

# AFRICA RIDES | ZAMBIA TRAVEL GUIDE



# TABLE OF CONTENTS

Welcome	3
Contact Information	4
Accommodation	5
Arrival Procedure	6
Passports and Visa	6
Smart Traveler Enrollment Program	7
Health and Immunizations	7
Money (ZMW)	9
Communications	10
Time	10
Electricity	10
Suggested Tips for Food and Water:	11
Language	12
Shopping and Curios	12
Toilet Paper	13
Waste Disposal	13
Safety Recommendations	13
Photography	14
Responsible Travel	15
Weather & Packing	17
Questions?	18

## Welcome

---

Dear Africa Rides Travelers,

Thank you for joining World Bicycle Relief's Africa Rides Trip to Zambia. This trip is a one-of-a-kind experience for our most committed donors and supporters who want to see the impact of our work on the ground and help drive our efforts to reach even more individuals and communities with the Power of Bicycles.

This program in Zambia will deepen your understanding of World Bicycle Relief's mission, programs and partnerships. This trip will also give you a unique glimpse into the everyday lives of Zambians as you interact with students, healthcare workers, and entrepreneurs who are striving to improve their lives and communities with the help of our Buffalo Bicycle. We hope that these connections will inspire you to share your experience with others to increase the visibility of our efforts and raise funds to enable this important work. We welcome the opportunity to help you put together a giving or fundraising plan as part of your trip and look forward to sharing in this journey with you!

In preparation of this wonderful journey, I encourage you to start thinking about ways you can create lasting impact through your experience. Should you have any questions at this time, please reach out to Kemi King, World Bicycle Relief's Director of Philanthropy, at [kking@worldbicyclerelief.org](mailto:kking@worldbicyclerelief.org) or Peta Sheridan, World Bicycle Relief's Field Visit Consultant at [psheridan@worldbicyclerelief.org](mailto:psheridan@worldbicyclerelief.org). We look forward to sharing this unique experience with you.

For more information on how to get involved in our efforts, visit: [www.worldbicyclerelief.org](http://www.worldbicyclerelief.org)

To make a donation in support of our work, visit: [www.worldbicyclerelief.org/donate](http://www.worldbicyclerelief.org/donate)

To fundraise for World Bicycle Relief, visit: <https://worldbicyclerelief.org/en/fundraise/>



---

## Contact Information

---

\*\*To call numbers in Zambia from the United States dial: 011 + 260 + [local number]

### WORLD BICYCLE RELIEF

**Kemi King**

Director of Philanthropy

Tel: +1 (415) 450-0799

[kking@worldbicyclerelief.org](mailto:kking@worldbicyclerelief.org)

**Peta Sheridan**

Field Visit Coordinator

Tel: +1 (360) 635-2324

[psheridan@worldbicyclerelief.org](mailto:psheridan@worldbicyclerelief.org)

### ELEVATE DESTINATIONS

**Dana Droller**

Tel: +1 (617) 299-0693

WhatsApp: +1 (203) 240-6328

[dana@elevatedestinations.com](mailto:dana@elevatedestinations.com)

**Katherine Redington**

Tel: +1 (917) 520-0344

[katherine@elevatedestinations.com](mailto:katherine@elevatedestinations.com)

### US Embassy – Lusaka

The Embassy is located on Ibex Hill, Lusaka.

24/7 Emergency line for US citizens: +260-211-357-000.

U.S. Department of State's Overseas Citizens Services: (888) 407-4747 (calling from the U.S. or Canada), (202) 501-4444 (calling from overseas)

## Accommodation

---

### **SANDY'S CREATIONS RESORT | LUSAKA, ZAMBIA**

Sandy's Creations Resort is an ideal spot for accommodation in Lusaka. Each room at the lodge is individually decorated with simple yet stylish decor. Guests can enjoy the beautiful surroundings of lush green gardens, scenic water features and a stunning swimming pool. As well as classic lodge accommodations, Sandy's Creations also offers a restaurant, bar, gym, and spa.

