

Travel Planning

FOR UGANDA



This document offers useful information on travel to Uganda, health planning advice & what to pack.

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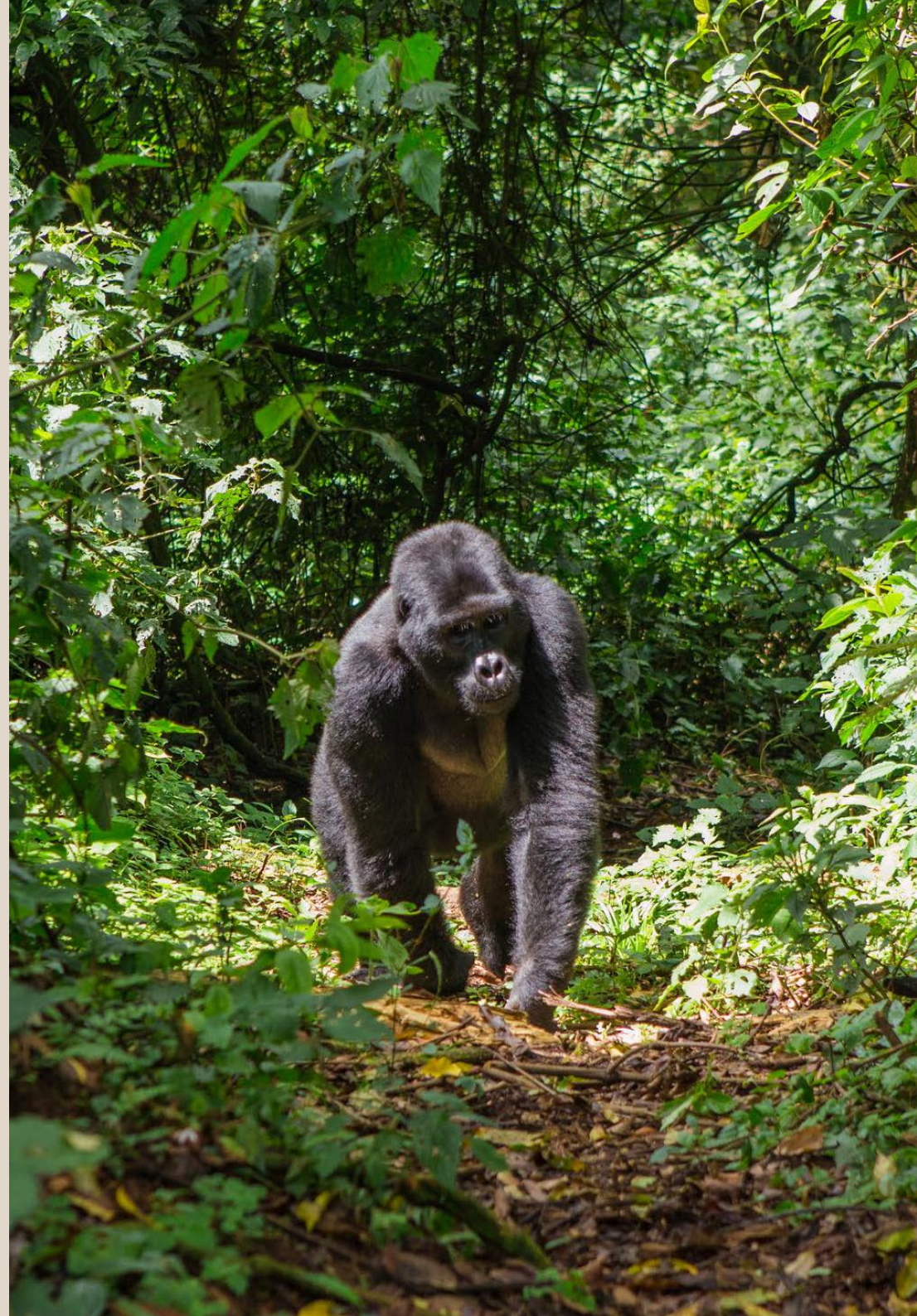
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About

