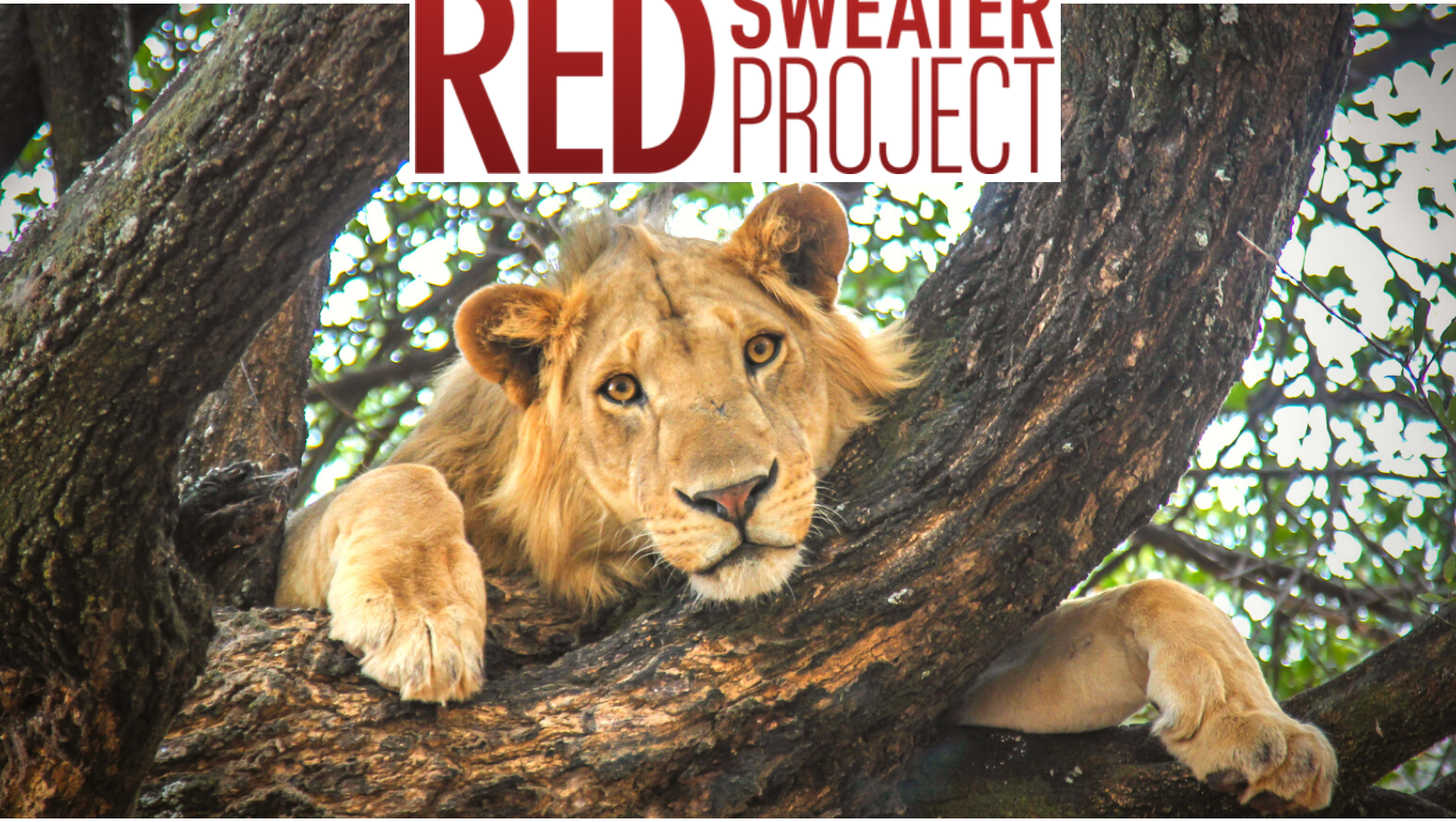


# RED SWEATER PROJECT



## TANZANIA SERVICE & SAFARI PREPARATION

***"I never knew of a morning in Africa when I woke up and was not happy."***

***-Ernest Hemingway***

Congratulations! You are about to embark on the journey of a lifetime, and we at Red Rhino Tours and Red Sweater Project are thrilled to have the opportunity to support you every step of the way. Preparing for an adventure such as this can be daunting, so we want to make sure you have all the information you need right now for the safest, most comfortable journey possible. We have been hosting guests and operating tours in Tanzania for over a decade, and we're honored you've chosen us.