31/32 Farm 4300 Kafue Road, Chilanga, Lusaka | +260 211 847965 | [www.sandyscreations.net](http://www.sandyscreations.net)

### **LILAYI LODGE | LUSAKA, ZAMBIA**

Located in an area of unspoilt grassland and woodland on the outskirts of Lusaka, Lilayi Lodge is renowned for its pristine trees as well as being home to more than 500 plains animals. Experience luxury nestled inside our game park as wildlife graze right outside your veranda. Each room consists of an open plan, en suite bedroom with a tastefully furnished lounge. The bathrooms boast Victoria Albert Volcanic Limestone soaker baths and spacious showers, while the room's folding bay windows open up to a wooden deck and verandah. Amenities include LED satellite television, wireless Internet connection, bar fridge and coffee/tea station. The Lilayi Elephant Nursery, located at the entrance to game farm, is a project that is very dear to the family's heart. Having a long history in supporting wildlife conservation, two hectares of land was donated to Game Rangers International - a non-profit organisation. Through this partnership Lilayi Game Farm has become home to a number of orphaned elephants that have seen the loss of their families due to poaching.

Lilayi Lodge | +260 211 840435/6 | [www.lilayi.com](http://www.lilayi.com)

## Arrival Procedure

---

**Arrival into Zambia** | Upon arrival at the airport, you will go through customs, security, and baggage claim on your own. You will be met at the International arrivals hall with a sign that reads “World Bicycle Relief – [Your name]”. Elevate Destinations will provide an Emergency Contact list closer to your departure with the 24/7 emergency phone number you should contact in case you have any trouble with your airport transfer or experience delays while traveling.

## Passports and Visa

---

**Passport** | Please make sure your passport is current and valid for **at least six months beyond your trip departure date**. Your passport should have at least **three blank Visa pages** for the entry and exit stamps, or more if you are visiting several countries on this trip. Please note that the last two amendment pages are not acceptable for visas and immigration stamps. Note that you will need to renew your passport if you are out of Visa pages, as the State Department no longer provides additional pages. If you need to renew your passport, please do so as soon as possible. US passport holders can find information about applying for or renewing passports at [travel.state.gov/passport/passport\\_1738](https://travel.state.gov/passport/passport_1738)

**Visas** | All travelers to Zambia will need a visa to enter, which you can either obtain in advance or upon arrival at the airport in Lusaka. The visa-on-arrival is the best option for most travelers.

**U.S. citizens** can obtain a visa-on-arrival. If you choose to obtain your visa upon arrival in Lusaka; exact change is required (USD \$50) when you clear Immigration at the airport. Bills that are ripped, wrinkled, old or in denominations under \$20 are not readily accepted.

Alternatively if you wish to apply for a visa in advance, you can contact a local Zambian consulate or apply for an **e-Visa tourist visa** online. Once your e-Visa is approved, you will receive a e-Visa authorization letter by email which you should download and print to take with you. Your visa fee (USD \$50) will still be paid on arrival in Zambia, when you clear Immigration at the airport. Note that exact change is required and bills that are ripped, wrinkled, old or in denominations under \$20 are not readily accepted. Credit card payments are no longer readily accepted, so cash is recommended. Your e-Visa authorization letter is valid for 3 months from the approval date, and you can enter the country at anytime within the 3-month period. We recommend applying for the e-Visa any time in between 3 months and 1 month prior to your trip.

If you plan on visiting both Zambia and Zimbabwe, we recommend applying for the [Kaza Univisa](#) which can also be obtained in advance or upon arrival in Lusaka. The cost of this visa is also \$50 USD. The visa is valid for 30 days and allows an unlimited number of trips between the two countries during this period. It also covers those who visit Botswana through Kazungula Borders. The visa is neither extendable nor modifiable, but may be obtained three times a year.

*\* Note – If you plan to visit Zambia only, then a single-entry is all you need; if your plans include visits to neighboring countries before/after the program, you will need a multiple-entry visa to re-enter Zambia.*

## Smart Traveler Enrollment Program

---

The [Smart Traveler Enrollment Program \(STEP\)](#) is a free service provided by the U.S. Government to citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in case of an emergency. We encourage you to register your trip with STEP in case of emergency.

