Pre-Departure Guide

Churchill Tailored Safaris



www.churchillsafaris.com

Welcome to Churchill Safaris!

We are so excited to show you our home! Preparing for your African safari can be so exciting. It can also be incredibly daunting, as you are preparing for a place that you do not know and taking advice from someone you have never met. As ground operators who have spent years designing safaris, we have made it our priority to prepare our clients for their trips. Using all the information which we have gathered over the years, we have carefully condensed it into our pre-departure guide, which we believe will prepare you for the experience of a life time.

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Flights

There are many airlines that offer regular flights to both Rwanda (Kigali) and Uganda (Entebbe).

A helpful resource for finding a cheap flight is www.kayak.com. Please let us know if you would like us to arrange a flight for you and handle your booking.

Visa Requirements

Uganda:

Visas can be acquired online **www.visas.immigration.go.ug** at all points of entry into Uganda, including Entebbe International Airport. Your passport will need to have at least one blank page and must be valid for six months upon arrival.

You will need to fill out a form, which will be provided to you on the plane.

Money for visas should be in good condition and not be older than 2009. Single Entry for a 3month tourist visa is 50 USD, multiple entries for 6 months are 100 USD and the new East African Visa is at 100USD which is only acquired at the airport or border.

Nationalities which are exempt from needing visas to Uganda:

Angola, Antigua, Bahamas, Barbados, Belize, Comoros, Cyprus, Eritrea, Fiji, Gambia, Grenada, Jamaica, Kenya, Lesotho, Madagascar, Malawi, Malta, Mauritius, Rwanda, Seychelles, Sierra Leone, Singapore, Solomon Islands, St. Vincent, Swaziland, Tanzania, Tonga, Vanuatu, Zambia and Zimbabwe.



Rwanda

You can apply online before arrival www.migration.gov.rw or apply on arrival at the airport or at any entry point. You will need to go to or contact the Rwanda Embassy in your country to obtain an entry form, which will you then submit online. It will usually take - three working days to process. A reference form will then be sent which will need to brought to the border or airport. Tourist visas for 90 days are 30 USD and the new East African Visa is at 100USD which is only acquired at the airport or border.

1. Nationals of Australia, Germany, Israel, New Zealand, Republic of South Africa, Sweden United Kingdom and United States of America, shall get entry visa and pay visa fee upon arrival at any Rwanda entry point without prior application. The entry visa fee is 30 USD, valid for a period of up to 30 days. Nationals of the mentioned countries may also choose to get visa at Rwanda Diplomatic Missions (except the UN Mission in New York) or online.
2. E.A.C Partner states citizens shall continue to be issued with 6 months visitors pass (renewable) at entry points with no fee.
3. D.R.C citizens will continue getting visitor's visa for a stay not exceeding 90 days with no fee as provided by the CEPGL agreement.
4. Nationals of Singapore, Hong Kong, Mauritius and Philippines are exempted from entry/tourism visa for a stay for up to 90 days.
5. Nationals of African countries that are not exempted from visa fee shall continue getting entry visa at Rwanda entry points (Kigali International Airport and all l and borders).

Note: Rwanda is very strict about not allowing plastic bags into the country,

and can sometimes issue fines if they are found in luggage.





Air carriers into Uganda

Country of origin	**Airlines**
1.USA	Ethiopian Airlines, Qatar Airlines
2. UK	Emirates Airlines
3. Germany	Ethiopian Airlines, Qatar Airlines
4. France	Qatar airlines, Ethiopian Airlines, Brussels
5. Japan	Qatar Airlines, Emirates Airlines
6. Austria	Qatar airlines, Brussels Airlines
7. Switzerland	Qatar airlines, Brussels Airlines
8.Sweden	Ethiopian Airlines, Qatar Airlines
9. Canada	Ethiopian Airlines, Qatar Airlines
10. Australia	Emirates Airlines, Qatar Airlines, South African Airlines
11. South Africa	Emirates Airlines, South African Airlines



Health

Medical Preparation:

In preparing for your trip to East Africa it is advisable that you meet with your doctor between four to six weeks before you travel so that you can get the proper vaccinations and begin your anti-malaria tablets.

Vaccinations for East Africa

Basic Vaccinations advised if you are not up to date: measles, mumps, rubella, diphtheria, pertussis, tetanus, polio, and whopping cough vaccinations.

Other vital vaccinations:

Hepatitis A can be transmitted through food and water. We recommend travelers get vaccinated if they have failed to do so already.

Hepatitis B is transmitted through blood and bodily fluids. Although it is rare that tourists will come into contact with these fluids, we still advice clients to take pre-cautions by getting vaccinated.

Typhoid exposure may occur through food or water. We advise clients to get vaccinated if they are planning on visiting rural areas or volunteering in smaller villages.

Yellow fever is the only vaccination that is required for both Uganda and Rwanda, and should be given ten days before arrival. Carry your yellow fever card when you travel as its ***very important*** vaccination may be needed when you travel, which can be given by a doctor.



Meningococcal (meningitis) is strongly recommended when traveling in East Africa.

Rabies is transmitted through animals, we recommend that clients who are participating in one of our adventure-based trips that spend a lot of time outside or in the rural areas get vaccinated.

Anti-Malaria Medication

Malaria is transmitted to humans from the bite of a mosquito that is infected with the parasite. It is a very serious disease that could lead death. Malaria is the leading cause of death and illness in Uganda, and we highly recommend that clients take malaria tablets for the duration of their stay. Nobody wants to spend a safari feeling sick! Symptoms usually occur 7-9 days after being bitten, so it may not be noticeable until after a client returns home. There have been cases where malaria has developed several months after being bitten by mosquitoes.

There are a number of ways to decrease the risk of contracting malaria including smearing on insect repellent, wearing long sleeved shirts, long trousers, and socks during the night. All the hotels have mosquito nets or air conditioning, so there is no need to bring a net.

Symptoms of Malaria fever, headache, nausea, and body aches.



Other susceptible Diseases in East Africa:

Dengues, Filariasis, leishmaniasis, onchocerciasis are other diseases which are spread by insect bites. They can be prevented by wearing long sleeved shirts, applying insect repellent, and sleeping under a mosquito net.

Schistosmiasis is a parasitic infection caused by snails and is found in almost all fresh water bodies in East Africa. Lake Bunyonyi and Lake Kivu are reportedly free from infection.

HIV/AIDS: East Africa has very high rates of HIV/AIDS and appropriate precautions should be taken if you do decide to engage in behavior that will put you at risk.

