

MUSCAT to AMMAN (35 days) Oasis Caravan



COUNTRIES VISITED: JORDAN, OMAN, SAUDI ARABIA, UNITED ARAB EMIRATES

INCLUDES

- Accommodation - approx. 80% simple hostels/hotels & 20% camping
- Airport Transfer on arrival
- Ras Al Jinz Beach Resort for the Green Turtles
- Omani traditional feast with a tribal leader
- Balcony Walk in Jebel Shams
- UNESCO site of Bahla Fort Entrance
- UNESCO tombs at Al Ayn Entrance
- Riyadh
- Overnight trip to The Empty Quarter
- Aseer National Park Entrance
- Jeddah
- Medina
- Madain Saleh Entrance
- Tayma - the oldest known settlement in Saudi Arabia
- Neom
- Tabuk
- Wadi Rum jeep safari

- Entry and guided tour of Petra
- Kerak Crusader Castle Entrance
- Guided walking tour of Madaba
- Meals - approx. 40%
- All transport on Oasis Expedition Truck
- Camping and Cooking equipment
- Services of Oasis Crew

EXCLUDES

- Visas
- Optional Excursions
- Flights
- Airport Taxes & Transfers
- Travel Insurance
- Meals - approx. 60%
- Drinks
- Tips

TRIP ITINERARY

DAYS 1 - 3 MUSCAT TO DESERT CAMP

Welcome to **Oman**. Your first day is a free day for you to arrive, check in to your Hotel and introduce yourself to the local area. You can meet your Tour Leader and your group this evening. On Day 2, you will have your Pre-Departure Meeting in the morning. **Muscat** is beautifully situated on the coast, and we'll take a city tour to pack in the various highlights, including the **Sultan Qaboos Grand Mosque, The Royal Opera House, Mutrah Souq**, and the **National Museum**. **Sur** is our next stop to see the traditional dhows and fish market, before checking out some of the beautiful white-sand beaches nearby. We head to **Wadi Shab** for a short hike and swim in the natural pools, then continue on to **Ras Al Jinz beach** where we will spend the night to try and spot some of the **endangered green turtles** that favour the region.

DAYS 4 - 6 WADI BANI KHALID TO IBRA

We head to explore the stunning **Wadi Bani Khalid** this morning, before heading out into the desert tonight - let's enjoy **camping under the stars** after a spectacular sunset over the sand. We will then travel to **Ibra**, one of the oldest cities in Oman. Also home to some of the largest tribes in the country, Ibra is known for its beautiful handicrafts and the best silver jewellery in the country - a good place for shopping! Tonight we'll enjoy an **Omani traditional feast** with a tribal leader.

DAYS 7 - 9 NIZWA TO JEBEL SHAMS

We'll then travel to **Nizwa**, the "Pearl of Islam". Famous for producing exquisitely crafted silver - especially the curved dagger, the khanjar - make sure you visit the souq for anything and everything! You will get to enjoy the cooler climate as we head into the **Hajar mountains**.

Jebel Shams (Mountain of the Sun) is the country's highest peak, and you'll have the opportunity to trek the **Balcony Walk** for views of Oman's own "**Grand Canyon of Arabia**", Wadi Ghul.

DAYS 10 - 14 OMAN TO RIYADH

After a couple of nights staying at Omani farms, we continue our cultural adventure with stops at **Jabreen Castle** and the formidable **Bahla Fort**. **Bahla** is one of Oman's oldest towns and is famous for its incredible fortress that dates back to the 13th century.

Our final stop in **Oman**, is to visit the UNESCO ancient **beehive tombs** at **Bat and Al Ayn** in Wadi Hajir.

Crossing into **Abu Dhabi**, we'll follow the coast around **The Gulf**, and find somewhere to camp overnight beachside.

Our first stop in Saudi Arabia is the **largest oasis** on earth which produces one of the biggest yields of dates in the world. While you're sampling the famous fruit, it's also worth reading up on **Al Hofuf's** history; as one of the main cultural centres in the Kingdom, its university was one of the first to accept female students.

We head to the dazzling lights of Saudi Arabia's capital next. we take a 4 x 4 desert safari trip into the **Empty Quarter**, where you can gaze at the awe-inspiring dunes and strain your eyes for the **elusive Arabian leopard**. A harsh yet romantic landscape, it's like nowhere else on earth. We will return to Riyadh for a night after the desert.

