

CAIRO to CAIRO (12 days) Egyptian Family Adventure



COUNTRIES VISITED: EGYPT

INCLUDES

- 4 nights in 5-star hotels in Cairo and Luxor
- 4 nights in 5-star All Inclusive Hurghada Red Sea resort
- 1 night onboard the overnight sleeper train - private twin-berth cabins (flight upgrades available)
- 1 night in a traditional Nubian style hotel in Aswan
- 1 night on a felucca sailboat with accompanying support boat with toilet & shower
- Sightseeing tours as detailed in the itinerary
- Traditional Koshary Lunch in Cairo
- Nubian Village Experience in Aswan
- Nubian School Experience (term time only)
- All transport and transfers in private AC vehicles
- 24-hour airport arrival & departure transfer service
- Services of a local Egyptologist guide for all sightseeing tours
- Meals as indicated in the itinerary

EXCLUDES

- International flights (available on request)
- Visa fees (available on arrival for most nationalities)
- Travel insurance (compulsory, available on request)
- Meals not indicated in the itinerary
- Entrance fees - allow approx. US\$99 (\$55 for children under 12 years)
- Tipping kitty (allow US\$75 - not payable by children under 12 years)
- Drinks, snacks, guide tips and other personal expenses (e.g. laundry)
- Hotel gala dinners (see Tour notes)
- Any other items not mentioned above

TRIP ITINERARY

DAYS 1 ARRIVE INTO CAIRO, TRANSFER TO HOTEL

Upon your arrival at Cairo airport, we meet & greet you and transfer you to your hotel. The rest of the day is free for you to settle into your hotel and relax after your journey or perhaps head out into the city.

Overnight: Cairo 4-star hotel

DAYS 2 VISIT THE PYRAMIDS & SPHINX IN GIZA. TRADITIONAL KOSHARY LUNCH. EGYPTIAN MUSEUM VISIT. SLEEPER TRAIN TO ASWAN

Our journey commences with an enriching visit to the renowned Egyptian Museum, centrally located in Cairo's Tahrir Square. Here, you can delve into the wonders of ancient Egypt, exploring the fascinating Tutankhamun exhibit and countless other significant artifacts. An expert Egyptologist guide will accompany your group, sharing their extensive knowledge and passion for Egyptian history and culture in an engaging and accessible manner.

Next, prepare for a truly awe-inspiring experience at the iconic Giza pyramids. Marvel together at the grandeur of the Great Pyramid of Khufu (Cheops), a monumental structure that stands impressively tall and spans a vast area at its base. Constructed from colossal stone blocks and originally encased in smooth limestone, this architectural masterpiece is sure to leave a lasting impression. Alongside it, admire the equally impressive pyramids of Khafre (Chephren) and Menkaure (Mycerinus). For an unforgettable experience, you'll have the opportunity to venture inside the Great Pyramid (please note that tickets to enter the pyramids are limited and not included in the tour price).

Between these captivating explorations, your family can savour a delicious Koshary lunch. This traditional Egyptian dish, a delightful and satisfying combination of rice, lentils, macaroni, chickpeas, and a flavorful tomato sauce topped with crispy fried onions, offers a wonderful taste of Egypt's culinary heritage that appeals to various palates.

As the day concludes, we will transfer to the station for an overnight sleeper train journey to Aswan. The approximately 12-hour trip will be in twin-berth cabins, and interconnecting cabins will be booked for those travelling together. A convenient airline-style dinner and breakfast will be served onboard.

(Breakfast, Dinner)

Overnight: Overnight sleeper train

DAYS 3 ARRIVE IN ASWAN AND VISIT PHILAE TEMPLE. NUBIAN VILLAGE AND SCHOOL EXPERIENCE

After our night onboard the sleeper train, we arrive in Aswan, a city steeped in ancient Nubian history. The Nubian people have inhabited this region for millennia, their culture intertwined with the Nile. We'll be spending the night immersed in this vibrant culture, staying in a Nubian style hotel within a Nubian village. Get ready to be charmed by the brightly painted houses, adorned with symbolic patterns and

vibrant colours, and explore the bustling local markets where you can find handcrafted souvenirs and spices.

Before heading to the Nubian villages, we'll embark on a boat trip to the breathtaking Philae Temple. Dedicated to the goddess Isis, this temple complex was once threatened by the rising waters of Lake Nasser. Thankfully, it was carefully dismantled and relocated to its current island location, preserving its beauty for generations to come.

