



PASSPORTS & VISAS

Passports must be valid for at least **six (6)** months after your departure, and have **two (2)** consecutive blank pages.

In addition, each country you may be visiting generally requires at least 2 consecutive/side by side blank pages on entry for both visas and stamps. Should your itinerary include more than one country (excluding the country of departure and return) please ensure that you have a sufficient number of blank visa pages (not endorsement pages) in your passport.

For all Visa and entry requirements, please consult with your Consulate or Embassy or the [High Commission of Namibia](#). **Please note visas cannot be obtained from points of entry in Namibia.**

Kindly ensure that you have all necessary documents & visas prior to departure from your home country, as Giltedge Africa cannot be held liable should entry be denied.

CLIMATE

The climate in Namibia is typically semi-desert with hot days and cool nights. The cold Benguela Current keeps the coast cool and free of rain most of the year – Namibia averages about 300 days of sunshine annually. The rainy season lasts from October to April, while the rest of the year is dry and cloudless.

Humidity is generally very low in most parts, however, can reach as high as 80% in the extreme north during summer. The average rainfall is 50 mm (1.97 inches) along the coast to 350 mm (13.78 inches) in the central interior and 700 mm (27.56 inches) in the Caprivi. If you are travelling on a self-drive basis, you must exercise caution when crossing riverbeds and camping during the summer months as flash floods can occur from the sporadic rains. It is perfectly safe to travel by road at this time, although a 4x4 or vehicle with high ground clearance is recommended. Mid-summer temperatures may rise to over 40°C (104°F).

Winter days are warm, however, dawn temperatures may drop to freezing. Along the coast it is cool with low rainfall and fog prevails from late afternoon until mid-morning.

Spring starts in September with all the vegetation coming into leaf and days are much warmer with the occasional cool evening and morning. From October, Namibia experiences very warm sunny days with warm evenings. Some rains are experienced sporadically, though larger showers can be expected usually only around December.

Wildlife sightings can vary depending how early the rains have started. December can be among the hottest months of the year, often averaging 35°C to 40°C in the shade. Along the coastline, it can be cool with low rainfall and fog prevailing from late afternoon until mid-morning.

CURRENCY

The currency in Namibia is the **Namibian Dollar (NAD)** which is fixed to and therefore equivalent to the South African Rand (ZAR). The Namibian Dollar and South African Rand are the only legal tender in Namibia and can be used freely to purchase goods and services. The Namibian Dollar, however, is not legal tender in South Africa.

Visitors may bring any amount of foreign currency into the country, however, Travellers Cheques and foreign currency can only be exchanged at any of the main commercial banks in the major centres of the country. Travellers

Cheques are also generally not accepted by the camps/lodges so our recommendation is to rather make use of cash or credit cards.

MasterCard and Visa (both with raised credit card numbers so that an imprint may be taken) are generally accepted throughout Namibia.

COMMUNICATION

Cell phone coverage: is largely restricted to towns and cities with irregular coverage in-between.

Telecommunications in the urban areas are easily accessible but please note that the safari lodges and camps you may be visiting could be located in very remote parts of Southern Africa and often do not have telephones.

DRESS

Dress on safari is generally casual. Light clothing is needed during the day, and in the evenings long trousers or jeans with closed shoes should be worn to avoid mosquito and other insect bites. Comfortable walking shoes are a necessity as are jackets and jerseys for cooler evenings.

- Opt for cotton blends during the Summer months (**Nov - Feb**); you will find them more comfortable as the days and nights are hot.
- **May - August** can be cool in the evenings so pack a lightweight jumper, cardigan or pashmina shawl.
- Flip flops are fine for walking in towns but when travelling outside of the towns closed shoes (pumps, trainers or lightweight boots) are advisable. Sandals – preferably low heeled or flat if you are going on safari.
- There is a very relaxed dress code in restaurants - shorts or trousers are acceptable for men and women.
- If you are going on Safari, neutral colors such as khaki, stone, beige etc. are advisable. Bright loud colours and white are not advisable. Avoid blue due to the tsetse fly... they just love it.
- In some tourist areas, the market stall holders will want to “trade” and barter a deal for clothes plus money for their goods. Beware as they drive hard bargains and will want “designer” labels.
- A safari hat or cap is really useful at anytime of year, as even the winter sun is hot.