AVIAN INFLUENZA

Avian Influenza has been found in certain African countries, so it is best to stay clear of markets that keep live poultry or birds.

Food Poisoning

All the hotels and lodges we send our clients to have excellent hygienic standards, and food poisoning is rare. There are many local food restaurants through-out Uganda and although the food may look delicious it is very rare that hygienic standards are up to par. If you do decide to eat at a local restaurant



we advise you to refrain from taking fresh juice (often made with un-boiled water), ice cubes, fruits, uncooked vegetables, and food that is served cold. Street food may look appealing but might not, leads to an upset stomach.

Diarrhea

Travelers' Diarrhea affects 20%-50% of international travelers. Although the majority of cases are resolved on their own within the first week of travel, it can still be unpleasant. We usually recommend that clients bring with them their own anti diarrheal medication which can include over the counter medication such as *Imodium* or *Pepto-Bismo or Ciprofloxacin (stronger antibiotic)*

Water

We advise clients to restrain from drinking water from the source during their stay. Although many hotels and lodges say it is safe for guests to wash their faces and teeth with tap water, bottled water will always be made available in the rooms. We will provide bottled water on the vehicle throughout the duration of a safari, so there is no need to bring iodine tablets.

Sun and Heat

It gets really hot especially along the equator, putting guests at risk for heat stroke, heat exhaustion, and heat rash. These are preventable, and the best way is to drink lots of water, wear sunscreen, as well as a safari hat and sunglasses.



Prescribed Medications

If you are on other medications make sure you bring enough for the duration of your stay, as it may be difficult to find it in Uganda. If you have a serious health issue please let us know before the start of your safari.

Medical Insurance

Although it is very unlikely that you will experience any medical issues during your stay, it is important to make sure that your health care insurance provider provides international coverage as well as evacuation insurance. We normally sign up clients with Flying Doctor (Covering evacuation with the doctor on board) or you can sign up for Seven Corners, which is an excellent International Health Care Insurance Provider that offers coverage for short-term international travel. www.sevencorners.com.

Infections

Wounds can get very easily infected due to the climate. If you get cut it is pivotal to clean it properly and make sure that it is covered. We advise clients to bring their own band-aids as well as some sort of anti-biotic cream.

Medical Supplies Checklist

- Malaria Tablets
- Anti-Diarrheal Medication
- Sunscreen
- Insect Repellent



Money

Uganda and Rwanda are both cash-based societies. The Ugandan currency is Shillings, and Rwanda uses Francs however, both countries use US dollars. There are a many ATMS available throughout the capitals and major towns. They accept Visa and Master Card. Afew might accept the AMEX cards. We advise you to use cash while on your safari, compared to your credit cards for security s reasons and exchanging traveler's checks can be time consuming and frustrating. Also taking out money on a credit card can run a surcharge of 6% or higher. So, when you carry cash carry US dollars as they are easy to exchange, although Euros and UK pound are also fine. Make sure that dollar notes are from series 2009 to date, and have no tears or blemishes. Higher increments get better exchange rates, so we recommend bringing 100dollar bills.

There are a number of places to exchange money which your guide can direct you to. Avoid exchanging money at the airport and at borders as the exchange rate is usually lower. You should also avoid using US dollars at craft markets and restaurants, as you will get more for your money by using local currency.



How much to Money to Bring?

Although most of your safari costs are covered by your safari handler, there are exceptions which will be listed on your itinerary or souvenir you would like to collect on your trip. The majority of clients tell us that they spend most of their money on alcohol and souvenirs. Depending on the length of your safari and how much you like to drink/shop we usually recommend that clients bring around $20-$50 USD a day for personal expenditures.

Tipping:

Churchill guides get paid a fair salary while they are on safari, and tipping your guide is not mandatory. If you feel that the service has been exceptional you are more than welcome to tip. Usually clients tip around $5-$10 USD per day.

It is absolutely not required for you to tip them once you complete your trip. If you feel that the service has been exceptional, you are more than welcome to tip, but it is by no means mandatory. It is also kind to you tip the local guides who may be part of your gorilla or primate trek (not Churchill guides), $5-$10 is usually the range.

Tipping at restaurants or hotels in Uganda and Rwanda is not a common practice, although it is a good gesture.



Packing:

Packing for your safari can sometimes be such a nightmare, and you will more than likely end up re-packing a few times before you actually depart. Our slogan for packing is less or more, and you should check with your airline about the maximum luggage weight allowance. Soft duffle bags are preferred as suitcases can be cumbersome and difficult to fit in your safari vehicle. It is essential to carry all your valuables and important medication in your carry-on, as baggage can sometimes go missing.

Clothing:

One of the biggest mistakes is packing too many clothes for your safari. However, many of the lodges and camps will have laundry services available either free of charge or a few dollars so that guests can recycle their clothes throughout their trip. The dress code at the lodges is very relaxed, so it is not necessary to anything particularly fancy, unless you plan on going out at night in Kampala or Kigali.

Clothing should in general be light-weight and above all comfortable. We advise you to wear neutral colors, such as beige, olive and khaki, which blend into the natural surroundings. The colors you wear do not particularly matter if you are in your safari vehicle, but red should be avoided if you engage in any sort of walking safari or nature walk as it may disrupt the animals. Also avoid white colors as they can easily get dirty.



And if you are traveling to Murchison Falls, home of the dreaded Tutsi Fly, do not wear black or dark blue as it is attracted to darker colors.
Many of our past clients have recommended having clothes that you can wear on safari and then another outfit that you can change into when you return to the lodge in the evening.

Shirts:

Shirts should be made out of cotton or any lightweight material and can be long or short sleeved. We advise on bringing shirts with adjustable sleeves that you can button/roll up during the day and let down at night when it gets cooler. Tank tops are fine, but may sometimes be inappropriate in the more rural areas of Uganda.

Trousers and shorts

The trousers you wear on safari should be light-weight material and comfortable. Trousers are preferable to shorts as they protect you from the sun, bugs, and other natural elements. Shorts and skirts can be worn on safari but should be to knee-length or lower. Tight or revealing clothing is not appropriate even in cities, and certainly not in the rural areas. Cross bags are great for carrying guide books, binoculars, and other essential light material.



Jackets

It can get extremely cold in the night, and in the mornings too. It is very important to bring a safari jacket, sweater, or a fleece with you. For those that are especially vulnerable to the cold should bring warm underwear, gloves, and a hat. It also has a tendency to rain rather spontaneously, so it is important to bring a good rain jacket!