Following our visit to Philae Temple, we delve deeper into Nubian culture. We'll journey south of Aswan to a traditional Nubian village, where we'll have the unique opportunity to experience the local way of life firsthand. We'll wander through the village, visit the homes of Nubian families, and learn about their customs and traditions. During school term time, our itinerary includes a special visit to a local Nubian school within the village. This unique opportunity allows your children to interact directly with Nubian children, fostering cross-cultural understanding and friendship. They may even have the chance to participate in an English or Arabic lesson, offering a fascinating glimpse into a different educational system. This interaction not only provides a memorable and enriching experience for our young travellers, broadening their perspectives and promoting empathy, but also benefits the local children by offering them exposure to different cultures and encouraging language exchange. It can also provide valuable support and encouragement to the school and its students. Outside of term time, we will still explore the Nubian Village, but will be unable to visit the school.

In the evening, we'll share a delicious home-cooked dinner with a Nubian family, savouring traditional dishes and enjoying their warm hospitality. We'll then spend the night in a Nubian-style hotel, allowing us to fully immerse ourselves in the peaceful rhythm of village life.

(Breakfast)

Overnight: Aswan - Nubian Style Hotel

DAYS 4 OPTIONAL VISIT TO ABU SIMBEL. SAIL DOWN THE RIVER NILE ON A TRADITIONAL FELUCCA SAILBOAT

For an extra dose of wonder, families seeking an unforgettable experience can opt for an early morning excursion to Abu Simbel. This incredible UNESCO World Heritage Site showcases two magnificent temples carved into the mountainside by the great Ramses II. Imagine your children's faces as they gaze upon the colossal statues and intricate carvings – a true testament to the grandeur of ancient Egypt and a highlight that everyone will remember.

Around lunchtime, get ready for a classic Egyptian adventure that the whole family will adore: a relaxing felucca sailing trip down the majestic Nile! These traditional wooden sailboats offer a unique and gentle way to see the river, allowing you to witness the beautiful scenery and observe local Egyptian life unfolding along the banks. Our friendly Nubian crew will expertly guide the felucca, ensuring a smooth and enjoyable journey for all ages. They'll also share fascinating insights about the area and prepare meals right on board.

For your family's comfort and convenience, a separate support boat will travel alongside us, providing essential amenities like toilets, showers, and a clean kitchen. In the evening, we'll gently moor along the riverbank and enjoy a tasty dinner prepared by our crew. As the stars light up the Egyptian sky, you'll have a magical experience sleeping on deck under the vast expanse of stars (comfortable mattresses, warm blankets, and mosquito nets are provided for a peaceful night's rest).

For those who prefer a more traditional overnight stay, there's a family-friendly option to upgrade from the felucca and spend the night back in the Nubian Village hotel. You'll then easily rejoin the group the following morning. This upgrade provides flexibility without changing the rest of your exciting itinerary.

(Breakfast, Lunch, Dinner)

Overnight: Felucca Sailboat

DAYS 5 DISEMBARK FELUCCA AND DRIVE TO LUXOR VIA EDFU TEMPLE (OPTIONAL VISIT LUXOR TO TEMPLE BY NIGHT)

After a delightful breakfast onboard our felucca, we'll say goodbye to our friendly Nubian crew and continue our adventure north by comfortable road transport. Our first exciting stop is Edfu, where we'll explore the impressive Temple of Horus. Dedicated to the powerful falcon-headed god, this temple is incredibly well-preserved, making it a fantastic place for everyone to step back in time. You'll be amazed by its towering entrances, vast halls filled with columns, and detailed carvings that tell fascinating stories of ancient Egyptian mythology.

From Edfu, our journey continues north towards the legendary city of Luxor, a place brimming with historical wonders that will captivate the whole family. Built on the site of the ancient city of Thebes, Luxor is often called the world's greatest open-air museum! The River Nile gracefully divides the city into two main areas: the lively East Bank, with its bustling city and magnificent temples, and the West Bank, a fascinating necropolis filled with royal tombs and ancient mortuary temples.

This evening, for those interested in an extra touch of magic, there's an optional guided tour of Luxor Temple at night. Situated in the heart of the modern city, this beautifully illuminated temple offers a truly special experience after dark. Our knowledgeable guide will bring the temple's history to life, sharing its secrets and explaining its importance as a centre of worship for centuries. This optional excursion provides a memorable evening activity for families who wish to delve deeper into Luxor's ancient past.