## Health and Immunizations

---

### Covid Protocols

**Covid Vaccination:** Elevate Destinations requires that all travelers are fully up to date on any doses of the the Covid-19 vaccine they are eligible for. This means many travelers will need a booster. You will need to submit a copy of your vaccination card to Elevate Destinations prior to your departure.

**Entry Requirements and Updates:** As Covid is continually evolving, please check your [Online Trip Portal](#) for the most up to date information regarding entry requirements and health and safety precautions.

### Immunizations

Prior to travel, Elevate Destinations strongly recommends that you look into recommended immunizations for your time in Zambia. Given that we are not a licensed Health Care provider, we cannot advise travelers on which immunizations they may or may not need. We recommend that all travelers do the following:

- a) Consult with a travel clinic or your personal physician regarding immunizations and other precautions you may need to take in order to participate in this journey. You will need to do this well in advance of your trip as some vaccinations require time to take effect, and you may need to allow time between a series of shots.
- b) Visit [the CDC Website for Zambia](#) to view recommended vaccines and medicines, travel health notices for the region, and other tips for staying healthy and safe.

### Note About Medications

Always travel with medications in their original clearly labelled containers and in your carry-on luggage (not in checked baggage). A signed and dated letter from your physician describing your medical conditions and medications, including generic names, is also a good idea. If carrying syringes or needles, be sure to have a physician's letter documenting their medical necessity and keep these handy when entering or exiting any of Zambia's borders.

## Travel & Medical Insurance

Elevate Destinations requires that all travelers purchase travel and medical insurance that covers Covid-related medical expenses and costs associated with quarantine. Proof of your insurance is required to participate in this program.

Below are two insurance brokers that Elevate Destinations recommends:

1. **Yonder Insurance:** You can contact our partners at [Yonder Insurance](#) to find a policy that will best fit your needs; you can reach them by email at [hello@insureyonder.com](mailto:hello@insureyonder.com) or over the phone at 855-358-6433 (Monday – Friday, 8:30 AM – 5:00 PM CT).
2. **Travel Insurance Center:** Dan Drennen is the representative who Elevate Destination works with at Travel Insurance Center. To inquire with Dan about insurance policies, you can email him at [dan@travelinsurancecenter.com](mailto:dan@travelinsurancecenter.com) or over the phone at 1-866-979-6753 (extension 3621).

Guests may acquire travel insurance through the Travel Insurance Center, or any other travel insurance company of their choosing. Elevate Destinations recommends that travelers evaluate the insurance options available for their needs, and inquire with providers about insurance that will provide coverage if the trip needs to be cancelled.

## Documentation

In case of emergency, it is advisable to record all of your important information on one sheet of paper, photocopy it, and distribute a few copies in your luggage, your money belt, and amongst relatives or friends at home. Also email a scanned copy to yourself to have available online anywhere.

*These are the documents you should have printed and with you during your travel:*

- A photocopy of your passport
- Covid Vaccination Card; both the original copy and a photocopy
- TR / QR code from certifying your Covid test results with [Global Haven](#)
- International flight itinerary or e-tickets
- Address and phone numbers of the hotels you are staying
- Travel insurance policy details and 24-hour emergency number
- Details of relatives/friends and your primary care physician to be contacted in an emergency
- Bank and credit card details, camera serial numbers etc.

## Money (ZMW)

---

The currency in Zambia is the Kwacha (ZMW). [Click here to see the current exchange rate.](#) The Kwacha has denominations of K100, K50, K20, K10, K5 and K2 notes. Coins are in denominations of K1, 50 Ngwee, 10 Ngwee and 5 Ngwee.

**Spending Money** | Items you will need to pay for during your trip (cash/credit card):

- Zambia Visa (\$50 – paid in USD cash only), if applying for the e-Visa or visa-on-arrival
- Departure tax (\$26 USD), if not included in your ticket price

Other personal expenses to consider:

- Laundry during your stay in Lusaka
- We recommend a budget of \$100-\$150 USD per person for curios
- Other incidentals (room service, stamps, phone calls from hotel, etc.)

