# TRAIL FAQs

*Practical information to help you prepare for your Wild Being wilderness trail*

## What kind of terrain can I expect?

The terrain is very varied.

You can expect everything from loose stones and rocky sections to sandy areas, and occasionally muddy ground, depending on rainfall.

At times the walking is fairly flat, and at other times it can be hilly. We may walk down into, and back out of, the Luvuvhu River system by means of deep gorges.

There may be some thorns here and there, although hopefully not too many underfoot.

Trail-running shoes, hiking boots, or barefoot-style shoes with good tread can all work. However, boots are best if you would like more ankle support while carrying weight on your back.

Please make sure your shoes or boots are well worn in before trail. Do not arrive with brand-new footwear.

## How many kilometres will we walk each day?

We usually walk between 6 and 12 km per day.

This depends on the route, the group, water levels, weather, and what nature presents us with at the time.

My focus is not on covering big distances, but rather on slowing down, being present, and spending meaningful time in nature.

## How fit do I need to be?

You do not need to be an athlete, but you do need to have a reasonable level of walking fitness.

We walk slowly and take regular breaks, but you will be carrying weight on your back and walking over uneven terrain for a number of days.

It is important that you train before trail by walking with your pack, wearing the shoes or boots you plan to use on trail.

## How heavy should my backpack be?

As a general guideline, anything between 13 and 17 kg is acceptable.

Ladies should ideally aim for the lower end of this weight range where possible.

Packing for trail is always a bit of a conundrum. It is the balance between what we want and what we truly need.

The lighter and simpler you can keep your pack, the more comfortable your trail experience will be. Please also remember that you will need to carry water, which adds extra weight.

## Is Pafuri a malaria area? Do we need to take precautions?

Yes, Pafuri is in a malaria-risk area.

You should make an informed decision around malaria precautions and prophylactics. Please speak to your doctor, travel clinic, or pharmacist before trail and choose what is best suited to your health and circumstances.

Mosquito protection is also important. Long sleeves, long trousers in the evenings, and mosquito repellent such as Peaceful Sleep or Tabard can be helpful.

Some previous guests have used prescription malaria medication such as Malarone, which is Atovaquone/Proguanil, but this is something you must discuss with a medical professional.

## What is the water situation for drinking and bathing?

The guides will make sure that we have access to drinking water every morning and every evening.

You will need to fill up at these times and make your water last until the next water point. Depending on the route and conditions, we may use a water drop, dig for water, or collect water from springs or river systems.

Each guest must carry a minimum water capacity of 3 litres.

We recommend bringing two separate water containers, such as a hydration bladder and a bottle, or two bottles. This is important in case one gets damaged.

Please also bring water purification tablets or drops, as well as a water filter system such as a LifeStraw or similar.

On certain days we may camp close to a water source and be able to bath, but this is not guaranteed. Bathing depends on water levels and water clarity. On other days, a wet facecloth is the order of the day.

Only biodegradable soap is allowed, but the best option, where possible, is no soap at all.

## Are there toilets on trail?

No. There are no toilets once we are out on trail.

We follow wilderness toileting practices, and the guides will explain exactly how this works before we head out.

Please bring toilet paper and a lighter. We will explain the full toilet process on trail.

## What do we do if it rains at night?

We sleep outdoors without tents, unless there has been a prior arrangement and agreement to do otherwise.

We only use tents in specific circumstances, for example if the group size is too small to safely manage watch duty, or if heavy rain is forecast for the entire week of trail.

I recommend bringing either a small tarpaulin to pull over yourself if it rains, or a bivvy bag to slip into.

You will receive a 10% discount if you buy a bivvy from Radbag.

Use the code Wildbeing10 to receive your discount.

## How many days exactly is a 5-night trail?

A 5-night trail takes place over 6 days.

We meet on the first day at 10:00 and return to the lodge on the last day, which is day 6, at around 10:00.

In reality, it feels like a full 5-day wilderness experience.

## What time must I arrive on the first day?

Please arrive at the meeting point by 10:00 on the first day of trail.

We will use this time for introductions, packing, briefing, safety protocols, and final preparations before heading into the wilderness.

## What time do we finish on the last day?

We usually return to the lodge at around 10:00 on the final day.

Please allow some flexibility with your onward travel plans, as wilderness timing can shift slightly depending on conditions.

## Should I bring a raincoat or a poncho?

Definitely bring a poncho.

Depending on the weather forecast, you may also want to bring a raincoat.

I would not recommend walking in a raincoat through thorny areas, as it may get damaged. However, a raincoat can be useful at night during watch duty if it rains, especially when worn under a poncho.

## Do I need a first aid kit?

It is always a good idea to bring a small personal first aid kit with basic items such as blister plasters, personal medication, pain relief, antihistamines, and anything specific to your own needs.

Your guides will also carry a first aid kit.

## Do we have a fire at night? Do we cook on the fire?

Yes, we have a fire every night.

We do not cook on the fire. The fire is mainly used for warmth, atmosphere, and watch duty.

Please bring your own gas cooker for cooking.

### Do we need a spotlight torch, or are head torches enough?

Please bring a head torch.

You are also welcome to bring a spotlight torch for watch duty if you would prefer one.