(Breakfast)

Overnight: Luxor 5-star hotel

DAYS 6 VISITS TO VALLEY OF THE KINGS, TEMPLE OF HATCHEPSUT AND THE WORKERS VILLAGE

This morning, the whole family will step back in time as we explore the fascinating West Bank of Luxor, a land filled with ancient history and the mysterious final resting places of pharaohs. Our adventure begins in the famous Valley of the Kings, a vast ancient burial ground where pharaohs were entombed in beautifully decorated tombs. We'll have the chance to explore several of these incredible tombs, where everyone can marvel at the colourful hieroglyphs and detailed paintings that cover the walls. These ancient chambers continue to reveal secrets to archaeologists, making it a truly exciting place to discover Egypt's past together.

Our West Bank exploration continues with a visit to Deir el-Medina, a captivating ancient village that was once home to the talented craftspeople who built and decorated the royal tombs. Walking through the remains of this community offers a unique glimpse into the daily lives of these ancient workers and their families.

Next, prepare to be amazed by the Temple of Queen Hatshepsut, a truly unique temple built right into the dramatic cliffs. Its elegant rows of columns and terraces offer breathtaking views of the surrounding landscape, providing fantastic photo opportunities for the entire family.

For those families seeking an unforgettable experience, an optional hot air balloon flight over the West Bank is available this morning. Imagine floating above the Valley of the Kings, the temples, and the winding Nile River as the sun rises, painting the scenery in beautiful golden colours. It's a truly magical way to see the grandeur of Luxor from a unique perspective that everyone will cherish (please note this optional activity requires an early start to enjoy the sunrise).

(Breakfast)

Overnight: Luxor - 5-star hotel

DAYS 7 MORNING EXPLORATION OF KARNAK TEMPLE. DRIVE TO HURGHADA

This morning, prepare for an adventure the whole family will find awe-inspiring as we explore Karnak

Temple, one of Egypt's largest and most impressive ancient sites! With its vast temple complexes, towering obelisks reaching for the sky, impressive statues, and incredible halls filled with massive columns, there's something to fascinate everyone.

This afternoon we'll drive from Luxor to Hurghada where we'll 4 nights in a 5-star resort.

(Breakfast, Dinner)

Overnight: Hurghada - All Inclusive Resort

DAYS 8 - 10 3 FREE DAYS IN HURGHADA

The next three days are completely free to relax in and around the resort pool and beach, or to have a go at some of the watersports or other activities on offer. There's lots to do in and around Hurghada, including snorkelling and scuba diving over the beautiful coral reefs, various water sports and fun water parks, adventurous camel rides into the desert, and the old town and marina in Hurghada are also worth exploring.

(3 x Breakfast, 3 x Dinner)

Overnight: Hurghada - All Inclusive Resort

DAYS 11 FLY TO CAIRO, CITY TOUR

This morning we transfer to the local airport for our flight back to Cairo. On arrival back in Cairo we take a short tour to explore the city. We take in the old mosque and museum at the Citadel, which also offers a wonder view over the city, and wander around, and possibly do some haggling and souvenir hunting, in the mazy Khan-el-Khalili bazaar.

(Breakfast)

Overnight: Cairo - 5-star hotel

DAYS 12 CAIRO, TOUR ENDS, TRANSFER TO THE AIRPORT

Today your tour ends and you can enjoy some free time doing a little more shopping or sightseeing before we transfer you to airport for your flight home.

(Breakfast)

ESSENTIAL INFORMATION ABOUT YOUR TRIP

ARRIVAL & ACCOMMODATION

Trip Joining Point: Hyatt Centric Cairo West

Start Time Day 1: You can arrive into Cairo at any time on day 1 - hotel check-in is from 2pm.

Address: Pyramids Heights Business Park, Building 10, Km 22 Cairo - Alexandria Desert Rd, First 6th of October, Giza, 8655, Egypt. Contact. Tel:+20235367000

Website: <https://www.theoasishotelpyramids.com/>

***Please note that the above hotel is subject to change, we will confirm the final tour starting point approximately 2 weeks prior to departure.**

All prices listed are approximate and subject to limited availability.

Room Type	Price	Description
Single	£150.00	Per Room, En-suite
Double/Twin	£80.00	Per Room, En-suite

The trip starts in Cairo on day 1. Day 1 is set aside for arrivals and you can arrive at any time on day 1. The hotel check-in time is from 2pm onwards.

The Hyatt Centric Cairo West offers a stylish and contemporary retreat in the heart of Cairo. With its artistic flair and focus on modern comforts, the hotel provides a welcoming atmosphere for travelers seeking a unique experience. From its well-appointed rooms to its inviting social spaces, the Hyatt Centric Cairo West is a perfect base for exploring the wonders of the city.