UGANDA

Dubbed "the pearl of Africa", Uganda brims with exuberant cultures and profuse wildlife and is graced with diverse biomes, including rainforests, savannahs, woodlands, and wetlands. The country spans a plateau on the Equator in Central-East Africa, within the Western Rift Valley region. Uganda is bordered by the Great Lake Victoria, one of the sources of the Nile River. On its journey, the Nile flows through a narrow gorge creating the splendour of the Murchison Falls. To the west, Uganda is bordered by the Virunga Mountains and the Great Lake Albert. Further southwest lies the Ruwenzori Range, with snow-covered, glacial peaks, also known as the mythical "Mountains of the Moon". Uganda is endowed with many mammals (including the Big Five and rare primates), over 1,000 bird species and, seasonally, over 1,200 butterfly species. The country has numerous national parks, and of those allocated to protect the highly endangered mountain gorillas, the remote Bwindi Impenetrable National Park is most sought after by visitors who wish to see these giant primates in their natural environment. Uganda covers an area of 241,038 square kilometres and has a population of 47.1 million (reported figures as of 2021). The capital city is Kampala.





CURRENCY

The Ugandan shilling (UGX) is the local currency of Uganda. United States Dollars (USD) are widely accepted across the country, while UK Pound Sterling (GBP) and Euros (EUR) are also accepted but not as widely, especially in rural areas outside of tourist destinations. Small denominations of United States Dollars should be carried where possible. Change may only be given in local currency or not be available at all. Foreign Exchange centres are available in Kampala and Entebbe International Airport.

BANKS

There are numerous banks in Kampala, including some international banks. Business hours vary from bank to bank, but most are open Mondays to Fridays from 08h30 to 16h00 and 9h00 to 14h00 on Saturdays. Automated teller machines (ATMs) are found in Kampala and Entebbe International Airport but may not accept all foreign cards.

CREDIT CARDS

Visa Card and Mastercard are widely accepted in major tourism areas, whereas American Express is accepted to a far lesser extent, and Diners Club Card is not accepted.

LANGUAGE

English is the official language of Uganda. Many local languages are spoken across the country, of which Swahili and Luganda are the most widely spoken.





TIME

Uganda falls into the Eastern African Time zone (EAT) three hours ahead of Greenwich Mean Time (GMT) during the northern hemisphere's winter. During the northern hemisphere's summer, international Daylight-Saving hours change. During this time, EAT is two hours ahead of GMT.

CLIMATE

Due to its equatorial location at altitude along with its many waterways, Uganda tends to have an annual temperate to tropical climate. At elevation in the mountainous regions, the climate varies from cool to cold and becomes very cold at night. Rainfall occurs throughout the year, although December to January may be hot to very hot and relatively dry. Safari activities are geared up for Uganda's climate year-round.

Throughout the year, it can be cool to extremely cold at night and in the early morning whilst on safari.

Please refer to our Packing Suggestions in this document for recommended seasonal attire.



WATER

Adequate water intake is essential whilst travelling throughout Uganda, despite the climate being mainly temperate to tropical. We do not recommend drinking from local water sources. Therefore, we recommend that all guests drink prepared and/or filtered water, available at all major airports and at all hotels, camps and lodges.



LUGGAGE LIMITATIONS ON SCHEDULED LIGHT AIRCRAFT TRANSFERS

There are strict luggage weight restrictions for all scheduled light aircraft transfers. These restrictions are as follows:

- Camera & Hand Luggage per person is restricted to 5kgs (11 pounds).
- Only Soft-sided bags will be accepted.
- Suitcases, bags with wheels, frames or hard sides will not be permitted on scheduled light aircraft flights.

Maximum dimensions soft-sided bags which can be accommodated are as follows:

- 25cm (10 inches) wide x 30cm (12 inches) high and 62cm (24 inches) long.
- Please remember that baggage compartments on light aircraft are only 25cm high (10 inches), so the pilots must be able to manipulate the bag into the compartment.
- A collapsible wheeled luggage frame/trolley (separate from the bag) is allowed as long as the basic dimensions are similar to the bag.

Excess Luggage:

- Requirements and costs for excess luggage on any light aircraft transfers vary depending on the charter company, aircraft used and routing. In most cases, you will have to purchase an extra seat which allows for additional 20kgs (44 pounds) per person.





