavango Delta. After a short transfer by car (2hrs) or helicopter (20 minutes), you will meet the horses and your support team.

You will then start your horseback safari. The itinerary is not set in stone and will be arranged depending on the season and the level of water found in the different riding locations, this allows for a new discovery of the area on ever safari.

You will ride out for the first time in the afternoon in order to familiarise yourselves with your horses before a first night at camp out in the delta.

Day 3 — 3 : OKAVANGO DELTA - Approx. 6 hours riding

 Cha Cha Metsi Camp


The precise itinerary you will follow will be organised depending on the period of the year, the water level and changed expressly to follow the movements of the wildlife; this will ensure that in all seasons you will have the best opportunities to view the native animals on your safari. A typical day will start with a hearty breakfast eaten together around the fire. The day's programme will then be dedicated to the discovery of the delta and the exploration of the stunning landscapes and wildlife. Each morning you will ride for around 4 hours. This morning ride will be the perfect opportunity for gallops along the flooded plains, as well as fording and swimming the delta's deepest outlets.

At midday, you will return to the camp where a light brunch is waiting. You will also have time for a bit of relaxation. In the middle of the afternoon, you will head out for a second ride (around 1h30 - 2 hours) at a gentler pace, as this ride will give you the perfect occasion to take breathtaking photos in the last light of the day, and to immerse yourself completely in the sights, sounds and smells of the bush.

You will return to the camp just before nightfall for sundowners, dinner under the stars and a night slept falling asleep to the sounds of the local wildlife.

You may if you wish decide not to ride and instead head out in Mokoro, a traditional canoe or a jeep to discover the delta. This experience will bring you close to the African flora and fauna, especially the birds.

Day 4 — 4 : OKAVANGO DELTA - Approx. 6 hours riding

 Cha Cha Metsi Camp


The precise itinerary you will follow will be organised depending on the period of the year, the water level and changed expressly to follow the movements of the wildlife; this will ensure that in all seasons you will have the best opportunities to view the native animals on your safari. A typical day will start with a hearty breakfast eaten together around the fire. The day's programme will then be dedicated to the discovery of the delta and the exploration of the stunning landscapes and wildlife. Each morning you will ride for around 4 hours. This morning ride will be the perfect opportunity for gallops along the flooded plains, as well as fording and swimming the delta's deepest outlets.

At midday, you will return to the camp where a light brunch is waiting. You will also have time for a bit of relaxation. In the middle of the afternoon, you will head out for a second ride (around 1h30 - 2 hours) at a gentler pace, as this ride will give you the perfect occasion to take breathtaking photos in the last light of the day, and to immerse yourself completely in the sights, sounds and smells of the bush.

You will return to the camp just before nightfall for sundowners, dinner under the stars and a night slept falling asleep to the sounds of the local wildlife.

You may if you wish decide not to ride and instead head out in Mokoro, a traditional canoe or a jeep to discover the delta. This experience will bring you close to the African flora and fauna, especially the birds.

Day 5 — 5 : OKAVANGO DELTA - Approx. 6 hours riding

 Cha Cha Metsi Camp

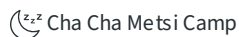
The precise itinerary you will follow will be organised depending on the period of the year, the water level and changed expressly to follow the movements of the wildlife; this will ensure that in all seasons you will have the best opportunities to view the native animals on your safari. A typical day will start with a hearty breakfast eaten together around the fire. The day's programme will then be dedicated to the discovery of the delta and the exploration of the stunning landscapes and wildlife. Each morning you will ride for around 4 hours. This morning ride will be the perfect opportunity for gallops along the flooded plains, as well as fording and swimming the delta's deepest outlets.

At midday, you will return to the camp where a light brunch is waiting. You will also have time for a bit of relaxation. In the middle of the afternoon, you will head out for a second ride (around 1h30 - 2 hours) at a gentler pace, as this ride will give you the perfect occasion to take breathtaking photos in the last light of the day, and to immerse yourself completely in the sights, sounds and smells of the bush.

You will return to the camp just before nightfall for sundowners, dinner under the stars and a night slept falling asleep to the sounds of the local wildlife.

You may if you wish decide not to ride and instead head out in Mokoro, a traditional canoe or a jeep to discover the delta. This experience will bring you close to the African flora and fauna, especially the birds.

Day 6 — 6 : OKAVANGO DELTA - Approx. 6 hours riding



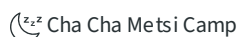
The precise itinerary you will follow will be organised depending on the period of the year, the water level and changed expressly to follow the movements of the wildlife; this will ensure that in all seasons you will have the best opportunities to view the native animals on your safari. A typical day will start with a hearty breakfast eaten together around the fire. The day's programme will then be dedicated to the discovery of the delta and the exploration of the stunning landscapes and wildlife. Each morning you will ride for around 4 hours. This morning ride will be the perfect opportunity for gallops along the flooded plains, as well as fording and swimming the delta's deepest outlets.