This dossier includes the general information you'll need to know during the months preceding your adventure. We will be sending additional details approximately three months prior to your departure with specific logistical and contact information.

# RED SWEATER PROJECT

## RED SWEATER PROJECT & SAFARI PREPARATION

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## OVERVIEW

Taking a safari (literally translated as “journey” or “to travel” in Kiswahili) is like nothing most people ever experience. Combined with a service project at the Red Sweater Project, this will be an adventure like no other. You will explore some of the most ancient lands of our world, watch some of the world’s most intriguing animals, and balance it with a glimpse into the lives of rural school children striving to make the most for themselves in this world. What an amazing journey this will be.

We are giving you the information we think you need at this point in the process. We have also tried to anticipate your questions and we are, of course, ready to answer any more you may have.

## A LITTLE ABOUT TANZANIA

We at Red Rhino Tours want you to connect as much as possible with the places we take you to. So here are a few introductory remarks about where you’ll be going on this trip.

Nestled between Kenya and Uganda to the north, Rwanda, Congo, and Zambia to the west, and Mozambique to the south, Tanzania boasts gorgeous shorelines on the Indian Ocean, with the island of Zanzibar just off the coast of the mainland, a famous destination to help you unwind after your service project, safari or climb of Kili.

As if the continent's highest peak and best beach towns weren't enough, Tanzania also harbors the great Serengeti National Park - its first and most famous park and a major Game Reserve, the Loliondo, Grumeti and Ikorongo Controlled Areas and the nearby Maasai Mara National Reserve in Kenya.

More than six million hooves pound the legendary plains of the Serengeti, which is renowned for its wealth of leopard and lion. The vast reaches of the park also help the black rhino fight extinction and provide a protected breeding ground for the vulnerable cheetah. Every year, triggered by the rains, nearly two million wildebeest, 200,000 zebra, and 300,000 Thomson’s gazelle undertake the long trek to new grazing lands

# RED SWEATER PROJECT



## BEFORE YOUR TRIP

For many people, planning a safari to East Africa seems like a highly daunting task, with countless details and variables to consider. Red Rhino Tours has developed a checklist of the most important highlights when planning an expedition to Africa's greatest safari destination.

### PRE-DEPARTURE TIMELINE

Any trip to Tanzania involves several steps to be taken several months prior to departure. This timeline is a rough but reliable guideline for when you should tackle your to-dos.

#### **Six months out:**

- Finalize your travel dates, including air travel. Buy your plane tickets 3-9 months in advance
- Invite friends/family you'd like to join you
- Schedule an appointment with your doctor, or a travel clinic, for
- immunizations
- If you are not getting your visa on arrival, secure your visa from [www.tanzaniaembassy-us.org](http://www.tanzaniaembassy-us.org). We have more information on visas below.

#### **Four months out:**

- Confirm who is going with you
- Shop for and begin testing your gear (how well does that camera bag fit everything, and how well do you really know that new camera, for that matter)

### PRE-DEPARTURE TIMELINE CONTINUED...

#### Three months out:

Send the following to Red Rhino Tours:

- Final payment
- Copy of your passport
- Confirmation of overseas medical and/or travel insurance. See below for more.

#### Two months out:

- Be sure your immunizations are up to date. Some immunizations have long lead times and require multiple doses. Further details on immunizations is below.
- Keep testing your gear

#### One month out:

- Make sure all logistics are in place
- Finish purchasing all necessary gear

#### One week out:

- Pack
- Rest
- Get excited for your big adventure!

### GETTING TO TANZANIA

To find the best rates, start looking for your flights at least 4 to 9 months in advance of your safari. **You will need to book your flight to arrive into Kilimanjaro International Airport (JRO).** It is the closest, most easily reached destination and is located just 60 minutes from Arusha, the small town where you will be based prior to your journey out to visit Red Sweater Project.

