



Steppe Dogs Adventures Ltd



10 Days Mount Kilimanjaro Challenge Program Travelling Date: 21st July – 30st July 2022

Group Name: Mount Kilimanjaro Challenge x 30

Cost in USD: 2995 per person sharing based on 30 persons

Inclusive

- ❖ All internal transfers
- ❖ All meals during the trekking (breakfast, lunch and dinner)
- ❖ Drinking water
- ❖ Accommodations on mountain (Double Tent)
- ❖ 4 nights in town on arrival and departure day (Bed & Breakfast – Double room)
- ❖ Knowledgeable guide, assistance guide, cook, porters and rescue
- ❖ Entrance fee to the national park
- ❖ Camping fee
- ❖ Rescue fees
- ❖ Valued Added Tax (VAT) 18%

Exclusive

- ❖ International flights
- ❖ Visa for Tanzania
- ❖ Travel insurance
- ❖ Beverages
- ❖ Personal things like sleeping bags, rucksack, footwear, other clothing etc
- ❖ Tips to your guides/cook/porters and personal expenses such as laundry and communication.

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6 Days Machame Route

Machame is probably the most beautiful route up Kilimanjaro. For this route you don't need any mountain climbing skills, but you must be fit. Porters will carry all your personal items, equipment and supplies and a cook prepares your delicious meal.

As a tent experience, Machame route (also known as the Whisky – route) is better suited to more adventurous hikers who are rewarded with fantastic scenic wonders and great panoramas. From late afternoon sunsets at the Shira to the misty revelations of Kibo at the great Barranco wall. A photographer's delight

An added benefit to this camping route is the most valuable commodity on the mountain acclimatization.

Day 1: 21st Jul 2022: JRO Airport – Moshi town

Arrive at Kilimanjaro International Airport; meet by our knowledgeable driver guide, after greetings and double check your bags will transfer you to Moshi/Arusha town (45 minutes' drive). Briefing will be provided by your Kilimanjaro professional and experienced guide. Your Kilimanjaro guide will also check your climbing equipment's. Anything missing can be rented for you.

Accommodation: Panama Garden Resort (<https://panamagardenresort.co.tz/>)

Day 2: 22nd Jul 2022: Moshi town – Karansi Village

Today, after breakfast we will drive to Karansi which is located in Sanya Juu, Siha District. Upon arrival we will visit Nuru English Medium Primary school. At Nuru school we will do various activities with the students while at their classrooms and outside activities. Friends of Karansi supports this school as most of the students are coming from the poor families who depend on small agriculture and keeping some cows and goats. So get prepared with some activities you can share with the students on this day.

Accommodation: Osiligilai Maasai Lodge (<https://www.osiligilaimaasailodge.co.tz/>)

Day 3: 23rd Jul 2022: Visit Maasai Bomas – Moshi Town

After breakfast we will visit one of the local bomas! You will get to see how the Maasai families are organized and truly experience their daily activities and the women's hard work. You can assist in fetching water or herding the cows like a real Maasai. Visit the Maasai area, the cultures and their activities. With picnic lunch we drive to Maasai village for full day learn about their culture, traditions and ways of life of the Maasai tribe. You will be accompanied by a Maasai guide throughout your experience explaining you the medicinal plants, local tools, their life and interaction with nature and wildlife, and more. In the evening drive back to Moshi town for overnight before Mount Kilimanjaro ascent in the following day.

Accommodation: Panama Garden Resort (<https://panamagardenresort.co.tz/>)

Day 4: 24th Jul 2022: Machame Gate – Machame Camp

A guide and a mountain support crew will arrive at the hotel in the morning in order to meet you and hold a quick briefing, after which you will travel by vehicle to Kilimanjaro National Park's entrance: Machame Gate (1,800 m). After the quick formality of acquiring climbing permits and registering with the search and rescue service, the group will start trekking up to Machame Camp (3,010 m). The trekking route includes passage through the rainforest (where tropical showers are highly probable), so we recommend you take not only spare clothes, but also your raincoats.