At midday, you will return to the camp where a light brunch is waiting. You will also have time for a bit of relaxation. In the middle of the afternoon, you will head out for a second ride (around 1h30 - 2 hours) at a gentler pace, as this ride will give you the perfect occasion to take breathtaking photos in the last light of the day, and to immerse yourself completely in the sights, sounds and smells of the bush.

You will return to the camp just before nightfall for sundowners, dinner under the stars and a night slept falling asleep to the sounds of the local wildlife.

You may if you wish decide not to ride and instead head out in Mokoro, a traditional canoe or a jeep to discover the delta. This experience will bring you close to the African flora and fauna, especially the birds.

Day 7 — 7 : OKAVANGO DELTA - Approx. 6 hours riding



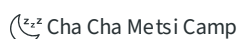
The precise itinerary you will follow will be organised depending on the period of the year, the water level and changed expressly to follow the movements of the wildlife; this will ensure that in all seasons you will have the best opportunities to view the native animals on your safari. A typical day will start with a hearty breakfast eaten together around the fire. The day's programme will then be dedicated to the discovery of the delta and the exploration of the stunning landscapes and wildlife. Each morning you will ride for around 4 hours. This morning ride will be the perfect opportunity for gallops along the flooded plains, as well as fording and swimming the delta's deepest outlets.

At midday, you will return to the camp where a light brunch is waiting. You will also have time for a bit of relaxation. In the middle of the afternoon, you will head out for a second ride (around 1h30 - 2 hours) at a gentler pace, as this ride will give you the perfect occasion to take breathtaking photos in the last light of the day, and to immerse yourself completely in the sights, sounds and smells of the bush.

You will return to the camp just before nightfall for sundowners, dinner under the stars and a night slept falling asleep to the sounds of the local wildlife.

You may if you wish decide not to ride and instead head out in Mokoro, a traditional canoe or a jeep to discover the delta. This experience will bring you close to the African flora and fauna, especially the birds.

Day 8 — 8 : OKAVANGO DELTA - Approx. 6 hours riding



The precise itinerary you will follow will be organised depending on the period of the year, the water level and changed expressly to follow the movements of the wildlife; this will ensure that in all seasons you will have the best opportunities to view the native animals on your safari. A typical day will start with a hearty breakfast eaten together around the fire. The day's programme will then be dedicated to the discovery of the delta and the exploration of the stunning landscapes and wildlife. Each morning you will ride for around 4 hours. This morning ride will be the perfect opportunity for gallops along the flooded plains, as well as fording and swimming the delta's deepest outlets.

At midday, you will return to the camp where a light brunch is waiting. You will also have time for a bit of relaxation. In the middle of the afternoon, you will head out for a second ride (around 1h30 - 2 hours) at a gentler pace, as this ride will give you the perfect occasion to take breathtaking photos in the last light of the day, and to immerse yourself completely in the sights, sounds and smells of the bush.

You will return to the camp just before nightfall for sundowners, dinner under the stars and a night slept falling asleep to the sounds of the local wildlife.

You may if you wish decide not to ride and instead head out in Mokoro, a traditional canoe or a jeep to discover the delta. This experience will bring you close to the African flora and fauna, especially the birds.

Day 9 — 9 : OKAVANGO DELTA - MAUN - JOHANNESBURG - Approx. 2 hours riding

Your last morning of the safari will see have you ride out before leaving your horses, the team and the delta behind. You will be transferred to Maun and take the regular return flight to Johannesburg at 14:00 and then your connecting flight home (not included), or you will start your extension in Africa - safari in the Kalahari, Victoria Falls, Mozambique... Contact us for more information!

Day 10 — 10 : HOME

Arrive home in the early morning or start your extension to see more of southern Africa.

Don't hesitate to talk to us about an extension to Victoria Falls or an off-road vehicle safari through central Kalahari, an incredibly special part of the world for observing wildlife and fauna.