Flights service JRO regularly from many different international locations but the easiest, most efficient, flight routing is with KLM Royal Dutch Airlines **through Amsterdam** and down to Kilimanjaro International Airport, arriving in around 9pm-perfect timing to beat that jet lag and to immediately head off to your hotel and get some rest. There are a few other routes to Kilimanjaro airport, but again, Amsterdam is the most efficient and recommended by Red Rhino Tours.

### GETTING TO TANZANIA CONTINUED...

From the United States:

- No direct flights go to Kilimanjaro airport; change planes in Europe to Africa.

From Europe:

- KLM Royal Dutch Airlines: [www.klm.com](http://www.klm.com) (this is the most popular flight).
- British Airways: [www.britishairways.com](http://www.britishairways.com)
- Swiss International Air Lines: [www.swiss.com](http://www.swiss.com)

International flights allow one checked bag free of charge, provided it weighs no more than 50 pounds. Additional bags or any that are over 50 pounds, will incur a charge. On domestic flights, you can bring one bag weighing no more than 25 kg, or about 55 pounds.

### RECOMMENDED GEAR LIST - SAFARI

Clothing on safari should be light and comfortable. The days will be warm and sunny, while nights may be cool or even cold (especially in the Ngorongoro Crater Rim). For the evening, in lodges and tented camps, we recommend casual evening wear.

Traditional “safari clothing” is fine but not necessary. Neutral colors are best. These are items we suggest you include in addition to what you would normally pack (socks, underwear, toiletries, personal medications, etc.) and is not comprehensive. Adjust the number of items according to the length of your safari:

- Sturdy shorts
- Cotton pants
- Long and short-sleeved shirts
- Bandanas
- Hat with a brim
- Warm sweater or jacket
- Comfortable walking shoes or sneakers
- Swimsuit (if staying at a lodge with a pool)
- Sandals or flip flops

### RECOMMENDED GEAR - SAFARI CONTINUED...

#### Safari Equipment

Please note that when on a camping safari you might not have access to electricity, so you might wish to bring a small solar charger.

- Camera and spare batteries
- Binoculars
- Flashlight or headlamp (with extra batteries)
- Sunglasses
- 1 liter water bottle
- Toilet kit
- Hand wipes or baby wipes
- Plastic bags
- Liquid laundry detergent (small bottle) for hand laundry

### RECOMMENDED GEAR LIST - RED SWEATER PROJECT

The organization believes in the saying, “When in Rome, do as the Romans do.” This means that all Red Sweater Project staff and volunteers are required to be respectful of the local culture and the people with whom staff are living and working on a daily basis. This also means being respectful of cultural ideas and principles that may be different from one’s own, including cultural taboos, which may be unacceptable to Tanzanians. As for clothing attire in rural Tanzania, “No shoulders, no tummies, no knees” is a good principle by which to follow for both men and women, though men can wear shorts above the knee. When in the village and in public, it is preferred that you refrain from wearing tank tops and short shorts. More Western-type attire is more acceptable in nearby Arusha town, and at your hotel, as the organization wants visitors and volunteers to feel at home as much as possible when in their lodging quarters. Here is a list of recommended gear to pack:

- A reliable, warm water-proof jacket
- Jeans or durable khaki/cargo pants
- Durable socks and underwear
- Play/sports clothes (students love playing football/soccer, basketball and other sports activities with visitors (experience not required))
- Comfortable walking shoes or sneakers
- Swimsuit (if staying at a lodge with a pool)

### RECOMMENDED GEAR - RED SWEATER PROJECT CONTINUED...

- Sandals or flip flops
- Sunglasses
- Work gloves (if participating in a volunteer service project) - whether you prefer leather or another material, it is highly recommended you bring a sturdy and reliable pair with you. Though there are pairs available by the organization, they are second hand, having spent much time in the African sun and dust
- Baseball cap, brimmed hat or bandana for those very intense, sunny days
- Headlamp
- Outlet adapter(s)- most outlets in Tanzania use a two- or three-pronged European-style outlet. Consider a set of adapters, which includes all 4 or 5 international types. These can be purchased very inexpensively and a quality set can be found for less than USD \$10 before departure. It is recommended these be purchased internationally and not in Tanzania, as items sold in-country will have no warranty or return policy.

