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Intore Expeditions – Travel Tips

Getting To Rwanda:

By Air: There are limited flights and airlines that fly into Rwanda. Flights that connect to the Gregoire Kayibanda International Airport (KGL) will connect in Addis Ababa (Ethiopia), Bujumbura (Burundi), Entebbe (Uganda), Nairobi (Kenya), Johannesburg (South Africa), Killimanjaro (Tanzania) and Brussels (Belgium).

By Ground: Traveling from Burundi, Democratic Republic of Congo, Tanzania and Uganda, there are busses that come to Kigali, Rwanda daily. These routes are often long and inexpensive, but do offer an unforgettable experience and great scenery.

Visa: Travelers arriving from any of the following countries are allowed in Rwanda without a visa and may stay for up to 90 days: Canada, Democratic Republic of Congo, East African Community, Germany, Great Britain, Hong Kong, Mauritius, South Africa, Sweden, and United States. For more information please visit the Rwandan immigration page: <http://www.migration.gov.rw/>

Vaccines: There is only one required Vaccine for traveling into Rwanda. Please make an appointment with your travel doctor to obtain the Yellow Fever Vaccine as well as to discuss your options for Malaria medications. You may also wish to check with the CDC Website for more information: <http://www.CDC.gov>

Medical Care in Rwanda: Access to medical care is best in Kigali and there is a well-equipped private hospital. If you require special medications we suggest that you bring whatever you may need and some additional.

We also advise that you drink only bottled water. Showering and tooth brushing is safe from the tap.

Money and Banking in Rwanda: Rwanda's currency is the Rwandan franc. Rwanda is a cash-based economy and offers few opportunities to use a credit or debit cards. There are many Forex exchange locations in Kigali making it easy to change your currency to Rwandan Francs

Be mindful that when you change your *US dollars* in Rwanda you will receive a better exchange rate on a \$100 bill than a \$20. There are a few banks in which debit and credit cards are accepted to access cash if needed. Transactions are cash only with the exception of a few of the larger hotel chains.

Water: Water should not be drunk out of the tap. The purchase of bottled water is easily available throughout the country.

Electricity: Rwanda's voltage is 220V. Our recommendation for those traveling with multiple rechargeable batteries such as cameras, computers, cell phones or other equipment is that you bring extra batteries. As well as you may consider a power supply with a surge protector and multiple outlets.

Communication: Rwanda is becoming the hub of East African communications. There are many local Internet cafes both in Kigali and many towns throughout the country. The larger hotels also provide Internet access. Sim cards and/or cell phones are readily available as well as prepaid phone cards. If you have your own cell phone it must be unlocked in order to work.

Weather: Any time of year is a good time to travel in Rwanda. Rwanda is known as *eternal spring*. It maintains a relatively even temperature of about 76.3°F – 82°F/ 24.6°C – 27.6 °C. The hottest time of year is August through September. Evenings are cool and refreshing and a sweater is suggested. There are two rainy seasons, March through May and October through December. The rainy season shows itself typically with a daily downpour mixed with sunshine. The annual rainfall averages 31.5 in/ 80 cm.

What To Pack:

Although Rwanda is located in the middle of Africa, just off the equator – it is known as eternal spring so remember clothing for cool nights. Also for evening wear and eating out of doors we recommend long sleeves and pants as a deterrent for mosquitoes. Repellent impregnated clothing is great.

Day-to-day: Dress code in Rwanda is mostly casual but is conservative. Shorts are acceptable but not seen often on locals. Women may be more comfortable in knee length shorts or skirts. For nightlife, women may like a nicer outfit for dinner and or dancing and men may like a dress shirt and chinos or slacks.

Other recommendations include sun block, Flashlight, book, journal and pens or pencils, extra batteries, memory cards for camera's and/or film and Feminine Hygiene products.

Trekking: If you will be trekking gorillas and or chimps in the Ruhengeri or Nuyngwe forests, we recommend:

- Long pants and sleeves.
- Firm footwear is required, no flip-flops,
- Windbreaker or light raincoat.
- Bug repellent
- Some like garden gloves

If you are visiting the lakes Kibuye or Gisenyi don't forget your swimsuit and towel.