This will be your first day at this altitude, so it is strongly recommended you heed the following instructions from this point on:

- Abstain from consuming alcohol and caffeine
- Drink over 4 liters of bottled water daily (little by little, frequently)
- Take a Diamox pill to help alleviate symptoms of altitude sickness. Most mountain climbers take Diamox in the morning, before they start their ascent, in order to reduce discomfort associated with altitude sickness. We recommend you consult your doctor prior to the trip in case of potential allergies.

At night you may experience discomfort associated with acclimatization to the high altitude: because of a reduction in your waking breathing pattern, your body gets less oxygen than during the day. Taking altitude into account, you may therefore start feeling sick and have a headache. Pay attention to your own body and tell your guide if you start feeling any symptoms of altitude sickness.

Change in Elevation: Machame Gate (1,800 m) — Machame Camp (3,010 m)

Hiking distance: 5km

Hiking time: 5-6 hours

Accommodation: Machame Camp

Day 5: 25th Jul 2022: Machame Camp – Shira Camp

After breakfast you will start trekking up to the second high-altitude camp, Shira Camp (3,845 m). On this day you will emerge from the rainforest and for the first time be able to see stunning views of the Shira Plateau laid out in front of you. Physically speaking, the trekking is not very difficult, but you may feel the changes in altitude, so pay attention to your body and remember that choosing the proper pace is extremely important for good trekking. When you reach the camp, you will have lunch and some rest, after which the group will go on an acclimatization hike towards Lava Tower Camp with a 300-meter gain in altitude. Back down at Shira Camp you will be served a hot dinner.

Note: *The acclimatization hike is an easy trek with a slight gain in altitude done in order to speed up the acclimatization process. You should take the acclimatization hikes very seriously. They help increase your chances of successfully summiting Kilimanjaro and save you from the consequences of altitude sickness.*

Trekking from Machame Camp to Shira Camp:

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Change in Elevation: Machame Camp (3,010 m) — Shira Camp (3,845 m)

Hiking distance: 5 km

Hiking time: 4-5 hours

Acclimatization hike:

Change in Elevation: Shira Camp (3,845 m) — Destination point en route to Lava Tower (4,120 m)

Hiking distance: 2 km

Hiking time: 1-2 hours

Accommodation: Shira Camp

Day 6: 26th Jul 2022: Shira Camp – Barranco Camp

After breakfast you will leave Shira Camp (3,845 m) and start your way to the key point of the route: Lava Tower (4,630 m). This section of the route has a lot of ascents and descents that end in a camp at over 4,600 meters. It might be difficult, and you may feel some discomfort, but in order to successfully acclimate to the altitude you have to spend at least 1-2 hours here, so this is where lunch will be.

Then you will descend to Barranco Camp (3,960 m). Here you can see the famous Barranco Wall, impressive in both its massive size and steepness! Next day you will be climbing it, but don't worry: it features a very simple hiking trail.

Note: *If one or more participants feel sick, the group may refrain from passing the Lava Tower and adjust the route, following instead the road for porters. In this case you will not reach an altitude of 4,630 meters, getting up only to a maximum of 4,400 meters.*

Change in Elevation: Shira Camp (3,845 m) — Lava Tower (4,630 m) — Barranco Camp (3,960 m)

Hiking distance: 11 km

Hiking time: 6-8 hours

Accommodation: Barranco Camp

Day 7: 27th Jul 2022: Barranco Camp – Barafu Camp

Early wakeup, breakfast and the start of summiting Barranco Wall (we recommend you leave the camp as early as possible to avoid crowds of the other groups). Hiking up the gorge wall is not difficult and only takes around an hour. After the climb you can have a rest and take photos in front of the Kibo volcano.

Then you start a more difficult hike to Karanga Camp, which features numerous ascents and descents during the route, but don't worry: our guides are experts at choosing an optimal pace for the group. After reaching the camp you will be offered warm lunch. After a couple of hours you will have to complete ascend to Barafu Camp (4,640 m) where you will be served a hot dinner. It is better to spend the remainder of the day resting and sleeping before night summiting.

