



Known as the Pearl of Africa, Uganda has plenty to offer our campers, including majestic mountains, native wildlife, national parks and world-famous lakes and rivers. The people of Uganda are amongst the most hospitable in Africa. Uganda's equatorial climate is tempered by cooling breezes from the mountains, and the lush vegetation is the result of bountiful rainfall in two rainy seasons, in April and November. July is a dry month but it can still rain. Temperatures hover around 60° and 80° F, so a light jacket is necessary. Although nearly 30 different languages are spoken, English is the official language and is spoken by almost every one. Uganda is predominantly Christian with some minority religions.

Here's a to-do list for campers:

### **1) Vaccinations**

Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. Consult your doctor and 4-6 weeks before traveling (that is, by mid-May) get vaccinated for East African travel as recommended by the Center for Disease Control and Prevention (CDC).

Hepatitis A: CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Uganda, regardless of where you are eating or staying. Drink only bottled water.

Yellow fever: If you received a yellow fever vaccine within the past 10 years, it may still be current, and if you did not then for a new shot allow 10 days for the vaccine to become active.

Malaria: You may need to take prescription medicine before, during, and after your trip to prevent malaria. Wear long sleeves and long trousers especially after sunset and use insect repellents on exposed skin when necessary.

Carry your own supplies of prescription drugs and preventive medicines.

### **2) Visa for Uganda**

American nationals holding U.S. passports need an entry visa for Uganda. The Embassy of Uganda in Washington, D.C. charges \$100 for single or multiple entry visa. Your passport must be valid for at least 6 months (until December 31, 2016). U.S. citizens can also obtain an entry visa at Entebbe Airport.

### **3) Currency**

The Uganda shilling is 3,470 to one U.S. dollar. Carry \$100 note(s) for conversation into 355,500 Shillings. The exchange rate is lower for smaller notes. Citibank has a branch in Kampala.

### **4) Stay Safe**

Stay together with the campers and the camp counselors. Do not go anywhere alone. Securely lock your hotel room at night and do not leave your room before daylight. Camp counselors are your guardians, so contact them and let them know if you have any questions or concerns. Only eat and drink what the camp counselors have arranged for you. Keep the water on for a 2-3 minutes before washing your hands or taking a shower. Bring proper sleeping clothes and for outdoors wear a long sleeve T-shirt, a light jacket, jeans or pants, and sneakers.