DAYS 15 - 17 RIYADH TO ABHA

From a mud-brick walled oasis town along desert trading routes, **Riyadh** - which means "garden" in Arabic - is now one of the richest cities in the world. You can explore the **world-class museums**, travel up the sky bridge or enjoy the many great cafes and restaurants.

We then head up into the hills and into the cooler climate as we climb higher to get to **Abha** which will be our base for a few nights.

DAYS 18 - 22 ABHA TO JEDDAH

Abha, described as being the country's most bohemian town, it's a world away from the Saudi we've experienced so far. You can visit **Al Muftaha village**, a cultural gem famous for its **calligraphy graffiti**, and head out to explore the **hanging villages of Aseer National Park**. You might like to use your other free day to head South to the stunning **Farasan Islands**, visiting pearl merchants on land or the incredible marine life under the sea.

Our next stop is **Taif**, still up in the hills and the cooler climate. Visit the **largest souq** in Saudi Arabia and sample the fresh fruits the region is famous for. Keep a look out for the **wild baboons** that populate the roadsides as we travel to Jeddah, the most cosmopolitan, liberal city in the Kingdom.

DAYS 23 - 24 JEDDAH TO MEDINA

The city's architecture in **Jeddah** takes inspiration from Rea Sea's **spectacular underwater coral**, and you can spend your time here exploring a more laid-back Saudi, the souqs or perhaps you might fancy some scuba diving - use your free time as you choose! From here we head to **Medina**, the "**City of the Prophet**". Medina is where the founder of Islam, Muhammed, was given refuge after being forced from Mecca. While the central area of the city is off limits to non-Muslims, we are still able to visit many major sites and our guide will help explain different sections in more detail.

DAYS 25 - 26 MEDINA TO TAYMA

Today we head to explore the other Nabataean masterpiece, the incredible **Madain Saleh**, often dubbed the "second Petra", but many believe to be better than Petra. There are some great photo opportunities with the **red rock mountains** contrasted against the **black basalt**.

Travelling onwards, we visit the oasis of **Tayma**, the **oldest known settlement** in the Kingdom of Saudi Arabia, and possibly the entire Arabian Peninsula. The Oasis owes its existence to the natural wells that still exist today - the **Haddaj Well** apparently dates back as early as the 6th century!

DAYS 27 - 28 TABUK TO JEBEL AL LAWZ

Our next stop is **Tabuk**, an ancient stop for hajj pilgrims travelling to **Mecca**. The Ottomans controlled Tabuk and the pilgrimage routes that led here for centuries - remains such as the **old Hejaz railway** and **Tabuk Castle** serve as reminders. We'll have a free day to explore the area - be sure to visit the **souqs**

for handicrafts or some good food.

We then visit **Neom**, Saudi Arabia's **futuristic mega-city**, to see if they have managed to produce artificial clouds for rain, or holographic teachers - and whether the estimated **\$500billion project** really will be worth it!

Tonight, we'll camp at **Jebel Al Lawz**, or "**Mountain of Almonds**" in Arabic. It's one of the only places in the country to receive snow and is famous for some interesting rock paintings. For the energetic amongst us there will be time to climb to the top of this particular **Jebel**.

DAYS 29 - 30 JEBEL AL LAWZ TO WADI MUSA

As we enter Jordan, we head to the bustling seaside town of Aqaba to explore the market and stock up on supplies. We leave the truck for 4 x 4s and take a jeep safari to the colourful sands of **Wadi Rum**. It was here, in his desert hideaway that **Lawrence of Arabia** organised the Arab Revolt against the Ottomans and learnt to ride camels with the best of them. Since Lawrence wrote the Seven **Pillars of Wisdom** this incredible desert landscape has become renowned for its stark geographical beauty.

We'll spend the night **gazing at the star-studded night sky in the desert**, before heading to **Wadi Musa** the next day.

DAYS 31 PETRA

We will spend 2 nights in Wadi Musa, the town that nestles above Petra, giving you a full day at **Petra**, and enough time if you wish to visit **Little Petra**. What can we say about this **Nabataean masterpiece** that has not already been stated in thousands of guidebooks? Suffice to say it is a **UNESCO World Heritage Site** and one of the new **SEVEN WONDERS OF THE WORLD**.

DAYS 32 - 33 KERAK TO DEAD SEA

Next stop is **Kerak**, where we'll visit the ancient **Kerak Crusader Castle**, one of the main highlights of Jordan. Here Crusader knights from Europe battled with the Islamic armies of Saladin.

