



BISATE



Guest information

FOR YOUR WELLBEING

For Your *Wellbeing*

GENERAL SAFETY

Bisate Lodge is not enclosed by a fence or any other protective structure. Wild animals (especially buffalo) can and do wander freely throughout the whole area at all times of the day and night, and must be treated with the utmost respect. A guide or manager will be present to escort you to and from your villa after dark.

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EMERGENCIES

Your safety is our primary concern. Should you need to contact management – in an emergency only – there is a two-way radio for your use. These radios are on a closed circuit and inter-villa communication via these radios is not available.

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FIRE

In the event of fire, use your radio to contact management if it is safe to do so; the emergency assembly point is the car park from where your vehicle collects you for activities. If you are unsure, please do not hesitate to ask your manager. A fire plan document with the camp layout can be found on the desk in your room. Please take a moment to familiarise yourself with this document.

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MALARIA

Bisate Lodge is not situated in an area with a high malaria risk. However, malaria does occur in Rwanda and we recommend that you take precautions to ensure that you are not bitten by mosquitoes. The best prevention is to keep your villa closed in the evenings and early mornings and wear long-sleeved shirts and trousers at night. If you are taking any malaria medication, please complete the course as prescribed by your doctor.

When you leave your villa, at any time of the day, keep the doors closed to prevent unwanted mosquitoes and insects, and other “creepy crawlies” from entering. It is also a good idea to switch off all interior lights when going to dinner.

If you are taking malaria prophylaxes, please note that they can be dehydrating, so we recommend that you eat before taking your tablets and drink lots of water during the course of the day.

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SUN SAFETY

Ensure you are suitably protected from the sun by way of good clothing, hats and sunblock creams. Please keep in mind that Bisate is situated in a high-altitude area and sunburn is possible even when the weather appears to be overcast.

ALTITUDE SICKNESS

Bisate Lodge is situated at an altitude of around 2 650 metres (8 695 feet) above sea level. As such, some people may feel the effects of high altitude. We recommend that you read the information provided below for advice on how to prevent altitude sickness as well as how to recognise and treat symptoms.

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ALTITUDE INFORMATION

Depending on your travel programme and your previous destination it is likely that you have arrived at a higher altitude than where you came from.

Travellers going from lower altitude or sea level to higher elevations such as Bisate Lodge may suddenly experience shortness of breath, fatigue, headaches, nausea, and other symptoms resembling flu. This condition, called acute mountain sickness (AMS), is the most common type of altitude sickness. It can occur at elevations as low as 1 500 metres (5 000 feet), where it is likely to last only a day or so, but is more common above 2 400 metres (8 000 feet). At elevations over 3 050 metres (10 000 feet), three out of four people will have symptoms.

Mountain sickness or altitude sickness results from a lack of oxygen caused by going too high, too fast. Barometric pressure decreases as you go higher – that is, the air gets thinner – and you inhale less oxygen per usual breath. Trying to compensate for this, you breathe more deeply. The likelihood of symptoms increases the higher you go.

Not everyone feels sick at higher altitudes, and there is no way to predict a person's highest comfortable altitude. Being physically fit is not necessarily a protection.

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SYMPTOMS OF MOUNTAIN SICKNESS

- Increased rate of breathing
- Headache
- A lack of energy and enthusiasm
- Fatigue and insomnia
- Loss of appetite
- Dizziness and nausea
- Shortness of breath and rapid heartbeat accompanying physical exertion

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WHAT CAN YOU DO TO FEEL BETTER?

- Acclimatise and take it easy. Spend your first day at high altitudes relaxing; try to avoid strenuous exercise until you get accustomed to the new heights.
- Drink extra water. Drink as much as you can to remain properly hydrated, at least three to four quarts (three or more litres).
- Avoid drinking too many alcoholic beverages. The fast, deep breathing you must do at higher altitudes will tend to dehydrate you, an effect that alcohol intensifies.
- Eat foods that are high in carbohydrates. The Kinigi potatoes and pastas served at Bisate are perfect for you.
- Get headache relief. Acetaminophen or an NSAID (such as ibuprofen) can be taken for headache.

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OTHER REMEDIES – AVAILABLE AT BISATE!

- Lemon juice, let's start with some good old lemon juice for altitude sickness. This juice is known to reduce headaches, coughs and nausea associated with altitude sickness. If you wish the Bisate team can add some garlic as this is also known to help alleviate dizziness, or if you prefer some honey which can relieve the nausea.
- Garlic is an effective home remedy for altitude sickness. In addition to thinning the blood, it improves the blood circulation throughout the body, thus reducing the symptoms of altitude sickness effectively. Garlic also helps your body make use of oxygen more efficiently, thus reducing the breathlessness at high altitudes. The Bisate team can add extra garlic to any of your dishes.
- Cayenne pepper – there's nothing that would wake up the brain faster than a strong dose of pepper. If you tend to feel nauseous and dizzy at high altitudes, consider using cayenne pepper to take care of the issue. At Bisate, the homemade spicy sauces will do the trick!
- Cinnamon is another popular remedy for altitude sickness. Studies have revealed that it helps to soothe the stomach muscles, preventing nausea and vomiting in the process. If you tend to experience these symptoms frequently while travelling or climbing, consider using cinnamon to handle them.
- Ginger is known for its manifold health benefits including the ability to alleviate even severe cases of altitude sickness in a jiffy. A quick remedy for the condition involves chewing on some raw ginger in order to combat nausea, vomiting, and dizziness at high altitudes. Alternatively, you can brew a concoction using ginger and drink it to feel better instantly. Try the homemade African tea at Bisate!