



## **Kaapsehoop Horse Trails**

### **Volunteer Information Package**

#### **Packing List:**

1) Documentation:

- Passport,
- Proof of travel insurance,
- Proof of vaccinations,
- Any other personal documentation required,
- Please note that it is advisable to leave photocopies of important documents at home with your next of kin.

2) Spending money:

- currency: South African Rand,
- **NO** ATM facility on site,
- bring cash.

3) Large travel backpack or suitcase as well as a small day backpack

4) Personal hygiene kit:

- Shower gel or soap,
- Shampoo and conditioner (if necessary),
- Body lotion (if necessary),
- Deodorant,
- Shavers,
- Toothbrush and toothpaste,
- Hairbrush or comb,
- Sanitary products for ladies (if necessary),
- Towel.

5) Personal first aid kit including:

- Malaria prophylactics,

- Antihistamine cream,
- Anti-diarrhoea pills,
- Indigestion pills,
- Aspirin/Ibuprofen/Paracetamol,
- Plasters/band-aids,
- Bandages,
- Thermometer,
- Latex gloves,
- Tweezers,
- Scissors,
- Lip balm with SPF,
- Sun block with high SPF,
- Insect/tick repellent (containing DEET or equivalent),
- Hand sanitiser,
- Wet wipes,
- Ear plugs (optional if you are a light sleeper),
- If you wear prescription spectacles and/or contact lenses, pack a pair of spare spectacles and/or contact lense solution.
- If you take prescription drugs, ensure you pack enough for the duration of your stay.
- The same applies if you are asthmatic, suffer from epilepsy or severe allergies.

#### 6) Clothes:

- T-shirts,
- Light sweater or fleece,
- Shorts,
- Long trousers,
- Skirts (optional for ladies),
- Underwear,
- Socks,
- Swimwear,
- Windproof jacket and/or waterproof jacket,
- Waterproof trousers (optional),
- Sun hat or cap,
- Pyjamas/nightwear,
- Casual or 'nice' clothes for the weekend (optional - you may feel uncomfortable going to a restaurant in khakis),
- Beanie,
- Hat,
- Gloves during wintertime.

#### 7) Footwear:

- Walking boots: medium weight, well broken-in hiking boots for bush walks,
- Sneakers/trainers,
- Sandals or flip flops,
- Going-out shoes (optional - you may feel uncomfortable going to a restaurant in working shoes or flip flops).

## 8) Equipment:

- Sleeping bag
- Travel pillow
- Silk or cotton liner for sleeping bag (optional - ideal for hot nights or as an addition to your sleeping bag on cooler nights),
- Mosquito net (optional),
- Sunglasses (with high UV protection),
- Torch (LED headlamp recommended),
- Water bottle,
- Alarm clock and/or watch,
- Sewing kit,
- Pocket knife,
- Camera (with batteries or charger, film or memory card),
- Binoculars (optional),
- riding half-chaps (suggested)
- riding helmet (suggested)
- Personal stereo or iPod (optional),
- Mobile phone and charger (recommended in case of emergencies, SIM cards are available at a low price at local supermarkets),
- Plug adaptors for South Africa are generally not available in Europe and the US but can be purchased cheaply on arrival,
- Travel guide (in case you would like to travel by yourself before or after the project),
- Personal stationery (Pen, pencil, note pad),
- Books, card games etc. as the evenings can be quiet.

## **Vaccinations:**

- Please consult your local GP or Travel Clinic on advised vaccinations for the Kaapsehoop/Nelspruit area.
- Recommended vaccinations include: Hepatitis A&B, Typhoid, Rabies, Tetanus, Diphtheria, Polio.
- We are situated in a low risk malaria area so consider taking anti-malarials.
- The ticks in our area transmit a disease called tick bite fever. There are no vaccinations against this disease but it can be cured if caught in time. Generally, avoiding tick bites is advisable.

## **Airport Information:**

- Please ensure that you arrive in South Africa at Johannesburg International Airport (also OR Tambo International Airport) early in the day so that further transfers can be arranged for you.
- There are two different options of travel from Johannesburg International Airport to our project:

- i. **Option 1:** Shuttle transfer directly from OR Tambo International Airport in Johannesburg to Nelspruit Sonpark or Nelspruit Crossings. This drive will take approximately four hours and is a safe way of travelling in South Africa. To book a shuttle, visit either of these two websites: [www.citybug.co.za](http://www.citybug.co.za) OR [www.lowveldlink.com](http://www.lowveldlink.com)
  - ii. **Option 2:** Alternatively, you can book a connection flight from Johannesburg to KMIA (Kruger Mpumalanga International Airport) and we will arrange for a transfer. The drive from KMIA to the project will take just over one hour.
- Should you arrive after the last shuttle/flight has left Johannesburg, you must stay in Johannesburg overnight. If you would like some luxury for the night, we recommend the Southern Sun Hotel ([www.southernsun.com](http://www.southernsun.com)), which is adjacent to the airport. The Backpackers Ritz ([www.backpackers-ritz.co.za](http://www.backpackers-ritz.co.za)) is a cheaper alternative and also close to the airport. Both offer services to pick you up at the airport and drop you off again the next morning.
  - We will arrange transfers from either KMIA or Nelspruit, depending on which option you have chosen. Please provide us with your travel information two weeks in advance.

### **Additional information:**

- Volunteers must be between 18-40 years of age to attend the project.
- Please remember that South Africa is situated in the Southern Hemisphere:
  - i. Our summer is between October - March. This is the rainy season. Temperatures can rise to about 35 degrees Celsius/ 95 degrees Fahrenheit during the day while nights are mild.
  - ii. Our winter is between April - September. This is the dry season. Temperatures rise to about 15-25 degrees Celsius/ 59-77 degrees Fahrenheit during the day but can drop to about 0 degrees Celsius/ 32 degrees Fahrenheit at night.
- It is safe to drink tap water in the Kaapsehoop area. Water purification is not necessary.
- On arrival, you are required to sign an indemnity form for Kaapsehoop Horse Trails
- Project costs include:
  - i. Transfers from KMIA or Nelspruit to project and back,
  - ii. Accommodation,
  - iii. Three meals per day on working days Monday-Friday,
  - iv. Town trip once a week,
  - v. Horseback riding and other project related activities,
  - vi. First aid course,

vii. Survival course.

- Project costs DO NOT include:

- i. Airfare,
- ii. Visas,
- iii. Food over weekends (self-catering),
- iv. Travel insurance and medical costs,
- v. Bar accounts,
- vi. Other activities on days off,
- vii. Any items of a personal nature.