DATES & PRICES			
DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
12/12/2025	21/12/2025	£5,860	Open
19/12/2025	28/12/2025	£5,860	Open
26/12/2025	04/01/2026	£5,860	Open
02/01/2026	11/01/2026	£4,612	Open
09/01/2026	18/01/2026	£4,612	Open
16/01/2026	25/01/2026	£4,612	Open
23/01/2026	01/02/2026	£4,612	Open
30/01/2026	08/02/2026	£4,612	Open
06/02/2026	15/02/2026	£4,612	Open
13/02/2026	22/02/2026	£4,612	Open
20/02/2026	01/03/2026	£4,612	Open
27/02/2026	08/03/2026	£4,612	Open
06/03/2026	15/03/2026	£4,612	Open
13/03/2026	22/03/2026	£4,612	Open
20/03/2026	29/03/2026	£4,612	Open
27/03/2026	05/04/2026	£4,915	Open
03/04/2026	12/04/2026	£5,318	Open
10/04/2026	19/04/2026	£5,318	Open
17/04/2026	26/04/2026	£5,318	Open
24/04/2026	03/05/2026	£5,318	Open
01/05/2026	10/05/2026	£5,318	Open
08/05/2026	17/05/2026	£5,318	Open
15/05/2026	24/05/2026	£5,318	Open
22/05/2026	31/05/2026	£5,318	Open
29/05/2026	07/06/2026	£5,318	Open
05/06/2026	14/06/2026	£5,318	Open
12/06/2026	21/06/2026	£5,318	Open
19/06/2026	28/06/2026	£5,318	Open

26/06/2026	05/07/2026	£5,736	Open
03/07/2026	12/07/2026	£6,295	Open
10/07/2026	19/07/2026	£6,295	Open
17/07/2026	26/07/2026	£6,295	Open
24/07/2026	02/08/2026	£6,295	Open
31/07/2026	09/08/2026	£6,295	Open
07/08/2026	16/08/2026	£6,295	Open
14/08/2026	23/08/2026	£6,295	Open
21/08/2026	30/08/2026	£6,295	Open
28/08/2026	06/09/2026	£6,295	Open
04/09/2026	13/09/2026	£6,295	Open
11/09/2026	20/09/2026	£6,295	Open
18/09/2026	27/09/2026	£6,295	Open
25/09/2026	04/10/2026	£6,295	Open
02/10/2026	11/10/2026	£6,295	Open
09/10/2026	18/10/2026	£6,295	Open
16/10/2026	25/10/2026	£6,295	Open
23/10/2026	01/11/2026	£6,295	Open
30/10/2026	08/11/2026	£4,612	Open
06/11/2026	15/11/2026	£4,612	Open
13/11/2026	22/11/2026	£4,612	Open
20/11/2026	29/11/2026	£4,612	Open
27/11/2026	06/12/2026	£4,612	Open
04/12/2026	13/12/2026	£5,333	Open
11/12/2026	20/12/2026	£6,295	Open
18/12/2026	27/12/2026	£6,295	Open
25/12/2026	03/01/2027	£6,295	Open

Price details

- Flights to your destination (Maun) are not included, but can be booked on request - please contact us for rates.

- Rates are per person, based on two riders sharing a twin or double tent during the ride.

- Groups are composed of a minimum of 2 riders and a maximum of 8 international riders, plus guides.

- 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.

- Transfers from Maun are not included. Riders have the option of going for a scenic, 20-helicopter transfer into camp, or a long road transfer (2h) - a mix of both is also possible.

Helicopter transfer: \$335/£250/€300 in 2025 (per person, each way) -- \$350/£255/€300 in 2026 (per person, each way).

Road transfer: \$125/£95/€115 in 2025 (per person, each way) -- \$130/£100/€120 in 2026 (per person, each way).

Transfer rates are based on two guests sharing the same transfer, supplements may apply for single riders.

- There is no single supplement if you are willing to share a tent with another guest of the same sex (except during the high season when it applies if no sharer is found). To guarantee your own tent there is a single supplement.

In 2025:

10 January - 31 March, and 1 November - 9 December: \$1295/£970/€1165

1 April - 30 June: \$1575/£1180/€1415

1 July - 31 October, and 10 Dec - 9 Jan: \$1932/£1450/€1735

In 2026

10 January – 31 March, and 1 November – 9 December: \$1400 / £1025 / €1190

1 April – 30 June: \$1750 / £1285 / €1490

1 July – 31 October, and 10 December – 9 January: \$2240 / £1640 / €1905

- The minimum age is 12, but young riders must be experienced and willing to spend long hours in the saddle. The guide holds the right to decide whether younger riders may have to travel with an accompanying vehicle should they be unable to keep up with the group during the course of any safari. There are no discounts for children on this ride.

- Non riders are welcome and will be offered jeep, mokoro or walking safaris instead. Please contact us if you would like to know the rate.

- IMPORTANT : Riders over 95 kg must contact us before signing up for the ride.

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 horse guide specialising in the area

1 backup guide

LOGISTICS TEAM

A team of cooks, guides and grooms

ACCOMMODATION

7 nights in safari tents

MEALS

Full board from dinner on day 2 to lunch on day 9

Drinks (water, wine, beer, soft drinks)

Price doesn't include

EXTRAS

Tips to the local team

MEALS

Meals on Days 1 and 10, lunch on Days 2 and 9, dinner on Day 9.