From here we head to the **Dead Sea**, where you have the chance to cover yourself in Dead Sea mud or try to float in the salty water.

DAYS 34 - 35 DEAD SEA TO AMMAN

From the Dead Sea, we head to our final stop, **Amman**. We will stay in **Mandaba**, which has been inhabited for 4500 years. We will have a walking tour of the town and visit **St. Georges Church**, which boasts a Byzantine mosaic floor map of the holy land - the oldest in existence. There are many other archaeological sites from the Israelites and Romans as well as 6th and 7th century churches. You will have a choice of an optional city tour of Amman or a visit to **Mount Nebo**.

Your trip ends in the morning after breakfast.

ESSENTIAL INFORMATION ABOUT YOUR TRIP

PRE-DEPARTURE MEETING

Day one of your trip is an arrival day, and there will usually be drinks or dinner arrangements for the evening. Please check for any notices in the reception for this.

Your Tour Leader will meet you on the morning of Day two - usually around 8:00am - at the joining hotel where you will be briefed on the day to day running of the trip. There will be a notice in reception advising

you of the time of the meeting, and any further information. Your Tour Leader will **collect your Local Payment** money as well as 2 photocopies of your **passport information page, insurance policy details** with policy number and confirmation that the duration will cover you for the entire trip and a **24-hour emergency assistance** telephone number. It is essential that you attend this meeting - please let the UK office or your Tour Leader know if you are unable to do so.

POST TRIP ACCOMMODATION AND AIRPORT TRANSFERS

Post-trip accommodation can be arranged with your Tour Leader during the trip or directly with the hotel on arrival. The return airport transfer can be arranged through your hotel / hostel and is not included, it is at your own expense. We regret these services cannot be arranged via the Oasis office before departure.

FLIGHT INFORMATION

You can arrive at your departure city either on Day one of your trip, or a day or two beforehand.

Return flights must be booked for at least the day AFTER the trip is due to end. You may wish to allow some extra time to explore your arrival and departure cities.

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.

Departure Taxes: Please check with your Travel Agent or Airline if your flight ticket already includes a departure tax payment out of the country. If it does not - please budget for approx. US\$30 to \$70 USD - to be paid in US\$ only.

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.

Number of blank pages required for the trip, please use this as an approximate guide:

- Jordan - 1 blank page
- Saudi Arabia - 1 blank page
- United Arab Emirates - 1/2 blank page
- Oman - 1 blank page

VISAS

The information below is to be used only as a guide and may change without prior notice. It is advisable to contact the relevant embassy in plenty of time before the trip departs to check the current visa requirements. It is **your responsibility** to ensure you have all the relevant visas you require.

Country	British	Irish	Aust.	NZ	S.Africa	USA	Canadian
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Jordan	Incl.	Incl.	Incl.	Incl.	Incl.	Incl.	Incl.
Saudi Arabia	US\$117	US\$117	US\$117	US\$117	US\$117	US\$117	US\$117
U.A.E	Free	Free	Free	Free	Free	Free	Free
Oman	US\$52	US\$52	US\$52	US\$52	US\$52	US\$52	US\$52

For more information on other nationalities & visas checkout www.projectvisa.com

Jordan

Passport holders from the UK, Ireland, Australia, New Zealand, USA, Canada, South Africa and most EU countries can obtain the visa on arrival in Jordan. The visa costs 40 JOD and is valid for 30 days.

HOWEVER, we will apply for a Jordan Wanderer Pass for anyone travelling through Jordan. This pass includes your entry visa as well as entrance fees to many sites in Jordan. We will email you the relevant details before your trip departs. Please make sure you print this information before travelling; if you forget it and have to buy another visa at the border, it will be at your own cost.

Please also note you will need to pay a departure tax of 10 JOD when leaving the country.

Oman

Passport Holders from the UK, Ireland, Australia, New Zealand, USA, Canada, South Africa and most EU countries are now able to obtain an E-Visa online from <https://evisa.rop.gov.om/>.

Visas cost 20 OMR which is about US\$52 and is valid for 30 days.

Saudi Arabia

Passport Holders from the UK, Ireland, Australia, New Zealand, USA, Canada, South Africa and most EU countries are now able to obtain an E-Visa online from <https://www.visitsaudi.com/en>.