PASSENGER LIMITATIONS ON SCHEDULED LIGHT AIRCRAFT TRANSFERS

- Besides luggage allowances, light aircraft are designed to carry a specific maximum body weight.
- Many airfields utilised for safari destinations are above 1,000 metres (3,280 feet) above sea level. Many of these airfields are also located in tropical regions, therefore, the permissible aircraft carrying capacity is further reduced.
- Please inform us in advance if guests weigh more than 100kg (220 pounds), as additional weight allowance on the aircraft must be purchased for safety and comfort.
- The costs for this are calculated on request, according to specific region and routing, and provide for a maximum of 70kg (154 pounds) excess weight per passenger.
- These limits apply to guests travelling on a seat rate, scheduled light aircraft transfer basis.
- This requirement may differ if guests have booked sole use of an aircraft or private charter option, in which case the maximum passenger weights will depend on the type of aircraft and the number of passengers booked.

“For magnificence, variety of form, color, for profusion of brilliant life — bird, insect, reptile, beast — Uganda is truly the ‘Pearl of Africa’.”

W. CHURCHILL



TRAVEL INSURANCE

- Fully Comprehensive Travel Insurance Cover, including Comprehensive Medical Cover, is essential and must be purchased before travelling.
- Comprehensive Insurance Cover can be extended to cover loss of luggage, personal items, and trip cancellations.
- Depending on your country of origin, a separate Comprehensive Medical Travel Insurance policy may be required, over and above your Fully Comprehensive Travel Insurance policy.
- Please ensure you have these Insurance Documents with you at all times during your trip.



PASSPORT AND VISA REQUIREMENTS, INCLUDING TRAVELLING WITH CHILDREN

- Uganda does not require visas for visitors from several countries, therefore, all visitors must get in touch with their local Ugandan Embassy, Consulate, or other Ugandan Representative Office, to determine whether a visa is required to enter Uganda.
- Although visas are issued at ports of entry into Uganda, we recommend that all visitors to Uganda obtain visas before arrival, especially for visitors embarking on a gorilla trekking safari.
- Visitors to Uganda must possess a passport valid for at least six months from the date of travel and should have at least two blank pages available in their passport.
- It is advisable for visitors who intend to travel to neighbouring East Africa and/or additional African countries to have sufficient passport pages in place and, where applicable, apply for multiple entry visas.
- For more information, visit: www.visas.immigration.go.ug





TRAVELLING WITH CHILDREN UNDER THE AGE OF 18 YEARS:

- Please contact your local Ugandan Embassy, Consulate or other Ugandan Representative Office for advice regarding travelling with children, as the following guidelines may change at short notice.
- Parents of children under the age of 18 years may be required to produce certified copies of the following documentation when entering or leaving the borders of Uganda:

Both parents travelling with children:

- A certified copy of the unabridged birth certificate of each child must include the full names of both the biological father and mother, the identity numbers, and the place of birth.

One parent travelling with children:

- A certified copy of the unabridged birth certificate of each child must include the full names of both the biological father and mother, the identity numbers, and the place of birth.
- An affidavit signed by the parent who is not travelling authorising the parent who is travelling with each child, together with a certified copy of the non-travelling parent's passport or identity document and contact details.
- If the parent travelling with each child has been granted full parental rights and responsibilities or is the legal guardian of each child, they must provide a certified copy of the court order granting them those rights.
- If one parent or legal guardian is deceased, the parent or legal guardian travelling must provide a certified copy of the death certificate.





An adult travelling with children who are not their biological children:

- A certified copy of the unabridged birth certificate of each child must include the full names of both the biological father and mother, the identity numbers, and the place of birth.
- An affidavit from each child's parents or legal guardians confirming that they have permission to travel with each child.
- Certified copies of the identity documents or passports of each child's parents or legal guardians.
- Certified proof of the contact details of each child's parents or legal guardians.

Children travelling unaccompanied by an adult:

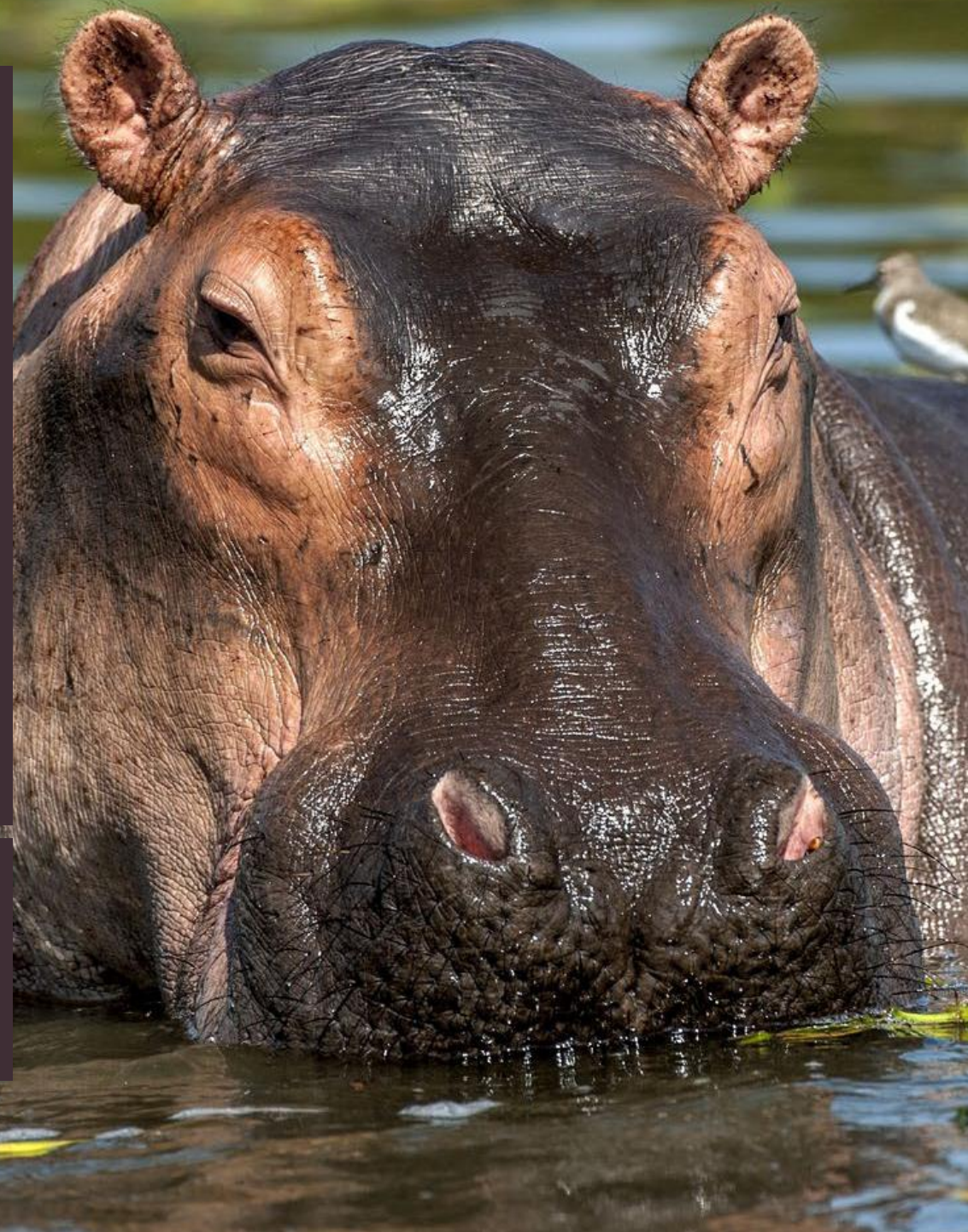
- A certified copy of the unabridged birth certificate of each child must include the full names of both the biological father and mother, the identity numbers, and the place of birth.
- An affidavit of proof of consent for each child to travel from both parents or legal guardians. If only one parent or legal guardian provides proof of consent, each child must also travel with a certified copy of a court order granting that parent or legal guardian full parental responsibilities.
- A certified copy of a letter/affidavit from the person in authority in Uganda who will be responsible for each child on arrival. This letter/affidavit must include the said person of authority's contact number, residential address, and all contact details for where each child will be staying in Uganda.
- A certified copy of the identity document, passport, visa or permanent residence permit of the person in authority who is to be responsible for each child on arrival.
- Certified proof of the contact details of each child's parents or legal guardians.



PLEASE NOTE

- As indicated, all supporting documents required should be certified copies.
- Parental consent documents must be issued within six months before the date of travel.
- Families travelling with children under the age of 18 years may be restricted from entering and/or departing from Uganda without the above-mentioned documentation.
- The above-mentioned documentation must be available when visiting neighbouring countries when travelling with minors, where the point of entry and/or exit is Uganda.
- For all documentation, it is recommended that should the documentation not be in English, an English version is obtained.