Trekking from Karanga Camp to Barafu Camp:

Change in Elevation: Barranco Camp (3,960 m) — Barafu Camp (4,640 m)

Hiking distance: 11 km

Hiking time: 8-10 hours

Accommodation: Barafu Camp

Day 8: 28th Jul 2022: Barafu Camp – Uhuru Peak – Millennium Camp

Departure from Barafu Camp (4,640 m) at night and the start of summiting Kilimanjaro: Uhuru Peak (5,895 m). Technically the climb is relatively simple; however, the most challenging part is the high altitude. Each pair of climbers will get a personal guide for the entire ascent to monitor your physical and mental conditions. After your successful ascent to Uhuru Peak, you can descend to the nearest glacier if desired. Then you will return to Barafu Camp and after a 2-hour rest continue your descent to Millennium Camp (3,820 m).

Note: Don't forget that 90% of all accidents occur during the descent, including all broken arms and legs. Please pay attention to your feet, as there is a high risk of damaging your toenails.

Change in Elevation: Barafu Camp (4,640 m) — Uhuru Peak (5,895 m) — Millennium Camp (3,820 m)

Hiking distance: 15 km

Hiking time: 8-12 hours

Accommodation: Millennium Camp

Day 9: 29th Jul 2022: Millennium Camp – Mweka Gate – Moshi Town

The camp is situated in a tropical rainforest. When you wake up, you will feel relief from the reduction of the height and the satisfaction of reaching the summit. After a warm breakfast, you will head for the park's exit: Mweka Gate (1,640 m). After your descent the whole group will gather to congratulate you, followed by offering you a chance to share your opinions on the climb in the guestbook. Lastly, we will present you with your commemorative certificates in our office and provide you a transfer back to the hotel.

Change in Elevation: Millennium Camp (3,820 m) — Mweka Gate (1,640 m)

Hiking distance: 12 km

Hiking time: 4-5 hours

Accommodation: Panama Garden Resort (<https://panamagardenresort.co.tz/>)

Day 10: 30st Jul 2022: Moshi Town – JRO Airport

After breakfast at your hotel today we transfer to Kilimanjaro International Airport to connect with your flight back home. Or connect with local flight to Zanzibar. Or go for a safari (**OPTIONAL**)

Note: while most hotels have an 10:00 AM check-out policy, they also offer late check-out for those with evening or night flights. The fees are moderate.

End of Mount Kilimanjaro Challenge!!

Pre- departure Information:

Accommodation

For our accommodated climbing, we make use of mid-range typical African standard hotel accommodation with en-suite facilities. And on mountain we use huts and tents for campsites.

Spending money/tipping:

Clients are advised to bring enough money to cover the purchase of curios, tips for the guide and additional entertainment. US Dollars and Tanzanian Shilling are the most practical and convenient currencies.

It is customary for satisfied climbers to tip guides and porters. Amounts given are entirely within the guest's discretion. As a general guideline however, guests are advised to budget from **\$300-\$400** each for this, dependent upon duration of climb and crew size.

Meals:

All meals are prepared by the local cook and all supplies and cooking equipment are carried by the porters. Breakfast and dinner are hot meals prepared at the various camps while lunch is enjoyed en-route.

Due to the extreme difficulties in logistics variations and options will be limited and we will need advance notice of any special dietary requirements.

First Aid:

Our guides are trained in basic first aid and a mountain rescue fee is included in the cost of the climb. We do however recommend that you bring along a basic medical kit with general consumables and specific prescription medication. Preventative Malaria medication should be taken before the trip and throughout its duration, although it is advisable to consult a doctor prior to departure. Yellow Fever vaccinations compulsory – please contact your Travel Clinic before departure.

Luggage:

The bulk of your luggage will be carried by a porter. Maximum baggage allowance as stipulated by the mountain authority per porter is 15kg, but Steppe Dogs Adventures recommends a limit of 12 kg per person. Please bring soft-sided luggage (e.g a backpack or soft barrel bag), not a suitcase.