Hats and Sun-protection

One of the most important things to bring on safari is a good safari hat, with a wide brim to protect you from the sun, baseball hats just won't cut it. We also recommend that your hat is foldable, and has a string to keep it from flying off your head. It is also important to bring a good pair of sunglasses to protect your eyes from the harsh equator sunshine.

Shoes

If you are engaging in any sort of walking safari or primate trekking it is necessary to bring a pair of good, broken-in pair of hiking boots with traction, that are semi-waterproof. Bring a pair of sandals or comfortable footwear with you to use at the lodge. You may also bring with you several pairs of socks.



Underwear

Although many of the lodges and camps offer laundry services, you will have to wash your undergarments yourself, as it is considered taboo in many African countries for someone else to wash them for you. You can wash them by hand in your hotel or bring enough to last you for the duration of your safari.

Bathing Suit

Many of the high end lodges and camps having swimming pools, so bring a bathing suit with you!

Toiletries:

It is possible to find many toiletries that you may need at supermarkets in Kampala although it can be very difficult to find such things like conditioner, contact solution, and hand sanitizer. It can be almost impossible to find such things once you go outside of the capital. A full list of the toiletries you should bring can be found in our full packing list section.

Equipment



There are two pieces of equipment that are essential to every safari: a pair of binoculars and a good camera.

The binoculars you choose should be lightweight, waterproof, and easy to carry. The website http://www.bestbinocularsreviews.com offers some excellent advice on picking the right pair for your safaris.

There are millions of different cameras out there, and some may even cost as much as your safari! If you do decide to purchase a camera just for your Safari, it is important to think about if you will ever use it again, and if you have to time to learn how to use it before your departure date. We have had many amateur photographers take excellent photos during their safaris, and it is so rewarding to be able to come back and share them with friends and family. The camera you end up bringing with you on safari will need to have a good zoom on it, as the wildlife may be some distance away. Fixed-lens digital cameras (point and shoot) and digital single lens reflex body (Digital SLR) are both good types of cameras, and both have powerful zooms. In our experience fixed-lens digital cameras have a slight advantage as they are equipped with a "super zoom" and cost less than Digital SLR.



Other stuff to pack

Entertainment:

You might have free time at the lodges or somewhere enroute or some waiting moments that you could utilize and so carrying books, playing cards, portable board games, electronic devices, etc. will keep you occupied. Otherwise your guide will ensure to keep you active and involved in your surroundings while on travel with stories and information on the country.

Connecting:

Depending on how much interaction you have with local communities, it is always a good idea to bring something with which people can get to know you better. Post cards of where you are from or photos of your family, friends, and home are a great way to break the ice, and help people to understand you better.

Journaling

Recording your safari experience through words can be just as important as the photographs you take. Bring a journal to help remember your safari experience as well as a good pen or pencil. Bring some sort of bag to keep it safe (not plastic for Rwanda.)

Other:

Swiss army knife or some other similar gadget is good to have around, and at the very least will help in opening a beer!
Locks with codes for luggage (keys get lost)



Recommended Reading List



Reading about the countries and region you are visiting during your safari, will not only prepare you for your adventure but hopefully get you excited to learn more, and there is so much to learn! From the wildlife to the cultures and history, Africa is a fascinating and complex continent.

Guide Books:

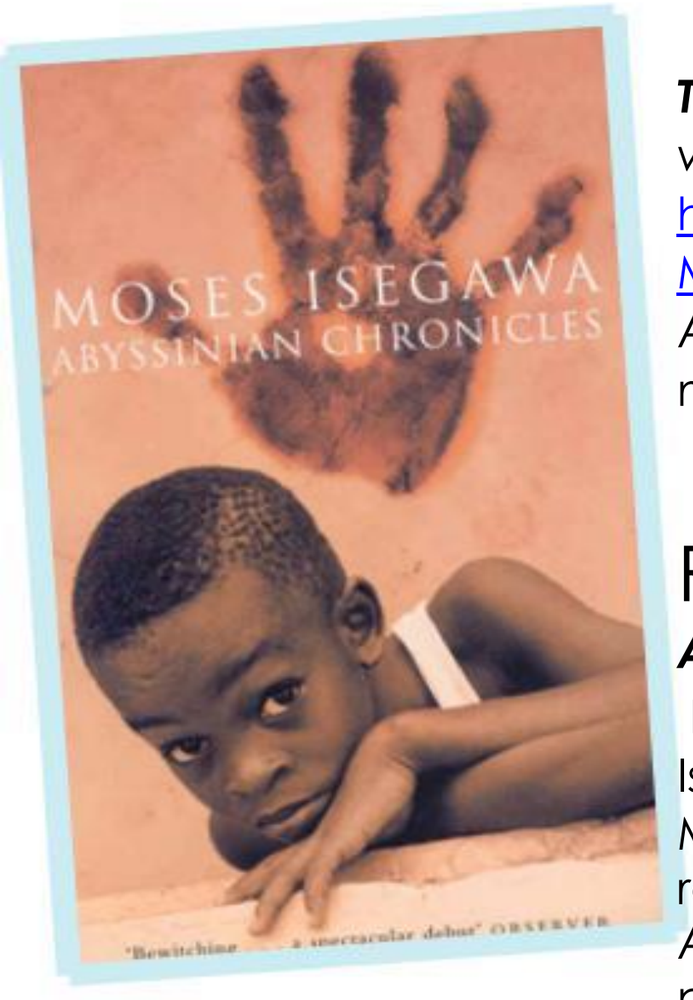
The Birds of East Africa: *Kenya, Tanzania, Uganda, Rwanda, Burundi ,* Terry Stevenson and John Fanshawe http://www.amazon.co.uk/The-Birds-East-Africa-Princeton/dp/0856610798

This 640 page book gives information on over 1300 species of birds in the mentioned countries. Excellent illustrations, distribution maps, and habitat information is covered extensively.

***The Kingdom Pocket Guide to African Mammals*, Jonathan Kingdon**

http://www.amazon.com/Kingdon-Pocket-African-Mammals-Princeton/ dp/0691122393

The first pocket guide to cover every species of terrestrial African mammals, compact and full of beautiful illustrations, it is ideal for the field.