For all VISA requirements, including the complete application process and costs, please get in touch with your local Ugandan Embassy, Consulate or other Ugandan Representative Office for further details.





EBOLA PRE-SCREENING TESTS:

Please get in touch with your Local Travel Clinic or Medical Practitioner to establish current Ebola requirements, as the following guidelines may change at short notice:

- All travellers entering and/or departing from Uganda must complete an Ebola Declaration Form within 24 hours before their arrival date.
- The form must be accessed via the following link: poe-screening.health.go.ug
- All visitors must please ensure that their information submitted is accurate. Visitors may be fined and/or declined entry on arrival if inaccurate information is submitted.
- Following the form submission, a QR Code will be sent to each visitor.
- The code must be saved on their mobile phone or other mobile device and, if possible, printed.
- Please note that the Ugandan Port Health Authorities prefer a clear printed copy of the QR Code.



ADDITIONAL HEALTH REQUIREMENTS

Uganda is an endemic Malaria area, therefore, Malaria prophylactics are strongly recommended. Please contact your Local Travel Clinic or Medical Practitioner before travel to determine the appropriate anti-Malaria measures.

The use of additional precautionary measures, such as topical insect repellents and wearing long-sleeved clothing, long trousers and socks when outside at night are recommended, especially when on safari.

- It is inadvisable for pregnant women to visit Malaria areas.
- The southwestern region of Uganda is an endemic Sleeping Sickness (African Trypanosomiasis) area, however, the incidence of human transmission in recent years has been low. No prophylactics are available, therefore, precautionary measures, such as topical insect repellents and wearing long-sleeved clothing, long trousers and socks when outdoors, are recommended, especially when on safari.
- Pregnant women must please get in touch with their Local Travel Clinic or Medical Practitioner before travel to determine whether travelling to Uganda is advisable or not.



- Uganda falls into the Yellow Fever belt of Africa. A Yellow Fever vaccination certificate is required for entry to and exit from Uganda. Furthermore, travellers arriving from or travelling onwards to other countries in Africa and/or the Yellow Fever belt of South America require a Yellow Fever vaccination certificate.
- Although additional vaccinations (such as Hepatitis A and B, Polio, Tetanus and others) are not mandatory, certain vaccinations may be recommended by your Local Travel Clinic or Medical Practitioner.
- Should you be on prescription medication or require any other types of medications, please ensure you have an adequate supply of all your medicines for the duration of your trip.
- For prescription medications, it is recommended that you have a copy of the original prescription and keep all medicines in their original labelled packaging.
- Wearing of masks is required to take part in gorilla trekking safaris.

Please contact your Local Travel Clinic or Medical Practitioner well before your departure date regarding all the above-mentioned health requirements.