### Personal First Aid Supplies

Every trip member should bring a small kit for personal use or agree on a a group kit stocked for the entire group. Please consult with your doctor. Your own experience and preferences will influence your choices. Some items require prescription. If you take your own prescription medicines, bring a supply for the entire trip, as these are often not available abroad.

- Sunscreen (SPF 30 or higher)- use very liberally, the sun on the equator is much more intense and sunburns happen very fast.
- Chapstick with sunscreen
- Aspirin, ibuprofen or Tylenol for mild pain, headaches, etc.
- Antibiotic (e.g. Cipro), consult your physician
- Lomotil or Cyproflaxin is useful on long drives when traveler's diarrhea can cause major discomfort; but avoid it in other cases, it halts the symptoms but may prolong the malady.
- Pepto bismol tablets
- Topical antibiotic (e.g. Neosporin) for cuts, bites, scrapes, etc.
- Insect repellent - as with sunscreen, bring an ample amount
- Hydrocortisone cream for itching (check for sun sensitivity)
- Moisturizing cream
- Moleskin or second skin adhesive pads for blisters
- Contact lens or prescription glasses (if applicable)
- Feminine hygiene products (will not always be available for purchase locally)



# RED SWEATER PROJECT

## RED SWEATER PROJECT & SAFARI PREPARATION

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### RECOMMENDED GEAR - RED SWEATER PROJECT CONTINUED...

#### Accessories/Optional Items

- Passport Photo and copy of passport (just the page with your photo on it).
- Keep the copy separate from your actual passport. Should you lose your passport, this will help facilitate reissuance.
- Thin rope for hanging clothes to dry or other jobs
- Money belt/neck pouch
- PacSafe travel safe - to store your valuables in your hotel room while you're away. You can be assured your items are safe at the accommodation which you'll be staying and this is just a personal choice. The safe is very compact and is designed to hold things like passports, cameras, wallets, phones or even iPads. Those items that you don't want stolen if a hotel safe is unavailable, or if you'd just feel more better not having it in the hotel safe.
- Water Filter, like a LifeStraw water bottle. It is advised that you don't drink water out of faucets at your accommodations or restaurants unless expressly advised by hotel or RSP staff.
- Small mirror
- Solar charger
- Multi-plug universal plug adapter or adapter set - some locations use a 2-prong socket while others use a 3-prong socket.
- Travel clock
- Reading material
- Deck of cards, dice, etc.
- Snacks
- An extra duffel bag for bringing souvenirs home



# RED SWEATER PROJECT



## SOME COMMON QUESTIONS

We have been doing this a long time and here are some of the questions we get most often from future safari clients. If you have more, please get in touch with us.

### HOW IS THE TRIP SET UP?

This trip is a service project as well as safari, which means that you will be engaging in some somewhat strenuous tasks as well as seeing wildlife in its natural habitat. For our service work at the Mungere School, we will be spending days on campus and throughout the village, traveling to and from school in small 3-wheeled Tuk-Tuks through dry savannah landscape. On safari, we will be traveling in four-wheel-drive vehicles on rough or muddy roads, with a typical day starting early to take advantage of prime times for animal viewing. We will spend our nights in tents or lodges, with all meals included.

### HOW PHYSICALLY HARD IS IT?

This trip is considered to have a moderate level of activity. While travel always entails some level of adventure and challenge, when we say “easy” we mean there are no long, difficult hikes; no significant physical barriers such as climbing; and no real chance of falling from a high point. However, there are options to participate in slightly more strenuous activities at the Red Sweater Project, such as physical labor around the school and a good day-hike to a local waterfall and walks around the village these types of activities are all optional and should be done if you are in moderate physical condition. This is cultural touring, with travel by motor vehicle, overnights in hotels, and some light walking. People at a basic level of good health and fitness can accomplish this trip.

### SOME COMMON QUESTIONS CONTINUED...

#### WHAT WILL THE WEATHER BE?

The warmest, driest months for safari are **January, February and March**. February is typically the best month to be guaranteed beautiful weather. January – especially earlier in the month – can be quite busy and prices for airfare are high.

Another dry season is from **late June through October**. The later you come during these months, the better your chance of having really good weather. July and August is the busy season, so expect many more tourists in general. It's also very cold at night during this period but warm during the day. If you want quieter times, but still great weather, consider visiting from September into October.