PRE-TRIP ACCOMMODATION:

You can pre-book accommodation and your included airport transfers through us. We will require your flight number, arrival time, and arrival date so please ensure this information is forwarded to us as soon as you have booked your flight. Please book this service as soon as you have booked your flight and no later than 3 weeks prior to departure. If you have booked through a travel agent, please contact them to request pre-trip accommodation and airport transfers.

Where extra nights are required, your airport transfer is only included on your pre/post-tour day if the extra night is also booked with Oasis Overland.

Double, twin, and triple rooms will be provided subject to availability, where requested. However when not available we may need to book other rooming arrangements, and will fit these as closely as possible to your request. Those travelling solo will be put in shared rooms to reduce the costs to them if this option is available, where a same sex room share cannot be arranged, the single room supplement will be payable.

If you are arriving early in the morning and you would like to check in immediately, you may have to reserve your room for the previous night to ensure direct check in, otherwise you may have to wait until normal check in times (usually 2pm).

AIRPORT TRANSFERS:

Airport Arrival and Departure Transfers are included in the cost of your adventure (provided you request these via the UK office or your account 3 weeks before your departure).

You will be met on your arrival in the immigration area of the airport, before you get to passport control. Our representative will be holding a **OASIS OVERLAND** Travel signboard or have your names displayed. Please look out for them and introduce yourself. They will then assist you with passing through immigration, take you through passport control and to collect your luggage, and then transfer you to your hotel. Emergency assistance telephone numbers will be provided with your voucher, approximately 2 weeks prior to departure.

POST TRIP ACCOMMODATION AND AIRPORT TRANSFERS

Post-trip accommodation can be requested and booked by the Oasis Office before your trip commences, please email info@oasisoverland.co.uk. Airport transfers are included on the final day of your tour or on post-tour days if your accommodation is also booked via Oasis Overland.

FELUCCA SAILBOAT

This tour features an overnight felucca cruise. Feluccas are very basic traditional Nile sailboats and are a fun and relaxing way to travel down the river. You sleep on the deck of the boat (mattresses and some blankets are provided, but we suggest that you bring a sleeping sheet, blanket or light sleeping bag during the winter months of November-February). There are no toilet facilities on board, but you will be joined several times each day and at night by our support boat where a toilet and warm showers will be available. Mosquito nets are provided for use while you are sleeping but you should bring mosquito repellent for the evenings and early mornings. Your Nubian boat crew will cook all your meals while on board and entertain you in the evenings.

FLIGHT INFORMATION

Day 1 in your departure city, is an arrivals day. For your convenience we would advise that you arrive at the latest, on the afternoon of this day, though as no activities are planned for this day, you can arrive at any time. You may wish to allow some extra time to explore your arrival and departure cities.

Departing flights: You can leave Cairo at any time on the final day of your tour.

There are many online flight search engines such as www.skyscanner.net or www.ebookers.co.uk flights can also be booked direct with airline websites or through travel agencies. Please inform us of your flight details through your online account, as airport transfers can be arranged for various trips.

One way ticket: If you intend to travel on a one way ticket to meet up with one of our trips, without possessing an onward flight ticket - we recommend that you have a copy of your payment confirmation/receipt (that you will be sent at time of your balance payment) available at immigration to assist easy entry.

PASSPORTS

Your passport must be valid for at least 6 months AFTER your trip finishes. This is a general requirement for all of the countries we travel to on our trips.

If you have dual nationality you can only use one passport for the entire trip. It is your responsibility to ensure you have all the relevant visas you require.

Please bring 2 photocopies of your passport details to give to your tour leader.

VISAS

Egypt

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities.

We recommend that you contact your closest Egyptian consulate or embassy for current information for your nationality.

In general official advice is that all nationalities obtain their Egypt visas in advance, as we cannot guarantee that you can get them in the airport or land border. An online e-visa is available through visa2egypt and we recommend obtaining your visa via this method whether arriving in to Egypt by air or land if you are able. Please do not use any other website as there are many scam sites offering Egypt e-visas.

In practice however, many nationalities (including British and European, Australian, New Zealand, USA) can and do obtain their visas on arrival in Cairo airport or most land borders. The process is much quicker and simpler, the cost is currently **US\$25 p/p** and must be paid in hard currency (i.e. GBP, USD or EUR) - you'll be given change in local currency if necessary. There are no forms to fill in and you don't need to

bring passport photos. Visas are issued at one of the bank desks in the immigration hall, before you get to passport control. On our small group tours, our representative will have met you by this stage and will assist with the process at Cairo Airport.