Visas cost 300 SAR plus 140 SAR for health insurance, which works out about US\$117 - although VAT and payment processing fees are not included. The visa is valid for 3 months.

Please make sure you bring your E-Visa on the trip to show immigration.

United Arab Emirates - Abu Dhabi

Passport Holders from the UK, Ireland, Australia, New Zealand, USA, Canada and most EU countries are able to obtain a visa on arrival, free of charge.

South African Passport Holders have to apply for a visa in advance.

They can do this online at <https://visitabudhabi.ae/en/travel/essential.info/getting.a.visa.aspx> and costs US\$99, plus a processing fee of US\$35.

Visas are valid for 30 days.

Please also note you will need to pay a departure tax of 35 AED when leaving the country.

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, so please use the information below as a guide only. 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.

Yellow Fever - Being vaccinated against Yellow Fever and having a valid certificate and a photocopy is deemed compulsory in some countries we visit, especially at certain borders and are needed if you are entering from an infected country. You can view a list of countries requiring a certificate through the World Health organisation http://www.who.int/ith/ITH_country_list.pdf

Rabies - Vaccinations are regularly advised for many countries that we travel through - especially if time and money are not a deterrent.

Malaria - In some of the areas we visit there is a risk of contracting Malaria. You must be aware that whatever malaria prophylactics you are taking, they only offer partial protection. They must be coupled with your own physical efforts against being bitten - which is the best prevention. Malaria-carrying mosquitoes come out at sunset so from this time you should wear long sleeves and trousers. Exposed skin, especially ankles, should have insect repellent containing 'Deet' applied to them. Your crew will advise on where the worst affected areas are on the trip. There are a number of prophylactic malaria treatments on the market & requirements change. It is also wise to take a sample of whichever prophylactic you choose, a few weeks before you leave. This way you may determine early on if you have any adverse reactions so you can change the regimen if necessary. Please consult a reputable travel clinic or GP for advice. For more information visit www.nomadtravel.co.uk or www.fitfortravel.scot.nhs.uk

Dengue - Unlike the malaria mosquito, which bites at night, the dengue carrying mosquito bites during the day. Some areas we travel to do have occasional outbreaks & it is therefore advised that you take care not to be bitten during the day as well as at night. There is no vaccine available.

Opiates and Prescription Medicines in the Middle East - Please note that all opiates and their derivatives are highly illegal in the U.A.E. Any products containing opiates, such as codeine or co-codamol are illegal and if you are found in possession of them without having sought approval before you travel, you may be arrested as a drug-trafficker. You can apply to bring in prescription medication using this form: <https://www.mohap.gov.ae/en/services/Pages/361.aspx> and approval usually takes around 5 days. Ensure that all personal medication is clearly labelled. If you are travelling with prescribed medicines you will need to have a copy of the signed doctor's prescription with you. A full list of banned medications is available from the U.A.E. Ministry of Health.

These rules can change without notice, so if you have any queries it is advisable to check travel advice provided by the British Foreign and Commonwealth Office, which provides specific information for each country on the latest requirements.

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 & at the very least are insured for all necessary medical & repatriation costs incurred.

You will be asked to provide the following details in [My Oasis Account](#) if you have not already done so: travel insurance 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.

We offer tailor made Overland Adventure Travel Insurance that covers most of the adventure and sporting activities on our trips.

For further information on the insurance we offer, the activities covered and costs, check out the [Travel Insurance](#) section of our website. You can purchase our insurance by logging into [My Oasis Account](#) and click 'Buy Insurance' or through the following [link](#).

MONEY, BUDGETS AND LP

Local Payment (LP)

LP is part of your overall trip payment and is the most cost effective and practical way to get hard currency to the Middle East to pay for a variety of your day-to-day local costs (i.e. all meals prepared by the group, campsite fees, gas, and certain activities listed in the brochure) which cannot be pre-paid from the UK. It is a guaranteed amount, set before your trip departs, and unlike 'group kitty' systems we will not ask you to contribute more once the trip is underway.

Please note: Your LP is payable to your Tour Leader on the morning of departure in US Dollars CASH ONLY. Make sure that all your notes are in good condition. Old, torn or marked notes are often refused by the banks and we will therefore be unable to accept them either. Please do not bring all of your Local Payment in US\$100 notes and also make sure that they are post 2013 and do not have a serial number starting with CB.

How to bring your currency?

