



4 DAY THABANA NTLENYANA HIKE KIT LIST

PASSPORTS AND VISAS:

Passport absolutely essential: No passport = no entry into Lesotho.

South African ENTRY/EXIT regulations: On 1 June 2015, South Africa brought into effect new regulations applying ONLY to children under 18 years of age. Any child of any nationality will require the following when departing from or arriving in South Africa:

- 1) **A CHILD TRAVELLING WITH BOTH PARENTS:** A Birth Certificate which has the names of both parents on it. This must be either an original or a copy which has been certified by a Commissioner of Oaths. (In SA, a police station will certify such copies)
- 2) **A CHILD TRAVELLING WITH ONE PARENT ONLY:** The birth certificate as well as an affidavit (an official letter stamped and signed at a police station) from the non-travelling parent giving permission for the child to travel into and/or out of South Africa.
- 3) **A CHILD TRAVELLING WITH AN ADULT WHO IS NOT THEIR PARENT:** If the child is travelling with another adult, this person must produce the birth certificate as well as an affidavit from the parents giving the child permission to travel into and/or out of South Africa with this adult, copies of the parents' identity documents and their contact details
- 4) **A CHILD TRAVELLING UNACCOMPANIED:** If the child is travelling unaccompanied, the child must produce the birth certificate as well as an affidavit from the parents giving the child permission to travel into and/or out of South Africa and the parents' contact details as well as the identity documents and contact details of the person receiving the child in South Africa.

If you unsure about any aspect of these regulations, contact us for clarity, or else contact your nearest South African embassy or if in SA, the nearest Home Affairs office.

NOTE that we have spoken to the station commander at the South African border post at Sani pass and he is inclined to be somewhat lenient to people on our tours, but he suggests that anyone unsure contact him directly to clarify their individual situation as follows:

Captain Dlamini of the Sani Pass border post on +27 33 7029000 or +27 33 7029001 or +27 33 7029002

Visa for entry into Lesotho: Certain countries require visas for Lesotho, especially from South America, eastern Europe and some countries in Asia and Africa. Please see Lesotho visa list on our website www.sanilodge.co.za or check the official Lesotho Government website at <http://www.foreign.gov.ls/services/default.php> or contact your local Lesotho Embassy. Visas must be procured **BEFORE** arrival at Sani Lodge Backpackers and can NOT be obtained at the border.

We will not carry any passenger who does not have a valid passport or a visa if required.

WHAT TO BRING:

ITEMS IN BLACK ARE ESSENTIAL, THOSE IN RED ARE OPTIONAL.

Comfortable good quality rucksack (at least 55 - 65 litres capacity)

Good quality sleeping bag (down or equivalent) **(wrap in garbage bag to keep it dry)**

Closed cell sleeping mat (or equivalent)

Light plastic ground sheet (Opened up black rubbish bags work fine!)

Tent (see itinerary below for options)

Your favourite worn in hiking boots

Good quality windproof and / or waterproof jacket (or equivalent)

Good quality rain gear (preferably a rain suit top and pants)

Personal medication and toiletries

Sun screen lotion

Rubbish bags to bring your rubbish out with you!

Food - self catered . We can send you a suggested food list for hiking menu ideas if you would like us to. Take enough for at least one day more than you intend to be out for.

Clothing

NB All clothes not being worn should be wrapped in garbage bags to keep them dry (there is no such thing as a waterproof rucksack!)

Fleece top or down jacket (or jersey depending on season)

Sun hat

1 pair short pants

2 x T shirts or equivalent (preferably wic dri)

Long pants such as tracksuit bottoms

2 x hiking socks

Beanie or balaclava and gloves

Swimming costume (optional depending on season)

Accessories

Light waterproof sandals (such as Crocs)

Torch and spare batteries (preferably head torch)

Water bottle

Camera

Small towel

Matches or lighter

Toilet paper **(In plastic bag to keep dry!)**

Digging tool for ablutions

Candle

Trekking poles or hiking stick

Cellphone

DRAKENSBERG ADVENTURES MINIMUM IMPACT REFUSE POLICY

All your own refuse must be carried out with you. No toilet paper or tissue paper is to be buried, placed under a tree or rock, or strewn about above ground. Please bring your own refuse bag to discard any litter you generate on the tour ; ie plastic bottle, tissues, used toilet paper, plastic bags.

General Tour Information:

Climb the highest point south of Kilimanjaro as it should be climbed, from the Lesotho side!! The trip combines an exhilarating hike with the cultural experience of No 10 Riverside and the unique overnight stay in a Shepherd's dwelling ("motebo"). A local guide accompanies the group and provides pack donkeys to carry luggage. Our guide also accompanies the group.

Itinerary:

Departure: From Sani Lodge Backpackers at 9am on Day 1

Return: To Sani Lodge Backpackers around 5 - 5.30pm on Day 4.

DAY 1: Depart Sani Lodge around 9am in 4x4 vehicle up the Sani Pass. Cross into Lesotho and carry on via Kotisepola Pass (3240m) and down the Sehonghong Valley. Picnic lunch by the river. Continue on to Matsoaing village where we stay the night at the quaintly named No. 10 Riverside. Our hosts the Nkune family will show us around the area, with opportunities to visit a traditional healer, experience traditional dancing and eat traditional meals with the family.

Accommodation in either a 9 bed dormitory room or a 4 bed large rondavel. No electricity or running water, but fresh water provided in buckets. It's the experience you're after here, not the creature comforts!

DAY 2: Depart on foot for Thabana Ntlenyana. Luggage can be carried by pack donkeys.

Accommodation in a motebo or if you prefer, in your own tent. Motebo are often quite dusty and sleeping space can be cramped and uneven, so those with allergies may prefer their own tent.

DAY 3: Hike to the peak itself, return to the *motebo* for the night.

Accommodation in a motebo or if you prefer, in your own tent. Motebo are often quite dusty and sleeping space can be cramped and uneven, so those with allergies may prefer their own tent.

DAY 4: Return on foot to No. 10 Riverside in time for lunch, then return by 4x4 vehicle to Sani Lodge

MEALS:

Day 1: Packed lunch along the way and traditional dinner at No. 10 Riverside

Day 2: Breakfast at No. 10, Lunch and dinner provided by the Basotho operator

Day 3: Breakfast, lunch and dinner provided by the Basotho operator

Day 4: breakfast provided by the Basotho operator, lunch at No. 10 Riverside.

EXTREME CONDITIONS: Thabana Ntlenyana is very high, meaning that conditions at any time of the year can be extreme. You need to be prepared for this, both mentally and in terms of your equipment and especially warm and wet weather gear.

Toilet stops: Flush toilets at the SA border post, and the Highest Pub (on the way back), pit latrine (long drop) at No. 10 Riverside, *au natural* elsewhere on the tour.

See the “Vehicles and Guides” and “Community Tourism” pages of our website at www.drakensbergadventures.co.za for more information on our tour ethos.