Important Note: Due to recent changes in the visa regime for Canadians, a visa on arrival or e-visa will no longer be possible for Canadian Citizens entering Egypt after October 1st 2023. Until further notice Canadian passport holders must obtain a visa prior to arrival, from the nearest Egyptian Consulate.

All African & Indian nationals, and some others, will need to obtain their visas in advance.

For further information on your visa requirements, please either contact us or your local Egyptian embassy/consulate.

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VACCINATIONS AND HEALTH

It is possible that you may require some vaccinations for your trip, depending on the areas that you are visiting. As we are not medically trained, we are unable to give detailed advice on vaccination requirements. We have worked closely with **Nomad Travel Clinics** for many years and they offer Oasis travellers a **10% discount** on vaccinations, anti-malarial drugs, first aid items, clothing and equipment, just enter discount code OASIS1000 at www.nomadtravel.co.uk. Alternatively you can check out the [fit for travel website](#) for more travel health information or consult a reputable travel clinic or your GP for information and advice. We suggest that you allow at least 8 weeks to get all your vaccinations.

Health - To join our trips you should be in good general health. Your medical insurance company must be told if you have any pre-existing medical condition / allergy or if you are on any regular medication, otherwise you may not be covered under your policies for these. Our crew will need to know of any medication or conditions you may have. For general health advice log onto www.nathnac.org/travel/

TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis trip and at the very least are insured for all necessary medical and repatriation costs incurred.

You will be asked to provide the following details if you have not already done so: travel insurance company name, insurance policy number & insurance emergency telephone number. You will also be required to give a copy of your policy with this information to your Tour Leader on arrival with confirmation that the policy duration is sufficient to cover you for the entire duration of your trip. It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

We believe that your safety and holiday enjoyment are very important. It is a mistake to think that "it will never happen to me". It is also very important that you are covered for all the activities that you may wish to undertake while on our trip. It is extremely important that you check the full extent of your cover related to 24 hour Medical Emergency Assistance. In the event of you needing medical treatment you want to know that you have the best cover available to you. Your policy should include adequate Medical Emergency and Repatriation cover as well as Cancellation, Baggage and Personal Liability cover. You need to be aware of EXACTLY what activities your policy covers you for. Please note that skiing is not usually covered in most insurance policies. Please note also that many of the areas we visit are not as developed as the UK and we have no control over the availability or standard of medical and repatriation services and facilities in the areas we visit and these do not form any part of our contract with you.

You should also note that passenger liability insurance covering vehicles, particularly in Third World countries, may be unavailable or inadequate; it is therefore important that your insurance cover makes sufficient provision for you and your dependents in the event of an accident.

We are happy to refer our UK based travellers to the travel insurance specialists [Campbell Irvine](#) who have a policy suitable for overlanding which covers most of the adventure and sporting activities on our trips.

Please be aware that most travel insurance policies will not cover you if you are visiting areas against government travel advice. If your trip will go through areas like this (for example, some of our Trans Africa routes through West Africa) then you may need to look at an alternative policy for these sections, for example [Battleface](#) or [SafetyWing](#).

For further information, check out the [Travel Insurance](#) section of our website.

IMPORTANT INSURANCE INFORMATION FOR THOSE VISITING ZANZIBAR:

The Zanzibar Government have announced the introduction of a travel insurance policy which will be obligatory for all foreign visitors to the islands, regardless of whether travellers have their own travel insurance in place.

1. The insurance policy is sold by Zanzibar Insurance Corporation.
2. The cost is US\$44 per person.
3. The insurance requirement comes into force on 1st October 2024.
4. The policy must be purchased online at visitzanzibar.go.tz and purchases can be made from 1st September 2024.
5. Payment can be made online by debit or credit card.
6. On completion of the purchase, visitors will receive a QR code. The policy documents will be sent to your registered email address.
7. The policy document and QR code must be presented on in Zanzibar. Entry will be refused without this documentation.

To ensure you have a smooth entry, please ensure the above policy is purchased in advance of your arrival.

MONEY, BUDGETS AND LP

Spending Money

From past trips and travellers feedback £20 to £30 per day per person, should cover costs such as meals

not included, soft drinks and beers, email & communications, souvenirs and other general spending. Personal spending habits & budgets differ greatly from person to person. Budget on optional activities separately (see optional excursions page). Please bring cash in Euros / GBP£ / US\$ to exchange once in Egyptian Pounds or use the ATM's in the main cities.