Past Oasis travellers have fed back that they have felt, as a general rule, it is best to bring your money in cash as a combination of GBP or Euros and US dollars. Pre-paid travel currency cards are also an option if you are concerned about bringing all your money in cash but we advise bringing at least 50% of your money in cash. Some travellers worry about carrying so much cash with them, however all Oasis Overland trucks are equipped with an onboard safe for the security of your money and passport.

US dollars dated pre-2006 are not generally accepted so please ensure your notes are dated 2013 onward possible and are in a clean condition with no writing on the notes. Scottish pounds are usually not accepted.

Spending Money

We believe you should allow US\$350 per week to cover costs such as meals out (on average 40% are supplied), soft drinks and beers, email and communications, souvenirs and other general spending. Personal spending habits and budgets differ greatly from person to person. Budget on optional activities and visa costs separately (see visa section above) and allow extra for your Local Payment contribution.

As this is a new trip, we are uncertain of the exact costs for any optional excursions. After our first departure we will update the details to include prices and options for you, but for now we suggest you budget an extra \$150 per week for excursions. If you are interested in scuba diving from Jeddah, please add on another \$100 (approximate cost for 2 dives).

Changing money

Change your money only at banks, hotels, airports or official exchange 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 and 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 and Debit Cards

Mastercard and American Express have limited access through parts of the Middle East. Please note that usually you will be given local currency and NOT US\$ or £GB. We recommend that you inform your bank that you will be using your card abroad to avoid it being blocked.

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, 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. Pre-paid cards that use Visa are preferable to Mastercard, which can be difficult to use.

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. In some destinations we probably won't even see a bank or ATM for days on end. Even where we do find them, they cannot always be relied upon - things change, and ATMs don't always work! Besides memorising your PIN, it is also important to be aware of your daily withdrawal limit and bank withdrawal costs.

Tipping

Is often expected and relied upon. 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. If you would like to leave a tip for any activity/individual, you could organise this as a group and give a tip at the end. A recommended amount for restaurants is usually 10% of your total bill and similar for activities. Some countries also add an extra Government tax on restaurant bills.

Because it can be difficult to know what to tip, and because it has such importance in some areas both economically and culturally, there may be times and activities for which your crew will make it clear what level of tipping is 'customary/expected'. They may also be quite enthusiastic or assertive in encouraging you to take account of these suggestions. This is motivated by the knowledge of how important tipping can be, and the offence or confusion that can be caused when local people are tipped poorly. In the end, tipping remains at the discretion of the individual, but our crew will continue to advise on normal or average rates, and we would ask you to carefully consider the economic or personal impact of being seen as 'under tipping'. We know that many who travel with us are on a tight budget, but ask you to consider that those we work with locally may also face financial hardship, and also work very hard to try to give you unrivalled service/ experiences.

As a very rough guide, we would suggest that you budget for an amount equal to 10% of the Local Payment for your trip, plus 10% of the cost of any of the listed optional excursions that you wish to do. The amounts you end up tipping may vary from a rigid 10%, but hopefully this will help you budget in general.

In the past we have been asked by travellers about tipping your Oasis Crew. If you choose to do this, it would be budgeted separately from the above. Our guys work very hard at making your trip a great travel experience. Working overseas can often be challenging and they are pretty much on call for you 24 hours a day, so it's appreciated as a thank you for hard work and good service, but of course not mandatory. Our suggestion is to budget around US\$1 a day.

CLIMATE

You will experience a variety of climates and weather conditions in the Middle East. At times it can be **very hot**, with temperatures reaching 40°C or higher in the deserts across the region. On the other hand, it can get **very cold**, dropping below 0°C or lower in the mountains of Oman. Though much of the trip will pass through dry areas where rainfall is rare, you will also travel in regions that can have rainfall year-round or at times even snow. So it is important to bring suitable clothing and camping equipment for all conditions.

WHAT TO TAKE

The less you take the less you have to pack, wash & lug home & you can always pick up extras along the way. Most people make the mistake of bringing too much gear. Clothes washing or laundry facilities will be available at least once a week. You will be travelling in the heat & camping in the cold, so bring clothes for all climates; rough stuff is best. Pack according to season: summer is very hot in places & winter can be very cold with the occasional frost overnight. Make sure that you bring your gear in a traditional soft sided 70 - 90L rucksack or holdall - suitcases are not suitable.

