



CONGO

As the African rainforest and the bai environment can be very muddy and wet, it is recommended that you bring enough suitable clothing (including socks) to allow time for laundered items to dry in the often humid and wet conditions. Please also take special note that T-shirts, short pants and sandals are NOT suitable attire for the Odzala camps. Ideal clothing is that which is quick drying, lightweight, in greens or browns and that has long sleeves/trouser legs.

CLOTHING

- At least three fast-drying, collared shirts with long sleeves
- Three pairs of fast-drying, long pants
- One pair of closed walking shoes – lightweight/quick drying are ideal (note that heavy boots can be difficult to dry)*
- One pair closed river/waterproof shoes or “wellington boots” or lightweight fishing waders
- One pair of comfortable shoes for when in camp
- Socks – calf length or longer to avoid exposing ankles
- Comfortable, casual and cool clothing for when in camp
- One light fleece / jumper for cooler evenings
- Raingear
- Sun hat and swimming costume
- Slightly more formal attire for your stay at prestigious city hotels

*Should you wish to bring “old” shoes that you don’t mind getting wet or muddy and decide to leave them behind at the end of your stay, please feel free to do so.

EQUIPMENT/OTHER

- Good quality sunglasses, UV protected, preferably polarised.
- Toiletries (basic amenities are supplied by most establishments)
- Personal toiletries such as contact lens solution and female hygiene products
- Sunscreen – non greasy types are recommended for the tropics
- Insect repellent – tropical grade. Those containing DEET work best. Natural products (citronella, eucalyptus, etc.) are not recommended.
- Any required medication – enough for all of the time spent in Congo
- Anti-itch/anti-allergy cream, antiseptic cream, adhesive plasters, “Epipen” injection kit for anyone who has a serious allergy to insect bites, bee stings, food products, etc. Consult your doctor for further information.
- Head torch or flashlight for night walks and moving around after dark
- Tupperware / snap-lid plastic boxes to keep any snacks or charging cables.
- Camera equipment including spare batteries, chargers, film, flash cards, memory sticks, etc. (Please see below for advice on camera equipment)
- Plug adaptors (Congo and our Camps use the two-round-pin European plugs).
- Anti-fog for camera lenses
- We highly recommend that you bring your own pair of binoculars for viewing both wildlife and birds. The recommended general purpose binocular specifications are 8x40 or 10x42.
- Day pack for walks / gorilla tracking. Include “zip lock” bags or a lightweight dry bag for electronic equipment and items vulnerable to moisture.
- Visas, tickets, passports, valid yellow fever vaccination certificate, copies of your letter of invitation,



money, credit cards, insurance details, etc.

- A printed copy of your travel, medical and evacuation insurance that includes the policy reference number, name of insurer, name/s of persons covered and the contact telephone number/s in the advent of a medical emergency. Please also include contact details of a friend / family member in your home country.
- A list of any relevant medical conditions, medications and allergies.
- Yellow Fever vaccination record as well as new gorilla welfare protocol vaccination record (see Point 5 below), certified by a doctor or other medical professional.

TAKE NOTE:

Bright colours and white are not advisable whilst at Odzala as this will contrast very strongly with the prevailing forest colours, and could well disturb gorillas at sightings. Camouflage clothing is also not recommended for travel in African countries.

There may be a restriction on luggage limits on your safari – please ensure that you have the details from your agent according to your itinerary and ask your agent ahead of time if you would like details on the feasibility and costs of taking excess luggage with you on any of these restricted luggage safaris.

We have reference materials in our camps, so it is not necessary to bring these with you.

Camera equipment – We recommend that all camera equipment is suitable for humid and possibly wet environments. When selecting your equipment for gorilla viewing please take into account that lighting conditions can be challenging in the forest and gorilla welfare protocols dictate that flashes cannot be used. You should also bear in mind the typical distances at which gorillas are viewed (not closer than 7 metres/24 feet) and that there are many interesting smaller things that may be encountered in the forest, so a macro lens might also be helpful. You will be required to carry all your own equipment as the maximum group sizes at any one time is six including guide and tracker and therefore there is no option for porters. Please also take into account the strict baggage weight limits for charter flights into the Congo camps.

Guest Vaccination Record Requirements - Gorillas are vulnerable to catching human diseases and we take every step possible to minimise any risks to these endangered primates. In accordance with international gorilla-viewing protocols and on the advice of specialist vets you will be required to provide evidence that you have been vaccinated against measles and polio, and that you are free of any active tuberculosis (TB) infections as of 1 January 2015. This is in addition to our existing gorilla welfare procedures regarding flu, and other respiratory complaints typically treated with antibiotics.

We recommend that all guests visit their physician or travel clinic well in advance of their travel date, as this will enable them to easily comply with this protocol (by having a doctor certify their completed vaccination record or issue a certificate of health), and use the opportunity to discuss malaria prophylaxis and other sensible health precautions. Note that a valid yellow fever certificate remains an entry requirement for the Republic of Congo.