



**THOMSON[®]
SAFARIS**

CPAP MACHINES ON SAFARI

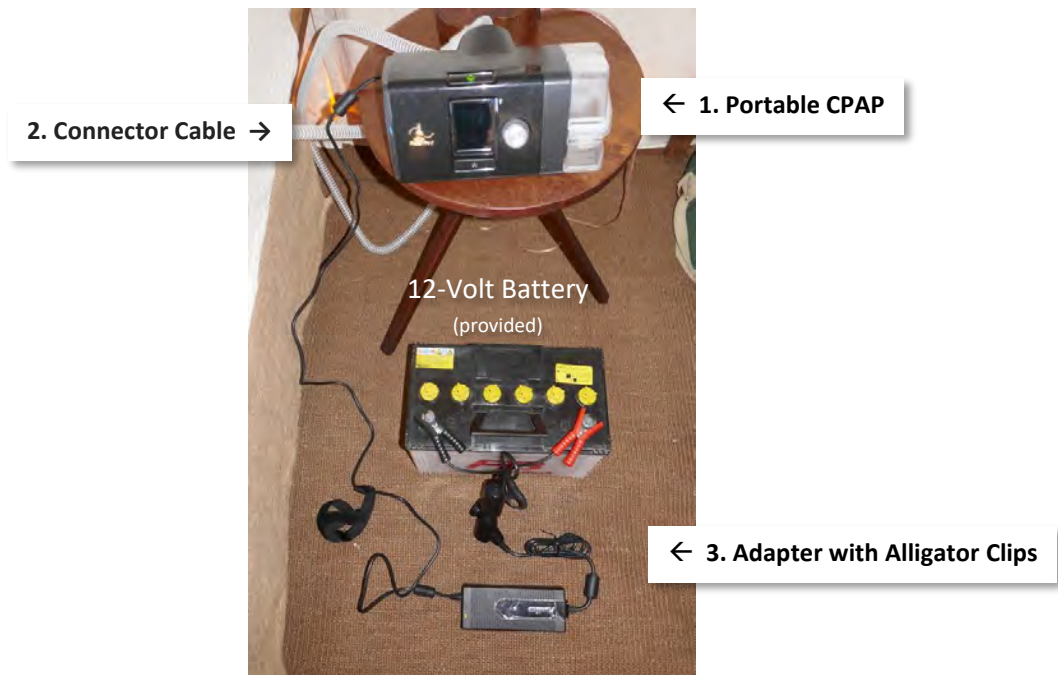
During your time in northern Tanzania Nyumba camps, we can provide a 12-volt car battery to power your CPAP machine at night. During the day, the battery will be recharged. At the lodges, you will be able to plug your CPAP machine directly into the wall outlets, using the appropriate adapters, generally the outlets are U.K. style.

First, check the back of your machine and see what it has for power requirements. The CPAP needs 100-240 Volt AC for plugging into wall outlets in hotels and lodges. The US has 110-volt AC and Tanzania has 220-volt AC, so the CPAP needs to handle this voltage range.

In addition, your machine will need to operate on 12-volt DC power from the battery we provide, while in our Nyumba camps. Your machine will need to have this capability. You can find this information on the back of the machine, look for a 12V DC socket, or in the CPAP user manual.

YOU WILL NEED TO BRING:

1. A portable CPAP, which will operate with 12 volts DC power.
2. This connector cable connects the 12-volt DC socket of the CPAP to the cable in the link below.
3. This battery cable adapter with alligator clips will connect to the cable above and allow a connection to the provided 12-volt DC battery (the same type of battery you have in your car) via alligator clips.
4. The cable/plug that you regularly use for your CPAP at home (and appropriate adapters) for the lodges.





**THOMSON[®]
SAFARIS**

IMPORTANT INSTRUCTIONS BEFORE YOU TRAVEL:

Please follow these instructions before traveling.

1. *YOU MUST* test your CPAP machine at home using your car. Locate the battery, connect these cables and ensure your CPAP works correctly. You can then be sure all will work well while on safari.
2. *DO NOT* use a CPAP machine that requires an inverter.
3. *DO NOT* use a portable CPAP machine designed with internal or external batteries. These batteries generally have a large power need while charging and will overload our camps solar charging systems, in addition they generally only last one or two nights.
4. *DO NOT* expect to be able to plug directly into vehicles via cigar lighter 12-volt outlets. The vehicles cannot park close enough to your bed for this to be an option. Also, please do not rely on rechargeable batteries or voltage converters in conjunction with electrical outlets. These will not be reliable in Tanzania.

IMPORTANT FOR TRAVELERS WITH A HUMIDIFIER FUNCTION ON YOUR CPAP MACHINE:

- Some CPAP machine models have a built-in humidifier.
- Please note humidifiers cannot be used while using 12 Volt batteries at camp.
- The humidifier draws a large current and will make the battery go flat quickly.
- Humidifiers are OK in lodges and hotels, but not in camp.

CPAP MACHINES ON KILIMANJARO

We have had trekkers who use portable CPAP machines on Kilimanjaro in the past. Since each guest has individual, unique medical needs, we recommend speaking with a doctor first and foremost to make sure your condition is manageable enough to undertake this high-altitude trek.

You will need to take into consideration that there is no electricity available on the mountain. Batteries would be in very cold conditions (freezing or below) for multiple days, and there is no way to recharge them (unless you also bring a portable power bank, which some trekkers do). We do not recommend solar devices due to the unpredictable weather. You may also want to consider a mandibular advancement device (and no batteries required!).

Once you've discussed everything with the doctor, and find a device that meets your needs, it is of utmost importance to try it at home, see how long the batteries last in optimal settings, see how comfortable it is, and make sure you understand the features and effectiveness.

Because of the additional weight, we also recommend hiring a personal porter to assist with carrying your CPAP machine.