DRIVING

- In Namibia, you will drive on the left-hand side of the road. The speed limit is usually 60 kms per hour in built up areas, 70 kms per hour on gravel roads and 120 kms per hour on major tar roads.
- Safety belts must be used at all times.
- The driver or any authorized co-driver must produce a valid driver’s license at time of rental and must not have been convicted of any criminal offence which resulted in the endorsement or cancellation of his/her driving license.
- The driver’s license needs to be in English with a photograph. If not, an International driver’s license will be required. In addition, please check with your travel consultant regarding the minimum age.
- Fuelling (gas) stations: accept cash only, no credit cards are allowed. Most of the bigger towns as well as National Parks have fuelling stations available.
- Animals on roads: As Namibia has largely wide, open grasslands and antelope are aplenty, be on the lookout for game like Kudu and warthog that can cross the roads any time.

- Hitchhikers: It is not suggested that you pick up hitchhikers on any road in Namibia
- Police roadblocks: Please note that you will encounter several police roadblocks, usually on exit/entrances to bigger towns or cities. These are for your safety and police might ask to check your driver's license or passport.
- Cell phone coverage: is largely restricted to towns and cities, with irregular coverage in-between.

HEALTH

Due to the hot dry climate Namibia is virtually free of tropical diseases. Visitors should however take care of the following:

MALARIA: A bite from an infected Anopheles mosquito can transmit microscopic blood parasites resulting in malaria. While malaria is found mainly in the north of the country, cases have been reported in the central region and occasionally in the south. Malaria can be a serious and fatal disease without prompt treatment. You can reduce the risk of malaria by using *prophylactics* (which should be started before arriving in Namibia and under your doctor's guidance) and by following these simple procedures:

- Wear long sleeves and long trousers. Avoid wearing dark colours, which attract mosquitoes.
- Apply mosquito repellents to exposed skin. Remember that repellents must be reapplied on a regular basis to offer optimum protection.
- If possible sleep under a mosquito net.

Insect repellents of high quality can be purchased in Namibia. Should any of the symptoms of malaria, such as fever, rigours (shaking), headaches, backache, diarrhea and/or vomiting be experienced, it is extremely important to obtain professional help as soon as possible for proper diagnosis (a blood test) and prompt treatment. Symptoms can surface as soon as ten days and as long as eight weeks after being bitten. If any flu like symptoms are experienced once you return home seek immediate medical attention and advise your doctor that you have recently visited a malaria area.

BILHARZIA: This disease is caused by a parasite, which lives in slow flowing water. Fortunately, it is only travelers to the Caprivi and Kavango, who need be aware of bilharzia. Avoid drinking, swimming or washing in rivers in the extreme north, especially in areas, where there is a lot of human habitation.

DE-HYDRATION: This is one of the most common problems in Namibia, especially in the hot summer months. Because of the high evaporation rate one seldom notices water loss – your sweat evaporates almost immediately! To avoid dehydration, try to drink three liters of water a day. Fizzy drinks (eg: Coca Cola) and beer DO NOT re-hydrate you! Early warning signs are a dull, throbbing headache and unusual tiredness.

WATER: Tap water is safe to drink throughout the country, except for isolated rural areas, where the consumption of filtered or bottled water is recommended.

NOSE BLEEDS: The dry climate and the height above sea level often cause nose bleeds for the first few days after arrival.

SNAKES, SCORPIONS & SPIDERS: The great majority of snakes are timid and move out of your path long before you see them. When walking in the bush wear good walking boots, preferable with thick socks covering the ankles. When walking in long grass be sure to check your legs and clothes for grass ticks – especially in the rainy season

Scorpions and spiders are also seldom seen. They are more active in the rainy season, during the cooler evening and early morning hours. The best way to avoid being stung is to wear shoes. If by chance you encounter a scorpion or

spider in your room, please ask your host to have it removed. Do not leave your shoes/boots outside at night – these provide convenient places for scorpions and spiders to hole up in.

Wear a hat and sunscreen at all times. Never go walking without a supply of water – even if on a short walk. Keep a supply of water and some fruit or biscuits in your vehicle at all times.