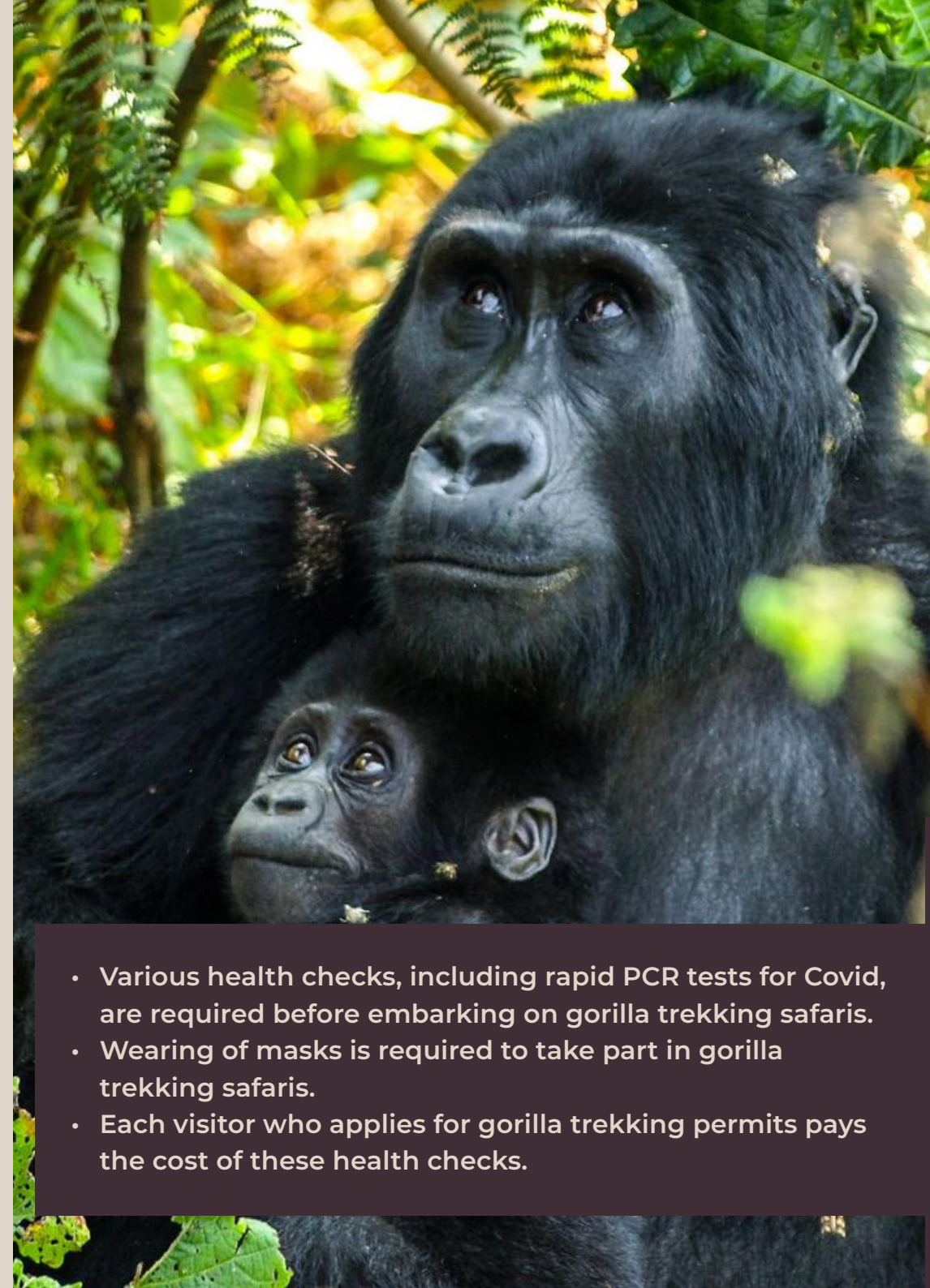
Vaccination requirements may be subject to change at short notice.





GORILLA PERMITS

- The cost of gorilla trekking permits in Uganda is payable in USD (United States Dollars) and depends on the number of days booked for gorilla trekking. Costs are subject to change without prior notice.
- Only a limited number of permits are available in each gorilla park across the region, therefore, it is essential to book well before travelling.
- For the permits to be fully secured, they have to be fully paid for at the time of booking confirmation.
- The trekking permits are Non- refundable if cancelled for any reason.
- Each permit allows visitors one hour with the gorillas once they are located. Sightings cannot be guaranteed, but the guides will do their utmost to find them.
- Please note that gorilla trekking can be physically demanding. Trekking involves several hours of hiking at higher, colder elevations over challenging terrain to locate the gorillas. Please get in touch with your Local Travel Clinic or Medical Practitioner before purchasing a gorilla trekking permit if you have any concerns about your ability to go gorilla trekking.
- Gorillas are genetically very similar to humans, and many infectious diseases carried by humans can be transmitted to gorillas.
- To protect gorillas from disease, no children under the age of 15 years nor people with illnesses may go trekking.



- **Various health checks, including rapid PCR tests for Covid, are required before embarking on gorilla trekking safaris.**
- **Wearing of masks is required to take part in gorilla trekking safaris.**
- **Each visitor who applies for gorilla trekking permits pays the cost of these health checks.**



SUGGESTED PACKING LIST

CLOTHING

- Sun hat
- Golf shirts and/or T-shirts – preferably with a sleeve to protect your shoulders from the sun
- Long-sleeved cotton shirts
- Shorts and/or skirts
- Long trousers/slacks
- Comfortable walking shoes such as trainers, tennis shoes or similar sports shoes
- Sandals
- Swimming costume
- Lightweight jersey for summer evenings
- A warm jacket and/or fleece jacket is recommended not only for winter but also year-round whilst on safari
- Light rain gear or waterproof jacket
- Formal attire for your stay at prestigious city hotels.