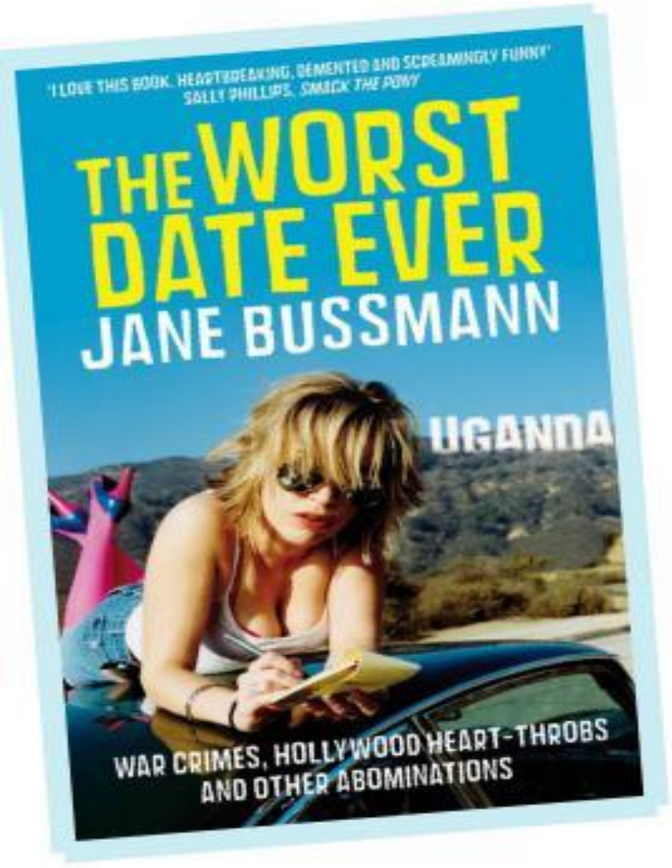


The Behavior Guide to African Mammals: *Including Hoofed Mammals, Carnivores, and Primates*, Richard Despard Estes
http://www.amazon.com/The-Behavior-Guide-African-Mammals/ dp/0520080858
A compilation of field research, describes in detail the behavior of th four major groups of animals mentioned in the title.

Reads Specific to Uganda

***Abyssinian Chronicles,* Moses Isegawa**
http://www.amazon.com/Abyssinian-Chronicles-Novel-Moses-Isegawa/ dp/0375705775
Moses Isegawa captures the history of twentieth-century Uganda, taking read-ers through the horrendous reign of Idi Amin, and the catastrophes of AIDS, poverty, and war. This brilliant story is heartbreaking yet full of hope, passion, and vision.

***The King of Scotland*, Giles Foden**
This dark compelling book is a perfect read for while you are travelling in Uganda. Told through the view point of Amin's personal physician, Nicholas Gar-



rigan, it goes into detail about the barbaric 8 year reign of Amin that left over 300,000 dead.

***Uganda the Pearl of Africa*, Paul Joynson-Hicks** http://www.amazon.com/Uganda-Pearl-Africa-Paul-Joynson-Hicks/dp/187094893

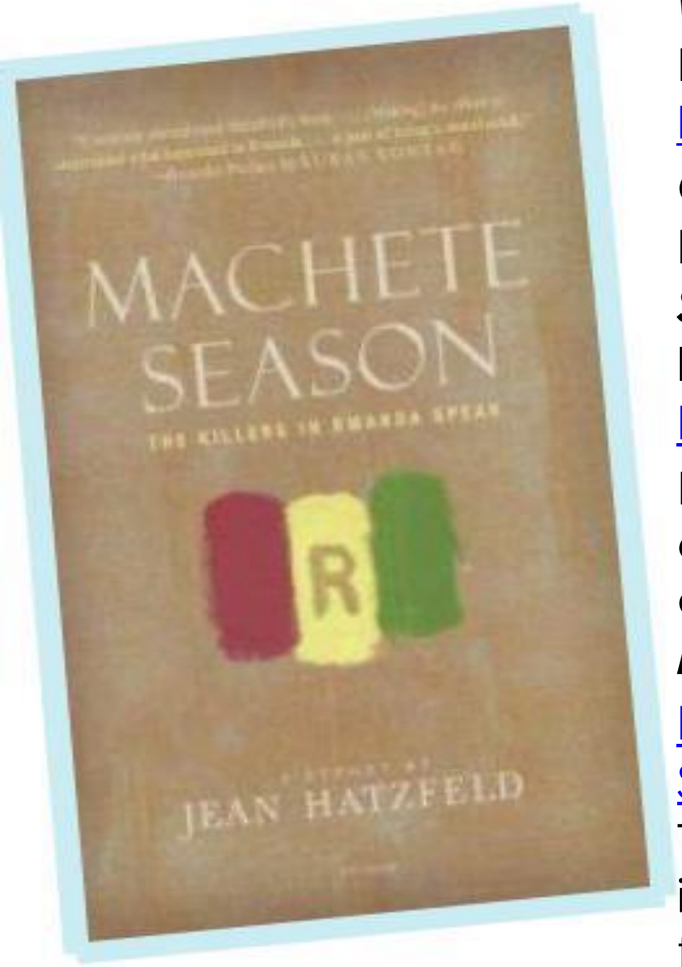
This book is a comprehensive discovery into the people, history and cultures of Uganda. Stunning photographs make is a perfect coffee table book for when you return home.

Sowing the Mustard Seed: *The Struggle for Freedom and Democracy in Uganda*, Yoweni Kaguta Museveni
http://www.amazon.com/Sowing-Mustard-Seed-Struggle-Democracy/ dp/033368908

A fascinating autobiography by Uganda's current President Yoweni Kaguta Museveni, about the guerilla war he led to rescue his country from tyranny.

***The Worst Date Ever*, Jane Bussman**
http://www.amazon.com/Worst-Date-Ever/dp/0330457659

Comical and brilliantly written, British comedian and reporter Jane Bussmann set off into Northern Uganda almost ten years ago to shed light on the war and the atrocities being committed by Kony. A great read for anyone traveling up to Gulu or Kidepo National Park.



Reads specific to Rwanda:

***We wish to inform you that Tomorrow we will be Killed with our Families*, Phillip Gourevitch**

http://www.amazon.com/Wish-Inform-Tomorrow-Killed-Families/dp/0312243359

Gorevitch dissects the Rwandan genocide, going into detail about the history leading up to the conflict, as well as the horrendous aftermath.