**ATM** | Stanbic Bank offers ATM facilities in Lusaka. Travelers can withdraw kwacha using MasterCard. Standard Chartered and Barclay's have ATM facilities for travelers to withdraw kwacha using a Visa. Your guide, will assist you in locating ATMs.

**\*Note: ATMs in developing regions of the world are often finicky, and may not work on a given hour or day. We recommend traveling with 1-3 crisp \$100 bills stored safely in your carry-on luggage to be exchanged in the case that ATMs are not working for you.\***

**Cash** | Bring crisp, new US dollars to convert into ZMW. Be sure to bring newer bills (printed in the last 5 years). Ripped or damaged bills will be very difficult to convert or spend. Cash can be exchanged at Barclay's and Standard Chartered Banks in Lusaka. Banking hours vary, but most are open from 8:30 a.m. – 2:30 p.m., Monday through Friday.

**Credit Cards** | Visa and MasterCard (not American Express) are accepted at hotels, most restaurants and by some large supermarkets in Lusaka. Most credit card transactions will incur a service charge that averages 5% per transaction. \*Be sure to notify your bank that you will be traveling internationally prior to departure so they do not see your transactions as fraudulent, as they may put a hold on your account.

**Change** | Ask for smaller bills when you change money, or use your large bills at large shops to receive more change. In many cases, people (local vendors especially) don't have change.

**Tipping** | Please note that a base-layer of gratuity for the hotels, restaurants, and for the guide and private drivers are already included in the price of your trip. You need not provide any further gratuity, unless you received above and beyond service and wish to tip more!

## Communications

---

**Wifi:** In most places you will visit in Zambia, wifi will be available. Speed, bandwidth, and availability will likely be less reliable than you are used to. Oftentimes, connection is stronger in the lobby of hotels than in the rooms. Expect access to be particularly limited, especially if you are on a safari.

**International Calls:** If you are in Zambia and trying to reach a number *outside* of the country, dial 00 before dialing the country code and local number. To call numbers in Zambia *from* the U.S. dial 011+ 260 + [telephone number].

**Staying Connected:** Here are the most common methods for making local/international calls:

1. **Smart Phone apps:** Apps such as Skype, WhatsApp, and Viber (when Wifi is available).
2. **Getting an international calling package:** Setting up international coverage from your cell phone provider for the duration of your trip is often the simplest option and the best to avoid roaming charges.
3. **Use a local phone/ SIM card:** This is a good option for making calls within Zambia as international calls can get expensive. Local SIM cards are inexpensive, can be found at a variety of stores, and often have pay-as-you-go plans where you can “top up” your credit for use in the country. Please be aware of any requirements your phone has in order to accept the local SIM cards (i.e. size of SIM card, jailbroken, etc). This will change your phone number for the duration of time you have a foreign SIM card in your phone. Please also let us know in advance if you would like assistance purchasing a local phone.
4. **Call from hotel or internet café:** Please be advised that some hotels impose a surcharge that can be more than double the cost of international calls. Be sure to check the hotel policy before placing an international call from a hotel.

## Time

---

Zambia is two hours ahead of Greenwich Mean Time, one hour ahead of Central European Time, and seven hours ahead of Central Standard Time.

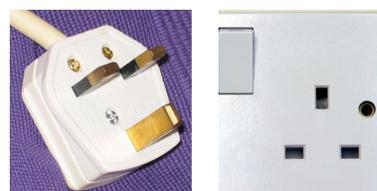
Zambia Time	New York City (ET)	Chicago (CT)	San Francisco (PT)
8:00 a.m.	2:00 a.m.	1:00 a.m.	11:00 p.m.
3:00 p.m.	9:00 a.m.	8:00 a.m.	6:00 a.m.

## Electricity

---

240 V 50 Hz

The electrical plug is a British three-pin rectangular blade plug.



## Suggested Tips for Food and Water:

---

You won't want to miss a beat while on this amazing journey, so we encourage you to take preventative measures to help you stay healthy and ready for adventure and discovery each day! Because your trip is short, fast paced, and content rich, our suggestions err to the conservative side. While there is no full-proof method to prevent traveler's discomfort, here are some tips on how you can be kind to your stomach while traveling in a developing country.