Please note that in addition to the recommendations above, attire for gorilla trekking which takes place at higher, colder elevations over challenging terrain, is as follows:

- Sturdy, long safari trousers or slacks
- Long-sleeved safari shirts
- Hiking boots
- Sturdy gloves, such as those worn for gardening
- Lightweight rain suit or poncho
- Wide-brimmed safari hat
- Natural colours are recommended, such as khaki, brown or bush green. Please avoid bright colours.

EQUIPMENT/OTHER

- Good quality sunglasses with UV protection – preferably polarised
- Personal toiletries
- Moisturising cream and suntan lotion – SPF 30 or higher recommended
- Insect repellent for topical application
- Torch
- Uganda wildlife and/or bird guides, especially if you have specific areas of interest
- Binoculars
- Camera equipment, including spare batteries, chargers, film, memory cards, memory sticks, etc.
- Converter plugs to 220V Alternating current, and 12V Direct current, as detailed in the section on power supply above.
- Waterproof/dustproof bag or cover for your camera
- Dive card and logbook (if applicable)
- An adequate supply of all prescription medications and/or other medicines required for the duration of your trip
- Visas, tickets, passports, money, credit cards, insurance documents, etc.

PLEASE NOTE: There may be a restriction on luggage limits on your journey – please ensure that you have the details from your agent according to your itinerary. Please ask your agent ahead of time if you would like details on the feasibility and costs of taking excess luggage with you, as noted above in Luggage and Passenger Limitations on Scheduled Light Aircraft Transfers.



PHOTOGRAPHY

Please be mindful of others when taking photographs at all times. Should you wish to photograph local people, particularly children, please be courteous and ask permission before taking pictures. Some local people do not wish to be photographed for cultural reasons. Photography is not permitted at certain locations, which may include government buildings, museums, art galleries, private houses, etc. These areas are usually clearly marked. If in doubt, please ask, otherwise, camera equipment can be confiscated. Flash photography may be prohibited in certain night-time situations, notably when on safari.

While game viewing, be respectful of animal life and your fellow travellers. Do not startle or disturb animals or birds whilst taking photographs.

SHOPPING

In Kampala, your hotel or guesthouse concierge will assist you with locating the best local shops and handicraft markets to visit. Curio shops can be found at numerous lodges/camps throughout Uganda.





POWER SUPPLY

All electrical appliances run on 230V (AC – alternating current). Special adaptors for charging photographic equipment, mobile phones, laptops, tablets, hairdryers, etc., are required. These can be purchased at major airports and certain shopping centres.

Some hotels and lodges may be able to supply guests with adaptors – however, we recommend that you carry your own adaptors and converters, particularly if you have specific charging devices that operate at different currents/voltages. Some safari camps/lodges may not have 230V (AC – alternating current) and may operate on solar-powered 12V electricity (direct current – DC). Please bring spare batteries that can be charged at the camp/lodge while you are out on safari activities.



GRATUITIES GUIDELINES

We would like to reiterate that tipping is not compulsory. Guests should not feel obliged to do so. Tipping should be offered only by choice, subject to the service received.

As such, we have enclosed a brief guideline to assist guests. In addition, guests may wish to add a nominal amount for incidentals (subject to personal budget choice) – i.e. if additional activities are booked once on their journey, if travel arrangements change for any reason, in acknowledgement of good service received in another area, etc.



USD GRATUITIES GUIDELINE

SERVICE

Meet & Greet

Airport Transfer Driver

Hotel / Airport Porters

Guides for City Sightseeing (Half Day)

Guides for City Sightseeing (Full Day)

Local Safari Guides at camps/lodges

Local Safari Trackers at camps/lodges

Housekeepers

General staff at camps/lodges

- Gratuities are then shared among the general staff

Meals at Restaurant, incl Room Services **10-15%** *Unless already included

OUR RECOMMENDATION

US\$ 5 per person, per Meet & Greet

US\$ 10 per person, per transfer

US\$ 2 per person per bag movement

US\$ 10 per person per Half Day

US\$ 20 per person per Full Day

US\$ 20 per person per day

US\$ 15 per person per day

US\$ 5 per person per night

US\$ 15 per person per day

10-15% *Unless already included