Equipment

- Sleeping Bag - 3 to 4 season bag, depending on season, & sleep sheet
- Foam sleeping mat or thermarest & repair kit
- Small day-pack or small bag to carry daily items
- Soft rucksack or holdall (NOT rigid suitcase)
- Water bottle - for personal use - we recommend Water-to-Go (see below Responsible Travel)

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

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

Personal Effects

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

What to wear - Keeping your arms, shoulders and legs covered will go a long way to prevent causing offence and hassle to yourself. This is true for men as well as women; please make sure you have long sleeved shirts and covered shoes. Shorts may not be acceptable in some areas for males or females. Avoid wearing tight or revealing clothing and women may be required to wear head scarves and covered shoes at times. On some beaches you can wear what you like, whereas at some others, or at certain swimming holes, you'll need to go swimming covered up. Attitudes range from fairly liberal in some cities, to extremely conservative elsewhere.

Recommended Medical Kit List

- Antiseptic ointment/
- Antihistamine cream & tablets
- Nurofen or equivalent pain-killer
- Eye-drops/bath
- Anti-diarrhoea treatment
- A couple of bandages (elasticated & triangular)
- Re-hydration sachets/vitamin tablets
- Assorted plasters
- 1 Course of malaria treatment
- Some suitable antibiotics as recommended by your doctor for infected cuts or to treat severe dysentery
- Malaria Tablets - see Vaccinations & Health section

- Medication for personal allergies/asthma etc
- Insect repellent containing Deet

Even though our trucks are equipped with a comprehensive medical kit, we advise you to bring a small personal medical kit as our truck kit is not for general everyday use. It will also be your responsibility to carry your 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 shoot' 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. Internet speeds can be slow for uploading photos to social media or the Cloud.

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.

Consider a 12V in-car charger (our vehicles are equipped with a couple of 12 volt cigarette lighter charger sockets - truck trips only) or bring along your 230V mains charger and travel adaptor plug for use at some of the hotels, hostels and campsites we stay at.

NOTE: 12V - 230V inverters cannot be used on our vehicles because of the power drain they cause.

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 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 OASIS15 to purchase your **Water-to-Go** products at 15% discount. Water-to-Go will then donate a further 15% to Oasis Overland Charity projects.

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

Community Projects - Oasis are active in raising awareness and providing support to a number of projects and local schools where we believe we can make a positive difference. More information on the [projects we support](#).

SECURITY

The UK Foreign and Commonwealth Office (FCO) 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 FCO 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 or truck 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.

On board the truck - Each vehicle is fitted with a hidden, lockable safe to be used for money, passports and important documents. Group members will be responsible for the safe and Oasis Overland cannot accept any liability for clients' personal or monetary contents kept in the safe or on board the truck. We advise you to not take items of value that are not essential for the journey. In certain areas a roster may be drawn up for the group to share the task of guarding and keeping the vehicle secure.

WHAT TO EXPECT

LIFE ON THE ROAD

The Oasis truck will be your new home giving you a comfortable, secure base with which to experience your trip. As part of the adventure you will be expected to have an active involvement in the day to day running of the trip, be part of the group and get stuck in and help with various tasks, whether it's cooking meals over open fires, pitching your tent or keeping the truck clean & tidy.

Itinerary

Because Oasis Overland do not operate normal 'package holidays' the itineraries given cannot be guaranteed to run exactly as outlined. However, it is rare that we have to make major changes and in the event that we do this will be discussed with you either before or during the trip. It is important to bear in mind that should it not be possible to enter a certain country due to safety concerns, visa problems or political turmoil etc, and it becomes necessary to fly over a country in order to continue a trip, that all costs for flights will be borne by you and not Oasis. Should it not be possible for an Oasis trip to begin from a scheduled starting city due to border closures, civil unrest etc, Oasis will make all reasonable efforts to begin the trip from an alternative location. However, all additional costs that you may incur in travelling to the alternative location will be paid by you or your insurance company and not Oasis.

Seatbelts

All Oasis Overland trucks are fitted with seat belts. For your own safety and security we recommend that travellers wear these at all times whilst the vehicle is moving.

Accommodation

Camping - Oasis provides tents for those nights you will be camping. Tents are shared (between two people of the same sex from your group unless you are a couple). We spend some nights bush or desert camping, and on some occasions it is necessary to camp at overnight services, which are basic but equipped with showers and other facilities; the rest of the time in campsites. Facilities and standards at campsites vary, some are well equipped and managed and some are very basic. At bush camps you will be living off the truck, so there will be no showers or en-suite facilities! At certain campsites there is the opportunity to upgrade to a private room at your own expense if you are missing your bed.