TRANSPORT

International flights to Maun

Return airport transfers

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

EQUESTRIAN INFO

Horses

You will ride from a stable of Hanoverians, Trakehners, Anglo-Arabs, Arab-barbs, which are all spirited and sure footed. These horses never hesitate to break into a gallop, or take you up close to the wild animals you will encounter on your trip. They range in size from 14.1h to 16.2h.

Guide & local team

All rides will be led by a professional experienced guide. He will be accompanied by an assistant back up guide. Guides will be up to date on their first aid training and will carry a basic first aid kit and bear banger on all rides. A GPS and a handheld radio or satellite phone are also carried in the event of an emergency.

Minimum riding ability

MINIMUM RIDING ABILITY

To make the most out of this safari, you need to be at ease riding outdoors, keeping your balance over varied and uneven ground and having the reflexes to keep and find your seat again if the horse were to swerve suddenly.

Some of the horses are very docile and will be more suitable for intermediate level riders - ask us for more information.

IMPORTANT : Riders over 95kg must contact us before signing up to this ride.

PACE

In the morning, you will experience all the paces. Be prepared to get wet! In the afternoons, a more relaxed ride is on the cards. Between 4-7 hours will be spent in the saddle each day.

TACKING ABILITY AND PARTICIPATION

An efficient English-speaking staff assures the care and the preparation of the horses.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

All riders must be competent riders able to ride confidently at all paces out in open spaces. This is a big game safari and you must be balanced in the saddle.

The riding environment doesn't pose any particular challenges with an agreeable climate all year round. The seasons are inverted due to Botswana's location in the southern hemisphere. The Okavango may well be a wetland but there are hundreds of islands that host a wide variety of wildlife. The islands are generally comprised of floodplains and woodland.

Riders who don't ride regularly must absolutely get back into the saddle before heading out on this safari.

Riders must also be prepared to meet people whose cultural specificities and differences of approach must be treated with acceptance and respect.

EQUESTRIAN EQUIPMENT

South African trail saddles.

Water bottles holders are provided on each saddle (enough space for two saddles). Saddle bags are available.

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

TRAVEL INFO

COMFORT

Cha Cha Metsi camp is owned and run by David and Robyn Foot's (ride operators) close friends Clyde and Marieke Niven, Clyde is the grandson of Sir Percy Fitzpatrick, author of the classic book Jock of the Bushveld.

Cha Cha Metsi sleeps only 12 guests and overlooks the permanent waters of the stunning Gama Tau Lagoon – the gathering place of the lions – and part of the Santantadibe River. Personally decorated by Marieke with a collection of their family's antique furniture it feels like you are being welcomed warmly into their own home.

You will stay in one of the six safari tents. All tents are on raised platforms, with plenty of standing room and made-up stretcher beds. All tents have their own private bathroom with running hot water and proper loo.

Limited WiFi in the reception area.

MEALS

Breakfast - savoury, sweet, tea, coffee, hot chocolate, eggs and bacon.

Lunch will buffet style with options such as salad, cold meats, fruit and cheese.

Dinner is a three-course meal of meat, vegetables and fresh fruit.

Drinks are included including alcohol.

Special diets can be accommodated with previous notice.

CLIMATE

The months of October to March are the hottest of the year, with temperatures varying between 15 and 37°C.

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 depend 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 herd 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 night 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

Tips are usually between 20-25 USD per rider/ per day for the whole local team which will then be shared equally.

Please tip your guides and lodge team separately. There is a tip box at reception for the lodge team, and you can give a separate envelope to your

lead guide and grooms.

- Guide: US\$ 10 per day per guest
- Camp Staff (including back up rider): US\$ 10 per day per guest
- Community Staff (Delta only): US\$ 2 per day per guest

PACKING LIST

Our Recommendations

- 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
- 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!
- You must bring a headtorch or small torch for moving around camp at night.
- There is no electricity at Camp, a solar charging bank could be a useful item to charge camera batteries
- Luggage for local charter flights and helicopter flights is limited to 20kg per person in soft bags including hand luggage, riding kit and camera equipment. This is strictly enforced by all charter companies for safety reasons.

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 but you may wish to take long chaps to protect against thorns. 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
- 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
- Binoculars for viewing game
- Camera and high capacity memory card. Spare battery
- Bumbag for carrying your camera and small items whilst riding
- Waterproof pouches if you want to bring your camera or phone with you whilst riding

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. Some 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)
- A first aid kit is available in camp but please make sure to bring any prescription medication with you.

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](#)