Shake Hands with the Devil: *The Failure of Humanity in Rwanda,* Romeo Dallaire

http://www.amazon.com/Shake-Hands-Devil-Failure-Humanity/dp/078671510

Legendary Cannadian general Romeo Dallaire gives his detailed account of coming to Rwanda and being witness to the brutality and chaos of the Rwanda genocide.

***Machete Season: The Killers in Rwanda Speak*, Jean Hatzfeld**

http://www.amazon.com/Machete-Season-Killers-Rwanda-Speak/ dp/0374280827

Traveling back to Rwanda after the genocide, international journalist Hatzfeld interviews ten men who were part of the killings. These gripping accounts are fascinating, giving a rare insight into the conflict and humanity.

***Inyenzi: A story of Love and Genocide*, Andrew Brown**

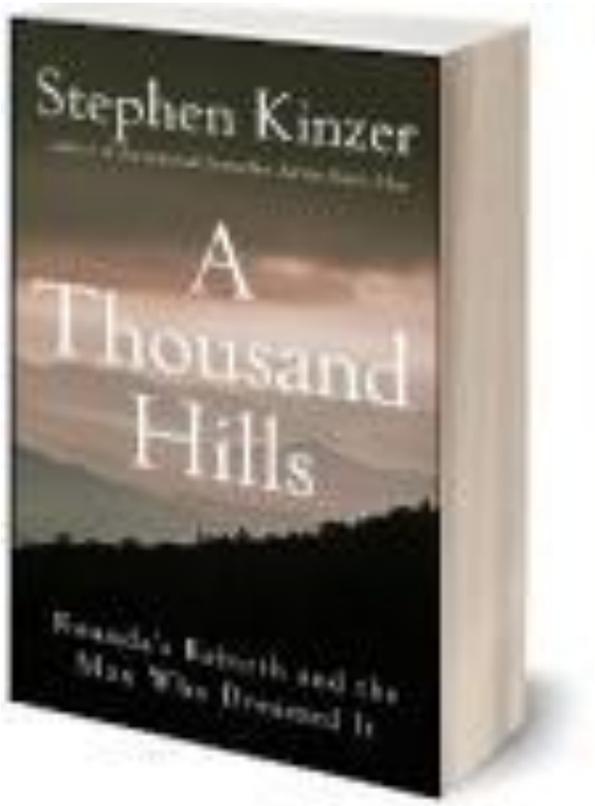
http://www.amazon.com/Inyenzi-Story-Genocide-Andrew-Brown/dp/1770220054

A heartbreaking tale of love i between a Hutu Priest and a Tutsi woman set

during the genocide.

***A Thousand Hills: Rwanda's Rebirth and the Man Who Dreamed It,* Stephen Kinzer**

http://www.amazon.com/Thousand-Hills-Rwandas-Rebirth-Dreamed/ dp/0470120150



The incredible story of Rwanda's President Paul Kagame, a man who trained as an intelligence agent in Cuba and the United States, brought peace to Rwanda's bloody war, and made it his ongoing mission to make Rwanda the first middle-income country in Africa.



WEATHER

The weather in Uganda and Rwanda like the rest of world lately is extremely unpredictable. Temperatures usually average around 21.5 °C (71 °F), but can get much higher during the day, and drop significantly in the night. Although rainy season normally was from April to May and from September to November it is now more difficult to determine. So, when packing prepare for all the elements!

Gorillas

Trekking gorillas in Uganda and Rwanda is a thrilling experience that Africa has to offer. You will set off from your hotel very early with a packed lunch which will be provided. The amount of time you actually spend trekking really depends on the location of the gorillas, and can take any-where from a half-hour to eight hours. Hiking through the forest, making a trail through the dense overgrowth with a machete can be physically challenging, and requires that you be in relatively good physical shape. Porters are avail-able at the entrance of the park, and we strongly recommend that you have one come with you to carry your bag, their services are usually from 10 USD to 15 USD for the day.



Items to carry for Gorilla Trekking

- Packed Lunch (will be provided)
- One-two liters of water (will be provided)
- Hiking Stick (will be provided)
- Day Backpack
- Rain jacket
- Gloves and hat (it gets cold!)
- Light weight long sleeved shirt
- Light weight long trousers
- Sunscreen
- Handkerchief, headscarf
- Waterproof hiking boots
- Snacks: energy bars, small pieces of candy or chocolate
- Cameras



Game Drives

Game drives are often very early in the morning as that is the best time of viewing wildlife. Departing from the hotel you will need to bring a jacket as the early morning temperatures can be quite low. However, It will warm up considerably within a few hours, so it is important to bring sunscreen and other protection from the sun.

Items to carry for game drives

- Jacket
- Sunscreen
- Sunglasses
- Safari Hat
- Water (will be provided)
- Camera
- Guide book



Safety and Security

Uganda and Rwanda are some of the safest countries in Africa, but it is still wise to use certain precautions. We often tell clients to act as they would in their own country; would you walk alone at night by yourself? Or carry around a large amount of cash in a crowded area? Most likely not. Be cautious with your bags, avoid crowded places, keep your money and valuables in a safe place, and if you do decide to go out at night to experience the exciting nightlife of Kampala or Kigali be careful.

Electric Plugs

Uganda has 249 volts in its voltage and most plugs are UK standard, while Rwanda uses the French two round pins plug. We recommend you buy a convertor plug before you come although you can get them in Uganda, and some of the hotels have spares or can charge your electronics at their main desk for you. It is a good idea to bring a power surge protector if you plan on bringing your laptop.

Staying in Touch

When most clients come to Africa, they carry their personal cell phone and end up paying a fortune in roaming charges when they return home. If you have a cell phone that has a 900 1800-megahertz frequency it is possible to get a



local sim card that you will be able to make phone calls with, and that won't cost a fortune. We at Churchill can also purchase a local cell phone and sim card for you (around $40 USD not a smart phone), so that you can stay in touch during your time in Uganda. Local calls are around 8 cents a minute, with international calls being around 20-50 cents a minute.

Many of the high end hotels have Wi-Fi. There are internet cafes throughout Kampala and Kigali, and if you decide to stop by our office you are more than welcome to check your mail on one of our computers.



Where to eat;

UGANDA

From Mexican to Japanese, Uganda is home to a diverse range of international cuisine, and is quickly becoming a major foodie destination. There are a number of exceptional restaurants in Kampala that would rate as four or five stars on an international scale. Outside of Kampala many of the high-end lodges in the National Parks are staffed with world class chefs, and even medium and budget accommodation have very good cuisine. If you do decide to explore the culinary world of Kampala there are a myriad of choices, here are some of the top-rated places.