Please pack extra batteries or make sure your torch is fully charged before trail.

### Can I charge my phone or camera on trail?

No. There are no charging facilities once we are out in the wilderness.

Wild Being would prefer guests not to bring phones on trail, and to see this as an opportunity for a digital detox.

If you do need to bring your phone for photographs, then you will need to manage your screen time carefully. This includes not spending time looking through photographs while on trail.

We will discuss this more clearly once we are together.

Please bring a fully charged power bank if you need to charge your phone, camera, head torch, or any other device.

### Will there be phone signal?

There is little to no reliable phone signal on trail.

Please let family, friends, or work know in advance that you will be offline for the duration of the trail.

This is part of the experience.

### Are watches allowed on trail?

No watches are allowed on trail.

Watches must be left behind.

This is part of the invitation to step out of normal time and into wilderness time.

### Are there two guides?

Yes. There are two guides on trail.

### Are the guides armed?

Yes. The guides are armed.

### Do we walk in dangerous animal areas?

Yes. We are walking in Big Five wilderness.

This is part of what makes the experience so powerful and humbling.

Your guides are trained for this environment, and guests are expected to follow all safety instructions at all times.

### Can I walk alone or move away from the group?

No.

For safety reasons, the group stays together and follows the instructions of the guides at all times.

Guests may not wander off alone, walk ahead of the guides, or move away from the group without permission.

### Are we allowed to bring alcohol, marijuana or gummies?

No.

No alcohol, marijuana, gummies, or mind-altering substances are permitted.

We are in a wild environment where your full alertness, awareness, and composure are required at all times.

### Can I smoke on trail?

Smoking is not encouraged, and it may only happen with permission from the guides in a safe and appropriate place.

Cigarette butts must never be left in the wilderness and must be carried out with you.

### What happens with rubbish?

Everything you bring into the wilderness must leave the wilderness.

This includes food packaging, cigarette butts, batteries, and any other waste.

We leave no trace.

### What are the daytime and night-time temperatures?

Trail season runs between April and October.

This is winter in South Africa, but the northern Kruger usually has lovely daytime temperatures and cooler nights.

Night-time temperatures can range between approximately 10 and 20°C.

Daytime temperatures can range between approximately 22 and 32°C.

Please bring a warm sleeping bag, warm jacket, beanie, and suitable layers for the evenings and early mornings.

### Does Wild Being provide trail food or trail gear?

No. Wild Being does not currently provide trail food or trail gear.

There are a number of companies that provide freeze-dried and/or dehydrated meals, which can work very well for multi-day wilderness trails.

We also recommend getting in touch with Scuttle Camping Rental for gear hire.

Please ask for Jacques on +27 64 537 3697 and mention Wild Being.

### Will there be a detailed packing list?

Yes.

Once your booking is confirmed, you will receive a detailed packing list to help you prepare properly for trail.

### Does Wild Being provide transport to Pafuri and back?

Guests are responsible for getting themselves to the start of the trail and back again.

Once you have paid your deposit, we will add you to the trail WhatsApp group. From there, you are welcome to connect with other guests regarding possible carpooling or shared transport.

## Q Can I leave valuables at the lodge or in my car?

Yes. The lodge will be able to keep certain valuables such as car keys and passports safe while we are on trail.

Please do not bring unnecessary valuables with you.

Bring only what you truly need, and make sure that any important items are properly protected.

## Q What should I pack my clothes and sleeping gear in?

Please pack important items in dry bags or waterproof bags inside your backpack.

This is especially important for your sleeping bag, warm layers, spare clothes, and electronics.

Even if no rain is forecast, river crossings, damp ground, or unexpected weather can still happen.

## Q Can I fly with a gas canister?

No. You may not fly with gas canisters.

You will need to purchase your gas canister in Johannesburg, or wherever you are driving from, before entering the wilderness area.

## Q Can I fly with my lithium-ion rechargeable head torch?

Yes, but it must be packed in your hand luggage.

Do not pack lithium-ion batteries or rechargeable head torches in your checked-in luggage.

## Q What happens in an emergency?

Your guides are trained to manage emergencies in the wilderness and will carry communication equipment and a first aid kit.

Before trail, we will also ask for important medical information and emergency contact details.

It is very important that you let us know about any medical conditions, allergies, medication, injuries, or anything else that may affect you on trail.

## Q Do I need travel insurance or medical cover?

Yes. Each guest is responsible for their own medical cover, medical costs, travel insurance, personal belongings, and any expenses not covered by Wild Being's insurance.

Wild Being has guest evacuation and repatriation cover in place through SATIB/TRUM for guests on trail. This cover may assist in the case of a serious medical emergency, acute illness, or accidental bodily injury where evacuation, relocation, or repatriation is considered necessary.

The current guest evacuation cover is up to R500,000 per claim, subject to the terms, conditions, exclusions, and excesses of the policy.

The policy excess is 5% of the claim, with a minimum excess of R2,500 per person per incident. Any excess, shortfall, hospital cost, medical treatment cost, or personal expense not covered by the evacuation policy remains the responsibility of the guest.

We strongly recommend that each guest has their own medical aid, travel insurance, and emergency evacuation cover before joining trail.