Changing money

Change your money only at banks, hotels, airports or forex bureaus. It is illegal to change money on the street, as these people will normally be opportunistic thieves or undercover police. Your crew will advise you where & when you can change money & with what means. It is also a good idea to have a small CASH emergency fund, to allow for the unexpected.

Credit & Debit Cards

A combination of several types are suggested as not all types are accepted in all places. Visa & Maestro are best, MasterCard has limited access through parts of Morocco, but is generally accepted in ATMs. We recommend that you inform your bank that you will be using your card abroad to avoid it being blocked. Please see the optional excursions page for activities that can be paid for using a Credit or Debit Card. Commission rates vary between 2 to 5%.

Pre-Paid Travel Currency Cards

These cards are similar to normal Credit and Debit cards but they can be pre loaded with cash before you travel with a set amount allowing you to withdraw this cash using the card at normal ATMs. It is a more secure way to access cash on your trip and easier to use than travellers cheques, but again do not rely on these as your sole means of funds on a trip - (please refer to the ATM section). Several banks and companies now offer these cards, but be sure to look into the rates for withdrawing cash when making your decision.

ATMs

These are available in most major cities along our route and allow you to withdraw local currency only. We discourage you from relying on your ATM card as a primary source of funds in case it is lost/stolen/ swallowed, or the machine isn't working. Besides memorising your PIN, it is also important to be aware of your daily withdrawal limit and bank withdrawal costs.

Tipping

Is usually expected & is a way of life in the region. Sometimes referred to as 'baksheesh' it is often more than a reward for services well done, but as wages are extremely low, it is an accepted means of supplementing an income. To avoid embarrassment and save you money, your guide will operate a tipping kitty and tip everyone from waiters, hotel staff (including cleaners), drivers and local guides on your behalf. **The cost of the tipping kitty is included on our Egyptian Family Tours.**

Your Egyptologist guide (and Bedouin guides in the desert) is not included in this kitty and you may tip them at the end of your tour subject to your satisfaction with and appreciation of the service they have provided. You should not feel obliged to tip any particular amount, and should consider your personal budget. We are often asked to provide a guide however, and can suggest that approx. USD 10-15 per person per day would be appropriate.

ENTRANCE FEES

Our Small Group tours do not include entrance fees to the tourist sites mentioned in the itinerary. We do however normally include these in prices for Tailor-Made and Escorted tours. Please check the Inclusions and Exclusions section below the tour itinerary for a details about your tour and the amount you may need to budget. This amount is subject to change and will be reconfirmed in Egypt at the start of your tour. A 50% discount for minors or ISIC card holders is often, but not always available.

WHAT TO TAKE

Equipment

- Sleeping Bag - recommended for trips departing Oct-April when staying onboard the Nile Felucca
- Small day-pack or small bag to carry daily items
- Soft rucksack, holdall or suitcase
- Water bottle - for personal use - we recommend Water-to-Go (see below Responsible Travel)

Toiletries - Most available to buy on trip

- Soap, shampoo, toothbrush/paste, antibacterial hand wash, lip balm & moisturiser
- Sun block 35 + after sun, hat & sun glasses
- Tampons (can buy in most places)
- Contraception

Clothes

- One pair of trainers or boots
- Sandals/flip flops/jandals/thongs
- Underwear/socks
- T shirts/shirts
- Shorts/swimwear
- Jeans/trousers/jog pants/leggings
- Skirt or dress
- Sweat shirt/jumper
- Jacket/fleece & waterproof jacket

Personal Effects

- Camera with protective case, spare batteries, film/memory card
- Torch and spare batteries (head torch is best)
- Travel adaptor plug/charger (for cameras and mobile phone batteries)
- Money belt
- Personal stereo - iPod/MP3 etc
- Towel and/or sarong

Recommended Medical Kit List

- Antiseptic ointment/Antihistamine cream &
- Insect repellent containing Deet
- Re-hydration sachets/vitamin tablets
- Assorted plasters
- Some suitable antibiotics as recommended by your doctor for infected cuts or to

- tablets
 - Nurofen or equivalent pain-killer
 - Eye-drops/ bath
 - Anti-diarrhoea treatment
 - A couple of bandages (elasticated & triangular)
 - Medication for personal allergies/ asthma etc
- treat severe dysentery
- We advise you to bring a small personal medical kit for general everyday use, as well as any personal over-the-counter medicines that you may wish to keep with you. Our guides are familiar with the nearest pharmacies, doctors and hospitals throughout the trip if you need to seek medical attention. It will be your own responsibility to carry your medical kit on included excursions and optional activities as some local operators may not have medical kits to hand.