Yujo

A fairly new restaurant to the Kampala culinary scene, Yujo is already making its marks as being the only authentic Japanese restaurant in Uganda. Located a few doors down from the Japanese embassy, Yujo has fresh fish flown in daily, with delicious specials, as well as sushi, sashimi, and other Japanese favorites!

Mish Mash

Located in the heart of town Mish Mash serves up hearty portions of English/ American favorites. Fares include fish & chips, beef fillet, and a variety of different soups, salads, and sandwiches. A gallery and artist hub mean that most days there is something interesting going on. Churchill clients receive a 5% discount on food and drink.



The Lawns

For the carnivores among you, The Lawns is truly unique as it offers a wide selec-tion of game meats including zebra, ostrich, and crocodile! They also serve a variety of Indian and vegetarian dishes. True to the name, the restaurant is situ-ated on a spacious and manicured lawn, and is the perfect escape from hec-tic Kampala. Clients of Churchill receive a 5% discount.

Khaza Khazana

Located on Accacia Avenue this Indian restaurant is always rated at the top of trip advisor and often frequented by Kampala's Indian population. The ex-tensive menu provides a wide array of mouth watering authentic Indian dishes. The décor inside is stunning, and the overall ambience puts this place over the top!!

Lotus Mexicana

This funky Mexican themed restaurant is located near the center of town. Of-fering a selection of American/Mexican themed favorites, as well as huge por-tion sizes, and an incredible selection of drinks, including strong margaritas makes this eatery a clear winner.

Ekitoobero Restaurant

There are tons of local Uganda eateries across Kampala, where you can sam-ple local Ugandan food. Although the prices at Ekitoobero are significantly higher, you have a lesser chance of getting food poisoning! Fares include rice,



cassava, ground nut sauce, and matoke.

Mediterrano Ristorante Pizzeria

A real treasure in Kampala, Mediterrano is located off of Acacia avenue in the center of town. With a reputation of excellent service and delicious Italian cuisine, Mediterrano is almost always packed and requires a reservation in ad-vance.

Fang Fang

One of Kampala's most popular Chinese restaurants, Fang Fang has an extensive menu offering authentic Chinese food.

Javas Cafe

Java's is a Ugandan chain that has several locations, the most notable being in the center of town at Nakumautt Shopping Center. It has a wide array of healthy sandwiches, soups, and salads and is often packed.

Le Chateau

This Belgian/French restaurant is a few steps away from the American embassy. This posh restaurant offers up fine dining options including hearty steaks and indulgent deserts. The prices run high even for Kampala standards.

Coffee at Last

A little out of the way Coffee at Last is located across from the American recreation club. Run by a local Uganda couple, this quirky African coffee bar has a



reputation for serving the best coffee in Kampala. Small snacks and food are also available.

Ethiopian Village

If you have never tried Ethiopian food, this is the place to try it! This Ethiopian run restaurant is based near Kablagala and serves delicious traditional Ethiopian cuisine. Best of all the prices are extremely affordable even for budget travelers Please note that many of Kampala's restaurants become very busy especially on Friday and Saturday. If you let us know in advance, we can make a reservation for you party. If you wish to receive a discount for the restaurants this also needs to be arranged in advance by your guide or by Churchill staff.

RWANDA

There are a variety of mouthwatering restaurants spread out throughout Kigali. There is a strong Belgian/French presence throughout the culinary scene, which bodes well as there often is a rich selection of cheeses, meats, and wines available at many of the restaurants.

Sol e Luna

With a stunning view of the city Sol e Luna also has some of Kigali's best pizza as well as a range of other Italian and French influenced dishes. It is the perfect place to unwind and have a glass of wine.



Zen

This peaceful Asian Fusion restaurant is located in the heart of Kigali. Delicious fares include curries, sushi, and a variety of Thai inspired dishes. The restaurant is renowned for its speedy service as well as its attentive staff.

Republica

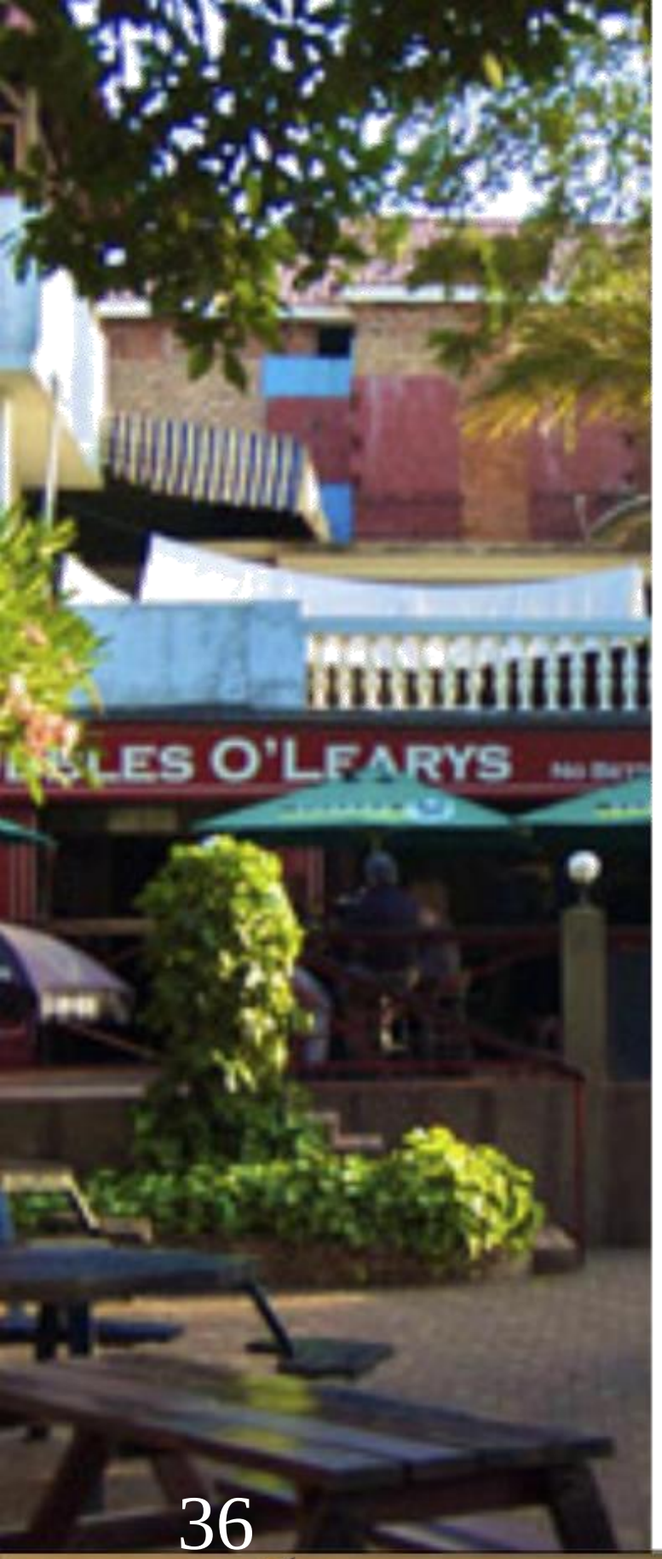
Located in the hills of Kigali, Republica is a local favorite and often packed with expats. It is the perfect place to get your first taste of African cuisine! The food is fresh, delicious, and offers up alternatives for people that may not want to try goat or cassava. Rated by Trip Advisor as the number one restaurant in Kigali!