#### DO I NEED A VISA?

All visitors to Tanzania must have a visa, and there are two ways to obtain a tourist visa. You can apply for yours ahead of time, but we recommend you simply get one on arrival at JRO Airport. The cost is \$100, and it is cash-only. Further details can be found at [www.tanzaniaembassy-us.org](http://www.tanzaniaembassy-us.org).

#### DO I NEED INSURANCE?

Yes. Given the remote destinations on this trip, and the fact that unpredictable things can happen that are beyond anyone's control, we require that everyone who tours with us have overseas medical/travel insurance: \$50,000 for medical insurance and \$50,000 for evacuations. You should also note that most US-based medical insurance policies will not cover you on active adventures outside the country.

#### DO I NEED IMMUNIZATIONS?

The Centers for Disease Control (CDC) says that, in addition to routine vaccinations such as measles/mumps, tetanus, and chickenpox, all travelers to Tanzania should be up-to-date on Hepatitis A and Typhoid. They also suggest you speak to your doctor about other vaccinations you might want to get, including those traveling to Zanzibar.

We highly recommend you get the latest information from this website: [www.cdc.gov/travel/destinations/traveler/none/tanzania](http://www.cdc.gov/travel/destinations/traveler/none/tanzania).

### SOME COMMON QUESTIONS CONTINUED...

#### WHAT ABOUT PREVENTING MALARIA?

For those visiting a malaria-risk area in Tanzania, taking anti-malarial treatment such as doxycycline or mefloquine is an extremely good idea. Because most travelers to Tanzania will be visiting for a short time, treating malaria has the potential to ruin most of one's visit. According to CDC, Chloroquine is not an effective antimalarial drug in Tanzania and should not be taken to prevent malaria in this region. There are many different approaches to malaria prophylaxis, but this is a general idea of the malaria prevention options that most travel doctors prescribe to their patients. Malarone, Lariam/Mefloquine and Doxycycline are some of the most common anti-malarial prophylaxes on the market today.

#### WHAT IF I HAVE TO CHANGE OR CANCEL MY TRIP?

Please give Red Rhino Tours as much notice as possible for any trip cancellations. Official cancellations must be in writing. Cancellation charges are based on the date of the receipt of written notification as follows:

- 0 - 59 days before trip begins: no refund
- 60 - 90 days before trip begins: 25 percent of the total price paid
- 91 days and more: loss of trip deposit

Red Rhino Tours highly recommends you purchase trip cancellation insurance in case you need to cancel your trip. Be mindful that some travel insurance companies require that you purchase insurance within a certain period after paying a deposit on your trip, often 10 days, so you will want to be mindful of that detail. Check the terms of the proposed coverage carefully.

Finally, while not likely, if additional changes to the trip are made while on the trip, such as new hotels or additional services, you will be billed within two weeks upon your return.

#### WHAT IS A TYPICAL DAY LIKE?

**On Campus:** After breakfast, load into your (4x4 vehicle/3-wheeled "tuk-tuks") and head out to the Mungere School campus nestled in the Mungere Maasai village at the base of the beautiful Great Rift Valley escarpment. Started in 2012, his acclaimed institution aims to meet the needs of all high school students in the area who, normally, would be unable to afford school fees to continue their education beyond 6th grade.

### WHAT IS A TYPICAL DAY LIKE? CONTINUED...

Meet staff and converse with students, walk through banana fields and hike to the escarpment waterfalls, partake in a service project such as working in the school's organic garden which provides meals daily for students, and enjoy a football match or basketball competition with our nationally-recognized student athletes. Share a traditional meal eating lunch with students and learn about local culinary dishes. Visit a traditional Maasai *boma* with one of our students as your host!

Returning from the village, venture back to Mto wa Mbu for a cold "sundowner" at the local tavern while trying some *nyama choma* and *mishkaki* - both famous dishes fresh off the barbecue!

**On Safari:** Wake up around 6am for breakfast, then head out on the game drive around 7:30-8am. A boxed lunch will be served while out on game drive. You will arrive at camp around 5-6pm for shower and rest; dinner is usually around 8pm. When staying at the same lodge or campsite for a couple of nights like in the Serengeti, you are free to decide if you wish to go out all day with a box lunch or go game driving in the morning, return for lunch and rest, and then head out later in the afternoon for a second game drive. Your driver guide will discuss the next day's plan with you the evening before so that you will know wake up and meeting times.