PHOTOGRAPHY AND ELECTRICAL EQUIPMENT

Cameras (incl. Digital & Video Cameras) - An easy to use 'point and press' will get you some good photos. For memorable shots, it may be worthwhile investing in an SLR camera, but be sure to get some practice in before the trip! Most towns and cities have internet cafes where you can download onto CD/ internet sites - but don't rely on it.

Photography - Be aware of your surroundings when taking photographs and filming. Some locations will be sensitive or have local laws banning photography. For example it is usually forbidden to use cameras at borders or around government buildings, military installations, bridges and airports or to take photos of local officials. If you do take photos or film where it is not permitted you may find yourself being questioned by irate officials who may decide to confiscate your camera or instruct you to delete all the images/footage on your device. If in doubt ask for permission, or if there is no-one to ask use some common sense.

Drones - As the use of drones becomes more common, countries throughout the world are gradually updating their laws and restrictions on usage. The specific regulations will vary from one country to another, so do check the UK Foreign and Commonwealth Office advice for the latest information. As with cameras, use your common sense if you do use a drone and avoid operation in sensitive areas. If you plan to bring a drone on your trip with us please contact us first to ensure there will be a suitable place to store it while on your trip.

Electrical charging & power supply - It may be difficult to find a power source for charging at times, so a spare battery is a must. Log onto www.whatplug.net for information regarding the different electrical plugs and voltage used in each country.

CONTACTING HOME

The internet and WiFi are available in many towns / cities you will visit. Do bear in mind that the connections can be unreliable and will not always be as fast as you are used to at home. If a lot of people try to use the internet at the same time the speed will be slower still, especially if trying to make Skype calls or upload photos / videos. During periods of the trip where we are wild camping, internet will be less common.

Some travellers choose to take an unlocked mobile phone with them and buy local SIM cards or E-Sim in each country, allowing them to use mobile data. If you particularly want or need regular internet access this may be a good option. Telephone calls can be expensive usually £1 to £5 for a three minute call.

Online Diaries - A great variety of free "travel blogs" are now available online, they are a good way of keeping relatives and friend up to date with what you are doing and a good place to upload photos, collecting messages as well as keeping a record for yourself.

RESPONSIBLE TRAVEL

Before you go

- Remove unnecessary packaging before you go - waste disposal facilities are often stretched or non-existent in the places we visit. To avoid unnecessary pollution of local water supplies take environmentally friendly toiletries with you.
- Why not invest in a wind-up or solar-powered torch or media player before you travel or at least rechargeable batteries.
- Learn some of the local language and read up on the local history/culture before you go. You'll get so much more out of your trip.
- Why not pack some pens/pencils exercise books in your rucksack and they can be donated to a local school or project while you're away. You can also purchase these items cheaply, locally which will help local businesses.
- Take a sturdy water bottle with you from home that you can re-use throughout your trip. We carry large quantities of purified water with us on our Expedition vehicles and it is much better for the environment if you drink this, rather than purchase bottled water along the way. (It also saves you money).
- **Water-to-Go:** Oasis Overland have partnered with Water-to-Go to help reduce the number of plastic water bottles consumed during a trip. Water-to-Go is a filtration system that eliminates over 99.9% of all microbiological contaminants including viruses, bacteria, chemicals and heavy metals from any non-salt water source. [Click here](#) and enter the code OASIS25 to purchase your Water-to-Go products at 25% discount.

While you're travelling

From experience gained in running trips, we have developed our own practical and manageable environmental policy which all of our crew practice on the trips we operate, and they will share this information with you at the start of your trip. We welcome your input on this, plus any new ideas you may have, to improve our existing procedures. As a guide here's a few tips to bear in mind.