Simple Hotels/Hostels - At some locations we will stay at small locally owned hostels/hotels. These are usually basic places, and often the accommodation will be mixed sex dormitory style. Upgrades may be available on arrival, but cannot be reliably pre-booked. Please be aware that the quality of accommodation can vary quite a lot from area to area and sometimes in a small hotel the standard of rooms can vary even from one room to the next - so there needs to be a level of understanding within the group that your Oasis Crew does not often have power over room allocation or services provided by various hotels and it is unavoidable that they have to rely on the local staff. Please note if you choose to participate on an overnight optional activity, then you will not receive reimbursement for any accommodation or meals that you are missing out on with the rest of the group.

During the day

As a guide, driving days normally start at about 8am and finish at about 5pm, with stops for lunch and buying food, seeing local sights etc. We won't be driving every day, although there are times when we will drive for two, but we will then stop for a few days and you will have free time to explore, meet local people, do some optional activities or just relax and do your own thing. Expect to sometimes get dusty & dishevelled during the day and although you will be able to shower most nights (except at bush camps), not all camps will have hot showers.

Meals & cook groups

When 'on the road' or camping, we usually cook using gas or over open fires in a rota system and you can expect to cook in a group of two or three people approximately once every ten days depending on the number of people on trip and whereabouts you are. Your cook group will have to decide on what to cook, utilise stocks from the truck stores and locally obtain ingredients from markets, shops etc. and rustle up a meal. But don't worry if you're not a Gordon Ramsay, as the rest of the group and the Tour Leader usually lend a helping hand. Here is an idea of what to expect at meal times:

Breakfasts: Usually simple - we help ourselves to cereal, toast, hot drinks and on occasion we will splurge with a cooked breakfast.

Lunch: Cold and usually quick. The cook group will put out bread, tinned supplies and maybe make a salad.

Dinner: Cooks come into their own in the evening, and will always attempt to cook up some delights.

When staying in hotels in towns or cities we do not include meals. This is your chance to go out and explore and try local cuisine in local restaurants.

Vegetarians / Vegans / Coeliacs / Gluten & Lactose intolerance - Our Tour Leaders will always do their best to cater for any dietary requirement or intolerance whenever possible. However we do not cater for fussy eaters. It must be remembered that the variety of dishes available to Vegetarians 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, as these cannot be purchased with normal Local Payment funds due to the high cost of these specialised and often imported foods.

Remember that when eating out in local restaurants & hotels that vegetarianism or food allergies / intolerance's, 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.

In the evenings

When at a bushcamp or campsite, you and your tent buddy will put up the tent, and then lend a hand with getting out the tables, stools, firewood and water containers. The fire grates need to be taken out, the fire lit and someone can fill the kettle and make hot drinks while the cook group prepares the evening meal. Then just sit back, chill and enjoy the rest of your evening!

Oasis Crew

We usually have two Crew whose duties are extensive and quite demanding, with challenges ranging from driving and maintaining the expedition vehicle to a high standard, to organising visas and border crossings, arranging accommodation, pre-booking some excursions and guides, helping with shopping and cooking as well as finding the best deals, socialising and making sure everything runs as smoothly as possible. Whilst our Crew are usually experienced and knowledgeable, they are not tour guides as such. Our trips pass through many countries and our Tour Leaders cannot be expected to have detailed knowledge of each country's history, flora and fauna and archaeological sites. Even so - they will be more than willing to pass on any interesting and useful information that they have acquired whilst on the road. A rewarding way to gain a better insight into the wildlife, cultural and historical diversity of the countries we travel through is by reading guide books as well as talking to the local people and using local guides.

Adventure travel can be unpredictable and occasionally our Crew may have to amend the itinerary to take into account changing local circumstances or because of a delay at a border or because of circumstances outside our control. This can all lead to additional work and commitment for our Crew who will do all they can to minimise any disruption to the trip. While our Crew are essentially on call 24 hours a day 7 days a week, it has to be remembered that no one is actually expected to work these hours, so at Oasis we are realistic that within a trip there will be times when our Crew need 'down time' and a chance to relax and 'let their hair down' as well. They are only human!

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.

Notes downloaded on: 20-10-2020