- Stick to bottled water for drinking, and tooth brushing. WBR will provide a bottomless supply of sealed bottled water for your time in the field, and your time in the evenings at the hotel. This is the simplest prevention measure ever. Use bottled water even for making tea and coffee in your room. Tap water needs to boil a minimum of 1 minute at low altitude to eliminate any potential nasties. (Over 3 minutes at higher altitudes).
- Wash your hands often and before you eat. If soap and water are not available, use hand sanitizer. We recommend bringing sanitizing hand wipes.
- Avoid ordering soft drinks or juices with ice. All the restaurants you will go to on this trip are top notch and will say that they make ice from bottled water (and they probably do), but if you can go without it then it's just one less risky thing you are putting in your tummy. And super sorry; it is a myth that whisky, gin vodka and other harder liquors kill all the pathogens in your iced drink.
- Avoid eating raw salad or fruit. Fresh fruits and vegetables are at risk of having been washed in contaminated water. Fruits with a peel (e.g. banana) are usually safe to eat.
- Don't eat raw or undercooked food. High heat will kill most harmful germs, so eat foods that are well cooked and served hot.
- Beware of open foods/drinks that have been sitting at room temperature. Such as milk/creamer for coffee, or buffets that are not kept at appropriate temperatures.
- Processed and dry foods tend to be safer. If you feel your stomach just needs a break, processed and dry foods (like potato chips) might be a welcome change. We recommend bringing some granola bars or other favorite processed snacks from home.
- When in doubt, leave it out. That smoothie looks so tantalizing...but you know it was blended with ice! If in doubt, it's best to err on the side of caution. A minor bug can put you out of commission for a whole day, and it just isn't worth it when there is so much to see on this trip

Note: For comprehensive medical advice, please see a doctor, and be sure to check out the CDC's resources on [Food & Water Safety](#).

## Language

---

English is the official language of Zambia and widely understood by many people. After English, Nyanja is the most widely spoken language of the 73 tribal languages in Zambia. Here are a few phrases that would be very appreciated and well-received if you choose to try to use them:

- Muli bwanji (moo-lee bwan-jee) ..... Hello! How are you?
- Bwino, banjo? (bwee-noh bwan-jee)..... I'm fine, and how are you?
- Chonde (chon-deh)..... Please
- Zikomo (zee-koh-moh) ..... Thank you / Excuse me
- Chimbuzi chili kuti? (chim-boo-zi chee-lee koo-tee)..... Where is the mens room (toilet)?
- Chimbuzu cha Akazi? (chim-boo-zoo cha A-ka-zee) ..... Where is the ladies room (toilet)?
- Na kondwela (na-kon-dway-la) ..... I am happy!

## Shopping and Curios

---

There will be a few opportunities to shop during this trip. Be sure to have plenty of Kwacha in small denominations to make your purchases. We recommend budgeting around \$100-\$150 USD per person for curios. Zambia's best bargains are handicrafts: carvings and baskets made locally. A truly Zambian souvenir that is easy to pack and reasonably priced is a chitenge (cha-tang-gay). These are 2-meter long sections of brightly patterned cotton cloth and cost about 18 – 47 kwacha (approx. \$2 – 5). Remember to bargain gently when buying handicrafts.

## Toilet Paper

---

We recommend carrying toilet paper or tissues with you as many bathrooms, especially in more remote areas or restaurants, likely will not have any. Please also remember that in Zambia, it is recommended to throw the toilet paper into the bin provided and **not into the toilet** itself, as this can cause problems with the delicate sewage system which was not designed for paper.

## Waste Disposal

---

Keep in mind that much of the developing world waste disposal systems are not as advanced as you might be used to. Oftentimes, landfills are adjacent to conservation land or trash is burned. Recycling is often unavailable. To minimize your impact on the country you are visiting, please consider the following guidelines:

- Leave no Trace — everything that you bring with you should go home with you.
- If you plan on shopping, make sure that you have extra room in your luggage or an extra bag to check on your way home (don't dump items to make room!)
- Avoid packing with plastic baggies and instead purchase reusable packing cubes, cloth bags, and reusable toiletry bags
- Bring a reusable water bottle that you can refill
- Remove packaging or tags of any newly purchased items before you go

## Safety Recommendations

---

As with any other travel location it's good practice to be mindful of your belongings and never leave items unattended, especially in markets. When in cafes it is best not to leave bags on the floor or on the back of your chair. Please do not wear expensive or sentimentally valuable jewelry whilst traveling in Zambia – just in case.