Heaven Bar and Restaurant

Ideally situated near central Kigali, Heaven Restaurant is American owned and operated, serving traditional American Fare. Beautiful views and strong cocktails make this place a clear favorite.

Bourban Coffee

Located at the main Nakumatt shopping center in Kigali, Bourban Coffee is an excellent place to taste Rwanda's coffee. Bourban's also serves a variety of snacks, pastries, and lunch options, and is one of the best breakfast options in Kigali.



Nightlife

UGANDA

The nightlife of Kampala is infamous! The majority of bars and clubs are situated in the center of town, up from the golf course, stretching along Acacia Avenue. There are a number of clubs scattered around Kampala, with local bars where you can grab a cold beer everywhere. There is always something going on until the early hours of the morning!

Mish Mash

Mish Mash has a variety of events throughout the week and including movie night, open mike, and DJs on the weekends. Situated on an expansive gar-dens it provides a very relaxed setting and an extensive drink menu of cocktails and beers, making it an ideal setting to hang out at during the night. Churchill clients receive a 5% discount on drinks.

Bubbles O' Leary

What's the Craic? Bubble's O'Leary's is a legendary Irish bar which is a staple to Kampala nightlife. Serving cold beers and Irish comfort food, it is usually busy on week days and out of control on the weekend. A relaxed garden setting and outdoor patio surrounds the classic Irish pub structure which is notorious for holding dance parties that last till morning. Their excellent Irish stew is the per-



fect cure for the morning after hangover!

Cayenne

This trendy nightclub kicks off after midnight on the weekends. Stocked with Kampala's elite it is usually the place to be seen, and a mix of Western and Indian music keeps the dance floor packed until morning. Cayenne also serves up some excellent midnight snacks, including what is arguably the best pizza in Kampala.

Just Kicking

Kampala's premier sports bar. Just Kicking is draped with football jerseys and sports memorabilia, with patrons often glued to whatever game is playing on the TV. Decent music is played on the weekends and unique midnight fare including spicy chicken wings with blue cheese is served to hungry customers regularly.

Boda Boda

Posh and beautifully decorated, Boda-Boda is one of the most luxurious hang-outs in Kampala. The outside patio provides a calm and relaxed atmosphere attracts business professionals throughout the week. The delicious but expensive cocktails are the price of being seen at this place.

Centenary Park

Located next to Oasis Mall Centenary Park is a labyrinth of different outside bars and restaurants. There are several unique food options including Ger-



man BBQ and Turkish cuisine. One the weekends a slightly younger crowd takes over in the night (think high school), yet the diversity of options and atmo-spheres makes it a fun place to explore.

RWANDA:

Although there is not as much night life as compared to Kampala, Kigali still has a fair share of places to visit during the night.

New Cadillac Club

This long-standing club is one of the most popular in Kigali. Located not far from the center of Kigali, this club plays a variety of music, including local Con-golese music. It rarely gets busy until after midnight.

Republika Lounge

This popular restaurant is also a great place to relax and have a drink at. Stun-ning views, midnight munchies, and a well-stocked bar make this a place a popular local hangout.

Planet/KBC

This trendy night club pulls in the crowds on the weekends. Frequented by wealthy Rwandans and the expat community, this is the place to be seen.



Where to shop

UGANDA

Uganda has some of East Africa's most beautiful crafts from colorful baskets to vibrant paper beaded necklaces; you can easily fill your suitcase! There are also a number of higher end galleries and boutiques in Kampala that are stocked with paintings and sculptures from some of Uganda's up and coming artists.

The art of bargaining is often practiced in both Ugandan and Rwandan craft markets, usually a vendor's starting price, will be double that of the actual price of the item you wish to purchase.

Buganda Road Craft Market

Located off Buganda road this traditional craft market has a variety of jewelry and crafts, which although they may not be as nice as the crafts you find in the stores, they are priced extremely well.



National Theater Craft Market

Another local craft market, located near National Theater, this market has a variety of stalls with traditional crafts and jewelry available. Prices tend to be a bit higher than normal.

Banana Boat

With several stores in Uganda, Banana Boat offers high-end crafts and traditional products. Although the prices are higher than what you would pay at a local market, the products are usually better and it saves you the hassle of bar-gaining.

Mish Mash

A bar, restaurant, gallery, and community space Mish Mash has it all. They have a wonderful craft market on Sunday as well as a inspirational gallery which is full of some of Uganda's best upcoming artists. They offer a 5% dis-count on items purchased by Churchill clients.

Traveler's Rest

Near the border of Rwanda Traveler's Rest is the legendary stomping ground of the legendary Diana Fossey. This beautiful hotel's walls are covered in authentic antique Congolese masks, which are priced extremely well.



RWANDA

Rwanda has some beautiful crafts including stunning jewelry. The exchange

rate is usually a bit lower for the dollar and the prices can be a bit higher than Uganda and other East African countries.

Caplaki Market:

Located in Kigali, this massive craft market is composed of multiple shops in an enclosed area.

Kinigi Market in Parc Volcans

Located near the Parks headquarters where clients trek gorillas, this is a great place to buy beautiful Rwandan crafts.