- Don't waste water. It is a scarce resource in many of the places our trips visit. On all our Ultimate and Overland Expeditions we carry large quantities of purified water with us. We encourage you to refill your own water bottles from this supply, rather than purchase bottled water along the way-much more environmentally friendly and saves you money!
- Never buy endangered species or endangered habitat products. Apart from the fact of it being illegal it also encourages the trade to continue.
- Look after and preserve the areas we visit. Be careful about stepping on coral reefs or trekking on undesignated tracks.
- Buy locally made crafts and products helping to support the local economy.
- Don't feel when bargaining that you have to get the cheapest price possible just for the sake of it. Pay what the item is worth to you & don't worry about what someone else has paid.
- Try the local food and drinks - this will help to support local farmers and food sellers. Sitting in a local cafe is also a great way to meet local people.
- Dispose of litter appropriately on your trip. This includes cigarette butts. Not only does litter look unsightly it can be lethal to wildlife.
- Where any toilet facilities exist, however unsavoury they might seem to you, they should be used. Where they do not, always bury your waste and make sure it is never near, (at least 30m) a water source.
- When game viewing do not encourage your guides to get too close to the wildlife so that their natural behaviour is impeded.
- Respect local customs, traditions and beliefs of the people in the different regions that you travel through.
- Do not take photos of people, ritual events or special places unless you have asked first. Dress appropriately according to local codes and show respect around religious festivals.
- Recycling is almost non-existent in many of the areas and countries we visit - we do the best we can with limited resources & space on our vehicles.
- For books dedicated to travelling more responsibly & ethically see: www.tourismconcern.org.uk

SECURITY

The UK Foreign, Commonwealth and Development Office (FCDO) offer country-specific advice, regarding not only security but also entry regulations, local laws and customs and health. We strongly recommend all travellers visit the FCDO website, or the equivalent in their home country, to familiarise themselves with local conditions and issues in the countries they plan to visit before committing to a trip with us. You can view their website [here](#).

If you have any questions at all about the safety or security of your trip, please do not hesitate to contact us and we will be happy to discuss your trip in more detail.

In cities - All major cities have their share of petty crime (just like our cities) and sensible precautions need to be taken. Wearing expensive looking jewellery or watches and carrying cameras will draw unnecessary attention to you. Leave valuables such as passports and excess money in your hotel safe (we recommend carrying a copy of your passport details page at all times). You may find a simple money belt is more discreet than a bag. Always be aware of your surroundings and when approached by people you do not know, use your common sense. At night in cities it's best to use a taxi, rather than walking around the streets, single women in particular need to be careful and we would suggest that it is safer to be in a group.

Oasis does not take responsibility for clients' personal items and we advise you to not take items of value that are not essential for the journey.

WHAT TO EXPECT

LIFE ON THE ROAD

You will be travelling within a group size ranging from 2-16 people, so come with an open mind and ready to make new friends! You will be accompanied on your adventure with an experienced Local English speaking Egyptologist guide. They are knowledgeable and passionate about the history and culture of Egypt.

Accommodation & Transport

Transport is by overnight sleeper train (flight upgrade available), minivan, Felucca sailboat and internal flight. We use 4 to 5-star hotels along with a night sleeping under the stars on a Felucca sailboat. Some hotels even have swimming pools and sun-lounge areas. Temperatures in Egypt are generally high, particularly during the summer months from May to September, so take sunscreen. However in winter temperatures can drop right down in the evenings, but as long as you bring some warm clothing and a sleeping bag for this night on the Felucca then you should be more than comfortable.

Vegetarians / Vegans / Coeliac / Gluten & Lactose intolerance

Our Tour Guides will always do their best to cater for any dietary requirement or intolerance whenever possible. However we don't cater for fussy eaters. It must be remembered that the variety of dishes available may not be the same as available to meat eaters. If there is anything in particular you require in your diet or because of an allergy or would miss from home, it would be best to bring these with you. Remember that when eating out in local restaurants & hotels sometimes being vegetarian or food allergies / intolerances are still not widely known about or understood by many local people. i.e. Vegetarians or Vegans will often be offered fish or chicken in error. Most large towns and cities, or areas used to tourists, will often have more choice but please be aware that it will probably not be as varied as you are used to when eating out at home.

Ramadan

Ramadan is the holy Islamic month during which Muslims fast during the day and is based on Lunar

months. No food or liquid is allowed to pass a person's lips during daylight hours. Tourists are not expected to fast during this time, but are expected to show respect, by not eating on the streets or in public view etc. Be aware some shops and historical sites may adjust opening times, but this should not significantly affect our itinerary. Hotels and western style pubs we use normally continue to sell alcohol during Ramadan, but general availability may be limited.

People in some regions are generally conservative, especially about matters concerning sex and women. Muslim countries simply are not the place to make a feminist statement. Attitudes range from fairly liberal to fairly conservative in some of the small towns we may pass through. If you are not prepared to fit in with the social code of the area you may be harassed.

Optional Excursions are paid for on the day and organised during your trip, so you can decide whilst travelling which activity you may want to do. Prices listed are only a guide and may be dependant on fluctuating exchange rates and minimum numbers. Please see below for more details.

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