Your guide will give you current briefings on safety while in-country, but here are some basic ground rules for safety while traveling:

- Keep all valuables in the hotel safe or in a locked suitcase.
- Avoid flashing money. Be mindful of your belongings at all time. Keep bags in front of you in crowds, and on your lap when at restaurants.
- Pay attention: avoid walking around with your smartphone in hand.
- Be vigilant when crossing roads.
- Stick with the group.
- Always make sure that others know of your whereabouts and movements.
- Avoid street protests or large gatherings.
- Do not wear expensive or sentimentally valuable jewelry while traveling.
- Let your guide know if you have any safety concerns.

## Photography

---

Zambia is a beautiful country, and you will want to take lots of pictures. When photographing people, always ask permission first - this is a sign of respect. You can do this with gestures or ask your guide to translate. The only exception to this is when you are photographing a public scene with a lot of people in it, aiming at no one in particular. Because so many local people are asked for permission to be photographed, many will expect a tip or an outright fee for this. (In fact, some "professional posers" make a living this way.) Always be considerate of anyone's desire not to be photographed.

If you are interested in learning how to engage in ethical photography during your travels, check out Elevate Destinations' blog post, ["Nine questions to help decolonize your photography"](#).

### Responsible Travel Tips

Elevate Destinations takes pride in its leadership in the field of responsible travel. We take care in selecting our local partners that share our environmental and social values and are avid supporters of locals working in the tourism industry as they are both the most impacted and impactful players at the local level. All of your ground costs on this trip are carbon offset using [Native Energy's Carbon Calculator](#) and we encourage you to offset your international flights as well.

Here are a few tips that can help enrich your experience as a responsible traveler:

- **Keep an open mind:** Try to observe local customs and respect traditional cultures and people.
- **Language:** Learn a few basic greetings and “thank you” in the local language.
- **Local economy:** Support locally owned businesses, restaurants, and other services. Shop from local artisans to promote traditional crafts and encourage contemporary arts.
- **Pay a fair price:** Bargaining is acceptable on this trip and a great way to engage with locals. Try to have fun and not be overly aggressive in bargaining for souvenirs.
- **Respect:** It is important to acknowledge the privacy and dignity of others and ask before photographing or filming people. Ask permission before entering sacred places, homes or private land, and take heed of local customs (i.e. remove shoes, hats, cover hair with shawl, etc). Please ask your guide if you are unsure; they are there to support your introduction to the culture!
- **Community and environment:** Contribute to organizations that support traditional cultures and protect the natural environment. Keep to designated trails, and do not disturb plants and animals or their natural habitats.
- **Animal products:** Avoid purchasing crafts, clothing, furniture or other products that are derived from members of protected or endangered animal species.
- **Properly dispose of trash:** Avoid using plastic bags and try to minimize the use of other disposables. When traveling in areas away from cities, make sure to take out what you take in. Try using a reusable water bottle and treating your own drinking water when possible – check out what our friends at [Travelers Against Plastic](#) are doing!
- **Don't feel pressured to give away money or material items:** You will likely encounter instances of poverty and people asking for donations. We try to discourage giving away money or items as it can actually accentuate an unequal relationship between visitors and locals. Additionally, children that receive money, gifts, and sweets from you are encouraged to stick around for more, rather than to be in school. As difficult as it can be to turn down direct requests, sometimes giving your friendship and respect to locals can be the best gift of all. If you want to help, consider giving to a trustworthy charity, non-profit, or local school.