In addition to your main luggage we recommend that you bring along a small daypack (approx. 25 – 30 lt. capacity, with a waterproof cover). This will be carried by you and need to include personal items, water, snacks, and camera, waterproof and thermal layers.

Insurance:

It is compulsory for all travelers to have insurance covering their personal requirements, medical expenses and personal possessions. This is to be arranged before leaving your home country. Steppe Dogs Adventures Tanzania has comprehensive public liability insurance.

Visas:

The onus is on the client to organize all visas required for a visit to Tanzania prior to departure.

What Gear you are required to bring!

You are responsible for bringing personal gear and equipment while communal equipment (tents, food, cooking items, etc.) is provided. Below is a gear list of required, recommended and optional items to bring on your climb.

Technical Clothing

- 1 – Waterproof Jacket, breathable with hood
- 1 – Insulated Jacket, synthetic or down
- 1 – Soft Jacket, fleece or soft-shell
- 2 – Long Sleeve Shirt, light-weight, moisture-wicking fabric
- 1 – Short Sleeve Shirt, light-weight, moisture-wicking fabric
- 1 – Waterproof pants, breathable (side-zipper recommended)
- 2 – Hiking pants
- 1 – Fleece Pants
- 1 – Shorts (Optional)
- 1 – Long Underwear (moisture-wicking fabric recommended)
- 3 – Underwear, briefs (moisture-wicking fabric recommended)
- 2 – Sport Bra (women)

Headwear

- 1 – Brimmed Hat, for sun protection
- 1 – Knit Hat, for warmth
- 1 – Balaclava, for face coverage (Optional)
- 1 – Bandana (Optional)

Handwear

- 1 – Gloves, warm (waterproof recommended)
- 1 – Gloves, thin

Footwear

- 1 – Hiking Boots, warm, waterproof, broken-in
- 1 – Gym Shoes, to wear at camp (Optional)
- 3 – Socks, wool or synthetic
- 3 – Sock Liners, tight, thin, synthetic, and worn under socks to prevent blisters (Optional)
- 1 – Gaiters, waterproof (Optional)

Accessories

- 1 – Sunglasses or Goggles
 - 1 – Backpack Cover, waterproof (Optional)
 - 1 – Water Bottle (Nalgene, 32 oz)
 - 1 – Water Bottle (Camelbak type, 3 liters)
 - 1 – Towel, lightweight, quick-dry (Optional)
 - 1 – Pee Bottle, to avoid leaving tent at night (recommended)
- Stuff Sacks, Dry Bags or Plastic Bags, various sizes, to keep gear dry and separate

Equipment

- 1 – Sleeping Bag, warm, four seasons
- 1 – Trekking Poles, collapsible (highly recommended)
- 1 – Head lamp, with extra batteries
- 1 – Duffel bag, 50-90L capacity, for porters to carry your equipment

1 – Daypack, 30-35L capacity, for you to carry your personal gear

*May be rented on location

Other

Toiletries

Prescriptions

Sunscreen

Lip Balm

Insect Repellent, containing DEET

First Aid Kit

Hand Sanitizer

Toilet paper

Wet Wipes (recommended)

Snacks, light-weight, high calorie, high energy (Optional)

Electrolytes, powder or tablets (optional)

Camera, with extra batteries (Optional)

Paperwork

Trip receipt

Passport

Visa (Available at JRO)

Immunization papers

Insurance documents

The most common mistake that climbers make is that they over pack and bring way too much gear.

Be selective in what you take with you. Please note that our porters are limited to carrying 33 lbs (15 kgs) of your personal belongings. Everything the porters will carry for you between campsites should be placed into the duffel bag, including the sleeping bag, but it is OK to pack the sleeping bag separately if necessary. If you rent a sleeping bag from us, note that the bag weighs 5 lbs 6 oz. and this weight does count against the 33 lb limit.

Our porters will place your duffel bag and sleeping bag into a large, sturdy, waterproof bag with a roll-top closure.