### WHAT DO WE EAT?

You'll be served three meals per day, with plentiful portions. Specialty diets such as vegetarian or gluten-free are available upon request. Breakfast will be a combination of hot English breakfast and continental with cereals, breads, juices, coffee and tea; most likely, buffet style. Lunches will most likely be box lunches with sandwich, chicken, fruit, dessert and juice. Dinner will be buffet style as well with chicken, beef or pork, fish, vegetables, rice or pasta, a vegetarian dish, coffee or tea. Not included are snacks such as bars, trail mix, and electrolyte drink mixes. If you like those or other snacks, bring them!

### WHAT ABOUT SANITATION AND HYGIENE?

All of your accommodations will have running water and flush toilets/toilet paper. You will use composting toilets on the Mungere School campus; staff there will give instruction as to their proper use. Your safari and Red Sweater Project hotel staff are experienced cooks who are well-versed in proper health and hygiene as pertains to cooking/food preparation.

# RED SWEATER PROJECT

## RED SWEATER PROJECT & SAFARI PREPARATION

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### SOME COMMON QUESTIONS CONTINUED...

#### WHAT HAPPENS BEFORE AND AFTER THE SAFARI AND RED SWEATER PROJECT?

Upon arrival, you will be spending a night in Arusha, resting and adjusting to the time change. This is “on your own” time and will mostly be spent sleeping. In the morning, you will have breakfast and be picked up for your ride out to the Red Sweater Project. Upon return from safari, you will be delivered directly to the airport for your international flight home.

#### DO WE TIP?

This is one that always gets a lot of conversation! The short answer is yes on safari and no when at the Red Sweater Project. For the safari, industry standard is set at roughly \$10 per person per day in cash. Beyond that, it's acceptable (but not expected) to tip a particular person who perhaps you have a connection with on safari. Please refrain from handing out money or fancy gifts at the school or in the village. If you feel moved to make a contribution to the school, speak with Director Ashley Holmer. We will share more on this topic later.





## ABOUT RED RHINO TOURS

Red Rhino Tours is a safari and travel company that offers once-in-a-lifetime adventures for those who want to explore the most remote corners of East Africa, summit some of Africa's highest peaks, trek through the most remote of villages, and interact with locals on a level most tourists only dream of.

Red Rhino Tours specializes in custom adventure travel; each group typically has a unique itinerary, works with us to develop that itinerary, and picks the dates of travel. Occasionally, we have pre-planned departure dates into which we can fit individuals. We are always working toward two main priorities: developing trips that are both active and cultural, with an extreme focus on interacting with local communities and crossing cultural barriers.

### WHAT SETS RED RHINO APART FROM THE REST?

#### EXPERIENCE

We are a team that lives and breathes travel; we know what our clients want, and as such we see them as travelers, not tourists. We have organized hundreds of adventure tours, focusing on destinations we know and understand. Ask us for some of our references.

#### HANDCRAFTED TRIPS

Many companies provide region-standard trips; Red Rhino goes above and beyond. We organize unique itineraries along the roads less traveled, designing adventures that allow our travelers to be pioneers and explore the depth of any given destination.