- **Tip your housekeeping staff:** Many of the the staff cleaning hotel rooms are on the bottom of the economic pyramid. Please consider leaving a tip before you checkout. The equivalent of \$2 dollars a day is appropriate. This is an easy way to ensure some of your money reaches the hands that need it the most

## Human Trafficking in Travel

Elevate Destinations has signed *the Code of conduct for the protection of children from sexual exploitation in travel and tourism* and expects all of its partners to refuse involvement, both direct and indirect, in the commercial sexual exploitation of children. A “child” is defined as a person younger than 18 years of age, according to the UN Convention on the Rights of the Child.

We encourage our travelers and suppliers to report the sexual exploitation of children. Information, even the smallest amount, can represent the missing piece of an ongoing investigation by law enforcement. If you are uncomfortable with leaving your name and contact information, you can report anonymously to law enforcement or NGOs. Report a concern [using this form](#); alternatively, you can email [protect@ecpat.net](mailto:protect@ecpat.net) to report sexual exploitation of children.

Read about Elevate’s values & vision, our [sustainability commitment](#), our programs that give back, and more on our website at [www.elevatedestinations.com](http://www.elevatedestinations.com). Our team members are always excited to share more on this topic. We acknowledge that to maintain truly sustainable travel products takes ongoing commitment. We continue to monitor our programs on the ground in order to improve them, and welcome your thoughts, feedback, and encouragement!

## Weather & Packing

---

To help you prepare for your Africa Rides Trip to Zambia, we have put together a recommended packing list, in a separate document, for your trip.

**Weather** | Zambia has three distinct seasons; (1) the cool, dry season from April to August, (2) the hot, dry season from August to October / November and (3) the rainy season from November to April. May marks the end of summer with very little rain at the end of the month and temperatures beginning to cool.

### Dry Season

- **May:** May is the end of the summer season in Zambia when temperatures begin to cool down and the rains are almost gone.
- **June - August:** This can be a beautiful time to visit Zambia! The mornings are cool and crisp, heating up in the afternoons, though national parks such as South Luangwa and the Lower Zambezi that are at a lower altitude tend to be hotter than other parts of the country.
- **September - October:** The heat starts to build in September and October tends to be the hottest months of the year in Zambia. The average high temperature is 87°F in October with an average low of 63°F.

**Wet Season:** The wet season in Zambia tends to be muggy and overcast.

- **November:** The end of the dry season, November marks the start of the winter and wet season in Zambia, November can be fairly unpredictable. There are often rains in the afternoons and temperatures range between 18°C/64°F in the morning and 29°C/84°F in the afternoons.
- **December - March:** These are the wettest months in Zambia, often with heavy downpours in the afternoons.
- **April:** April is the end of the wet season in Zambia; the rains and humidity start to slow down as the country enters its dry, winter season.

**Staying Warm and Keeping Cool** | We recommend layering as the best way to stay warm or keep cool. Our happiest travelers are always prepared for rain or shine! Please bring clothing to layer and accommodate a range of conditions from hot and humid to cool and windy weather. Light-colored clothing will keep you cool in the daytime. Start with a cool, breathable shirt to layer under a vest, windbreaker or fleece jacket for the early mornings or evenings. Don't forget your travel poncho/umbrella, just in case!

**Evening Attire** | The evening activities on your trip will be casual. We will have dinners in restaurants and lodge dining rooms. None require formal dress. Please note that evenings will be much cooler than you expect due to the dry atmosphere! Pack a light jacket and long pants for these evenings.

**Field Attire** | When visiting in the field we ask men to wear long pants and women to wear chitenges that we will provide for you. Women may want to wear capris or yoga pants underneath their chitenges.

## Questions?

---

If you have any questions or need further information regarding logistics for your trip, please contact Dana Droller at [dana@elevateddestinations.com](mailto:dana@elevateddestinations.com), +1 (617) 299-0693.

If you have any questions or need further information regarding World Bicycle Relief Programs and how you can further engage in our work, please contact:

**Kemi King, Director of Philanthropy**

+1 (415) 450-0799

[kking@worldbicyclerelief.org](mailto:kking@worldbicyclerelief.org)

**Peta Sheridan, Field Visit Coordinator**

+1 (360) 635-2324

[psheridan@worldbicyclerelief.org](mailto:psheridan@worldbicyclerelief.org)