Complete Packing List

Medical Supplies Checklist:

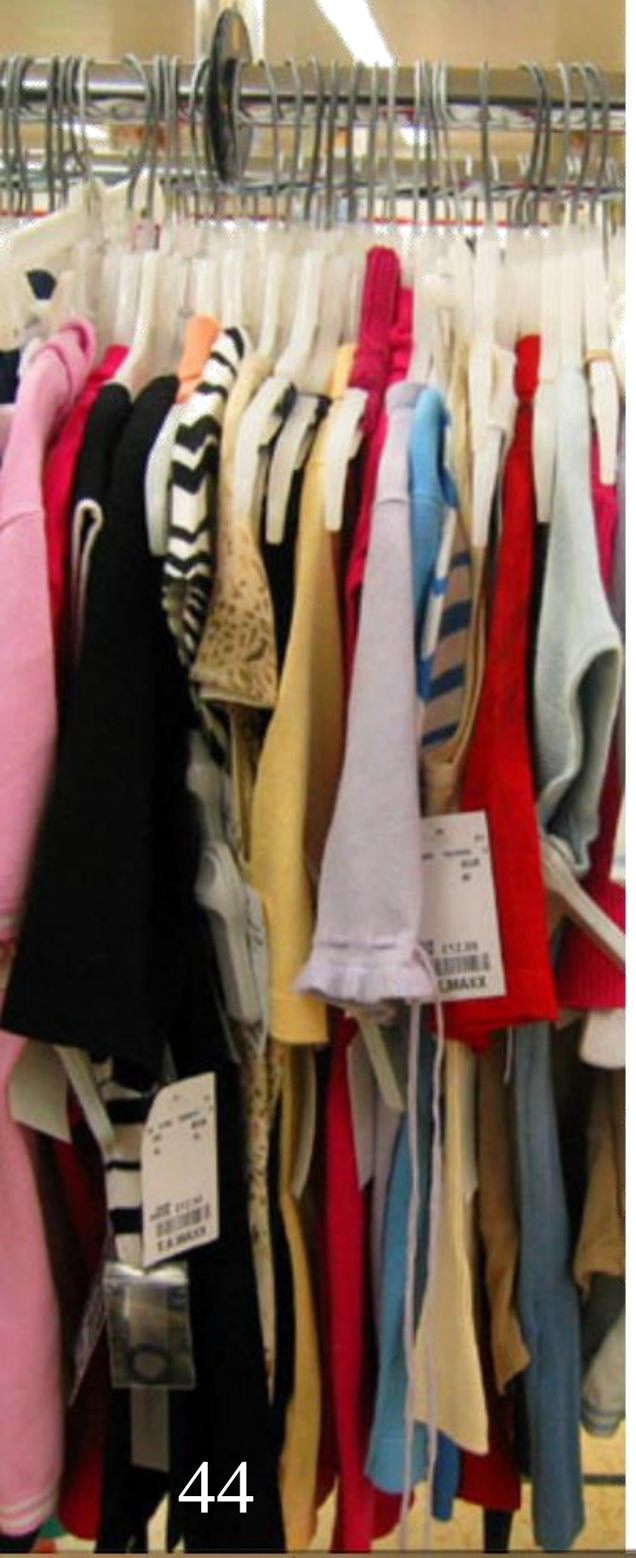
- Malaria Tablets
- Anti-Diarrhea medication
- Basic Antibiotic (Cipiro)
- Sunscreen
- Insect Repellent
- Anti-bacterial hand sanitizer
- Wet Wipes
- Prescribed medication (Enough to last your trip)
- Band-Aids
- Antibiotic or antiseptic cream
- Re-hydration salts
- Allery/cold medication
- Painkillers



- Motion Sickness medication
- Sun block

Toiletries

- Skin Cream/Moisturizer
- Wet Wipes
- Toothbrush/Toothpaste/Floss
- Razor and shaving cream
- Female sanitary products
- Contacts/Contact solution
- Tweezers
- Chap stick
- Q-tips
- Shampoo and Conditioner
- Eye Drops (for dry eyes)
- Towel (for budget travelers)



Clothing for safari

- A safari hat with a wide brim
- A jacket, fleece, and sweater
- Bathing suit
- Pajamas
- Several pairs of socks
- Underwear for a week (at least)
- Worn in, water proof hiking boots with good traction
- Sandals/flip flops
- Sneakers
- Comfortable pants or shorts (below knee)
- Long and short-sleeved shirts
- Sun Glasses

Safari Gear

- Camera and associated camera equipment
- Binoculars
- Guide book of wildlife
- Money Belt
- Combination Locks



- Swiss Army Knife (or similar)
- Plug adaptor
- Flashlight or head lamp
- Day backpack

Important Stuff

- Passport
- Money
- Emergency phone numbers
- Health Insurance
- Your itinerary
- Vaccination certificates
- Extra passport photos
- Copy of passport, in different place than your passport
- Copies of prescriptions

Other

- Journal
- Pen/Pencil
- Entertainment: Books, electronic devices, cards, etc.



- Travel alarm clock/Phone alarm

What you do not need to pack

- A mosquito net
- Water purifying devices
- Anything particularly valuables or sentimental
- Sleeping Bags/Tents (unless specified)
- Bedding
- Plastic bags (Rwanda only)
- A gift for your guide



UGANDA CONTACT	CANADA CONTACT	USA CONTACT	UK CONTACT
CHURCHILL HOUSE Churchill Safaris & Travel Ltd P.O. Box 28170 Plot 928, Sir Albertcook Road, Wakaliga. Kampala, Uganda **Inquiries/Reservations Call Us:** Office +256 414 341815 **Mobile:** +256 704 671288 +256 704 671 282 +256 705 111943 **WhatsApp Us:** +256 773 952 578(24 hour) +256 704 671288 (24 hour) **Email Us:** info@churchillsafaris.com	28 Winter Drive Olds, Alberta T4h 1w2 **Contact Us:** +1 403 507 3724 **WhatsApp Us:** +256 773 952 578(24 hour) +256 704 671288 (24 hour) **Email Us:** info@churchillsafaris.com OR alqually@msn.com	2741 Desoto Street 2 Long Beach CA **Contact Us:** zip-code: (90814) +1 562-4340-352 **WhatsApp Us:** +256 773 952 578(24 hour) +256 704 671 288 (24 hour) **Email Us:** info@churchillsafaris.com	**The Spinney, the Green** **Cuddington.** **Buckinghamshire HP 180AN** **Contact Us:** +44 (0) 1844-290000 **WhatsApp Us:** +256 773 952 578(24 hour) +256 704 671288 (24 hour) **Email Us:** info@churchillsafaris.com grahamandfiona@hotmail.com