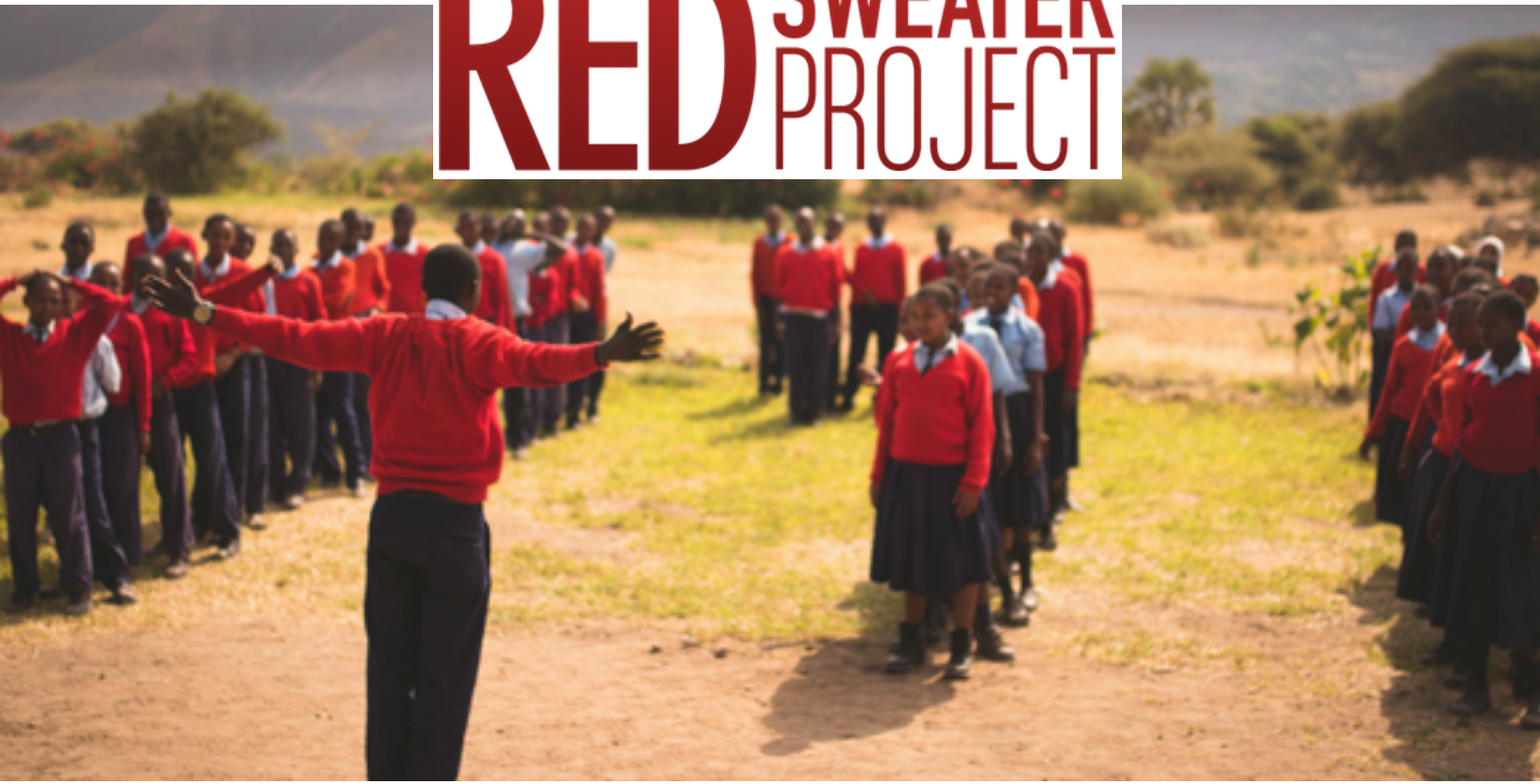
#### LEADERSHIP

We focus on finding and training the best guides in the industry, with specialists who are prominent in several fields – mountain guides, historians, archaeologists, cultural anthropologists and tribal leaders, and much more.

#### SOCIAL RESPONSIBILITY

First and foremost, we believe in paying fair wages and supporting the people and the environments where we travel. We believe in the places we travel, and invest money back into these communities by supporting projects at the local level. Booking your tour with us also creates an impactful investment in the developing communities with whom we partner.

# RED SWEATER PROJECT



## CONTACT INFORMATION

### RED RHINO TOURS

[www.redsweaterproject.org](http://www.redsweaterproject.org)

**Phone:** +1-503-956-9390 or +1-443-309-2283  
(US) +255 785 048 155 (TZ)

#### **Mailing Address:**

Red Sweater Project  
1000 SW Forest Meadows Way  
Lake Oswego, OR 97034

### FEEDBACK

At the conclusion of your journey, we will follow up with you to receive a review of your tour. Red Rhino Tours is eager to build better adventures through your advice and insight.

### REFERRAL PROGRAM

Once you have completed an adventure with Red Rhino Tours, we welcome you to work with us to receive future travel discounts by sharing more about our services with your friends and family about our company. Please contact us for more details.