If you have excess weight, you will be required to hire an additional porter. It is rare to require an extra porter and should happen only in special cases, such as for carrying extensive photography equipment. You are expected to bring everything you need, though we do rent warm sleeping bags and trekking poles on location. All extra luggage, items you will not use on your climb, such as safari clothing, gear and equipment, can also be safely stored at the hotel.

Plastic, recyclable water bottles are not allowed in the park, due to past problems with litter. So water should be carried in Nalgene bottles, water bladders, or similar devices. You should be able to carry 3-4 liters of water with you at all times. Please do not bring alcohol. It is illegal to have alcohol in the park. Our staff will not carry it for you. Besides, drinking and high altitude do not mix well.

Checked luggage on airplanes can get lost or delayed on the way to Tanzania. You should prepare for this possibility by wearing or carrying on the items that are essential to your

Kilimanjaro climb. While most clothing, gear and equipment can be replaced in Tanzania prior to your climb, there are some things that you should not replace.

Steppe Dogs Adventures recommends that you wear one complete hiking outfit on the plane, including a long sleeve shirt, hiking pants, underwear, socks, and hiking boots. In your carry-on baggage, you should bring your backpack, waterproof jacket and pants, insulated jacket, fleece pants, snacks, toiletries, medications, camera and all paperwork. Airline regulations do not allow you to carry trekking poles on the plane. Make sure you do wear/carry your hiking boots; wearing a different pair of boots on your climb will likely cause blistering.

If your baggage is lost or delayed, please notify us immediately upon your arrival so we can assist you in assembling the necessary gear. We will take you to local, independently owned rental gear shops in Moshi. Note that these shops generally carry second-hand items that may not be up to Western standards. Steppe Dogs Adventures cannot guarantee the fit, quality or functionality of items found in local shops. Therefore, we strongly encourage you to carry on the most important pieces of gear as noted above. We will make reasonable attempts to deliver delayed luggage to you on the mountain. All additional expenses that are incurred by us while resolving lost or delayed luggage problems must be reimbursed locally.

Should I Get a Medical Check Up?

All climbers should have a medical check prior to attempting the mountain. Ask your doctor if high altitude trekking is permissible for your age, fitness level and health condition. Ask if you have any preexisting medical conditions that can cause problems on the climb. Ask if any of your medications can affect altitude acclimatization. Ask whether Diamox can be taken with your existing prescription medicines.

If you have any medical issues that can be make climbing Kilimanjaro more dangerous for you than the average person, we need to be informed of this before you book.

Such medical issues include but are not limited to: spine problems; circulation problems; internal problems such as diabetes, hypoglycemia, intestinal or kidney problems; respiratory issues such as asthma; high or low blood pressure; head trauma or injury; heart conditions; blood disease; hearing or vision impairment; cancer; seizure disorders; joint dislocations; sprains; hernia.

The minimum age for climbing Mount Kilimanjaro is 10 years old. There is no maximum age. However, the climb is strenuous and presents health risks, especially to people in high risk categories. Serious consideration should be given to anyone under the age of 18 and over the age of 60. The climbers on the extreme ends of the age spectrum should definitely consult their doctor.

Our minimum fitness requirements are that each climber must have a resting heart rate of under 100 beats per minute. We will check your resting heart rate before your climb. If your resting heart rate is above 100, you will be required to see a local doctor prior to the climb to get approval. The average resting heart rate is 60-80 beats per minute.

What Are the Entry Requirements for Tanzania?

Foreigners seeking to enter the United Republic of Tanzania should be in possession of a valid passport, at least six months prior to expiration. The passport is to be presented to the Immigration Control Officer at any entry point: border station, airport, and harbor. The passport must be presented along with one of the following:

- ❖ A valid visa

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- ❖ Resident permit
- ❖ A pass

A visitor must also present an onward or return ticket together with proof that the visitor has sufficient funds to support himself or herself while in Tanzania.