MEDICAL SERVICES

Aeromed provides fast and professional medical assistance and rapid evacuation of patients by air of ambulance to the nearest suitable Medical Centre. The service is 24-hour and is not normally included in standard travel insurance policies.

- Aeromed 24 hour No. : +264 (0) 61 299 9924
- Emergency Cell No. : +264 (0) 81 924 or 112 (in case of no cellphone signal availability)

Travelers should carry an adequate supply of their prescribed medicines with them although chemists in the major centers carry a wide range of medicines and first aid accessories.

Medical insurance should be purchased before you leave your own country and should include **emergency air evacuation** coverage and repatriation cover for the full travel period, especially if you are spending any time in remote parts of the country.

GRATUITIES | TIPPING

Tipping is customary in Africa however all tipping is solely at your discretion. A tip of 10-12% is normal in hotels, restaurants and for taxis, depending on the service received.

Transfers/touring driver/guides:

- Transfer ZAR/NAD 20,00 (US\$ 1,50) per person per transfer
- Half day ZAR/NAD 80,00 (US\$ 6) per person per day
- Full day ZAR/NAD 150,00 (US\$ 11) per person per day

Should your guide be travelling with you for several days, we recommend tipping at the end of the journey. Please discuss tipping with your consultant.

Restaurants/Hotels: 10-15% is customary on meals but only if you are satisfied with the service

On Safari:

You may also like to tip the staff at private safari lodges but this is entirely your choice. The typical arrangement is that you tip your ranger and your tracker separately and give a third general tip for the camp staff (this is pooled and shared among the housekeepers, waiters, bartenders etc.) Lodges can supply envelopes to make it easier.

- Ranger/guide ZAR/NAD (US\$ 20) per room per day
- Tracker ZAR/NAD (US\$ 15) per room per day
- General camp staff ZAR/NAD 200,00 (US\$ 15) per room per day

LANGUAGE

The official language is English, while Afrikaans and German are widely spoken as well. There are numerous African languages and dialects which fall into two main groups, namely Bantu and Khoisan. The various ethnic groups are Owambo, Herero, Damara, Riemsmaaker, Nama, San, Kavango, Caprivian, Afrikaner and German.

LUGGAGE

The luggage allowance for shuttle / scheduled / private light aircraft charter flights are limited to:

- Maximum luggage weight of **20kg (44lbs) in soft-sided bags**, incl. all carry-on luggage if more than one bag and camera equipment.
- Maximum luggage size of 25cm (10 inches) wide x 30cm (12 inches) high x 62cm (24 inches) long

Please note: Hard Samsonite type suitcases do not fit into the cargo compartment easily, if at all. Therefore, **soft-sided luggage / duffel bags are required**. All sides need to be soft with no frames or rigid structures. Wheels on a bag are only permissible if they are not part of a solid frame or rigid structure.



Certain light aircraft charter companies do limit their luggage allowance to 15kg only (33 lbs). This will be specified to you at time of booking.

Please note when combining scheduled airline flights and air transfers (as specified below), then the **smaller restriction of the two** will apply unless alternative arrangements have been made for the storage or separate transfer of excess luggage.

SAFETY

Namibia is a peaceful, democratic country and it is safe to travel throughout the country. Generally Namibia is relatively crime free. However, as in any other place in the world, there are undesirable elements. The following precautions can be taken to ensure a safe and pleasant stay:

- Always keep your vehicle locked and the alarm system activated.
- Do not leave valuables in your car, especially not in full view. If need be, lock your bags out of sight in the boot / trunk of your car.
- Be on the alert for handbag snatchers and pick pockets.

- Make sure that the numbers of your travelers cheques are on your receipt and that this is kept in a safe place – separate from your cheques.
- Make copies of your travel documents and keep these in a safe place - separate from the original documents.

TIME

Namibia shares the same time as all of southern Africa which is two hours ahead of Greenwich Mean Time – (GMT) + 2 hours, in the Central Africa Time Zone (CAT).

FINAL NOTE

The information contained in this guide was correct at the time of printing (**November 2017**) and compiled in good faith. Should your own experiences show that changes should be made to this information, we would be pleased to hear from you, so that we can update this guide accordingly.

We wish you an unforgettable African experience!