All foreigners from non-Commonwealth countries are required to have a valid visa unless their countries have agreements with Tanzania under which the visa requirement is waived. Exemptions: Citizens of Commonwealth countries are not required to obtain visas unless they are citizens of the United Kingdom, Canada, Nigeria, or India. The visa is permission granted to a foreigner who intends to travel to Tanzania on business, for a holiday, to study or conduct research, or for other approved activities. When entering Tanzania, the visitor with a visa may then obtain from the immigration control officer, a pass or any other authority to enter the country.

Visas are issued by the following:

- ❖ The office of the Director of Immigration Services, Dar es Salaam, and the office of the Principal Immigration Officer, Zanzibar.
- ❖ Tanzanian representatives abroad: Visas can be obtained at Tanzanian Embassies and High Commissions, such as the [Tanzanian Embassy of the United States](#).
- ❖ Entry points to the United Republic of Tanzania: principally Namanga, Tunduma, Sirari, Horohoro, Kigoma port, Dar es Salaam International Airport, Kilimanjaro International Airport, Zanzibar Harbour and Zanzibar Airport.
- ❖ Any other gazetted entry point.

At Kilimanjaro Airport, passengers disembark their flights outside on the tarmac. Upon entering the airport, there is one line for visitors who have their visas and one line for visitors who need to purchase their visas.

To avoid potential loss of passports in the mail or delays in visa processing, Steppe Dogs Adventures recommends that US citizens obtain their visas upon arrival, at Kilimanjaro International Airport. It is an easy and simple process. The cost of a Tanzanian visa for US citizens is \$100, payable in US dollars.

Canadian, Australian, British and most European passport holders can also obtain visas upon arrival at the airport. The cost of a Tanzanian visa is \$50, payable in US dollars. Confirm with your embassy.

What Vaccinations, Immunizations and Medications Do I Need?

The following information was obtained from the [Center for Disease Control and Prevention, Tanzania](#).

Recommended Vaccinations and Preventive Medications

The following vaccines may be recommended for your travel to East Africa. Discuss your travel plans and personal health with a health-care provider to determine which vaccines you will need.

- ❖ **Hepatitis A** or immune globulin (IG). Transmission of hepatitis A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested in contaminated water; or from fruits, vegetables, or other foods that

are eaten uncooked and that were contaminated during harvesting or subsequent handling.

- ❖ **Hepatitis B**, especially if you might be exposed to blood or body fluids (for example, health-care workers), have sexual contact with the local population, or be exposed through medical treatment. Hepatitis B vaccine is now recommended for all infants and for children ages 11-12 years who did not receive the series as infants.
- ❖ **Malaria**: your risk of malaria may be high in all countries in East Africa, including cities. See your health care provider for a prescription antimalarial drug.
- ❖ Meningococcal (meningitis) if you plan to visit countries in this region that experience epidemics of meningococcal disease during December through June.
- ❖ **Rabies**, pre-exposure vaccination, if you might have extensive unprotected outdoor exposure in rural areas, such as might occur during camping, hiking, or bicycling, or engaging in certain occupational activities.
- ❖ **Typhoid vaccine**. Typhoid fever can be contracted through contaminated drinking water or food, or by eating food or drinking beverages that have been handled by a person who is infected. Large outbreaks are most often related to fecal contamination of water supplies or foods sold by street vendors
- ❖ **Yellow fever**, a viral disease that occurs primarily in sub-Saharan Africa and tropical South America, is transmitted to humans through the bite of infected mosquitoes. The virus is also present in Panama and Trinidad and Tobago. Yellow fever vaccination is recommended for travelers to endemic areas and may be required to cross certain international borders (For country specific requirements, see Yellow Fever Vaccine Requirements and Information on Malaria Risk and Prophylaxis, by Country.). Vaccination should be given 10 days before travel and at 10 year intervals if there is on-going risk. · As needed, booster doses for tetanus-diphtheria, measles, and a one-time dose of polio vaccine for adults.

Malaria

Malaria is always a serious disease and may be a deadly illness. Humans get malaria from the bite of a mosquito infected with the parasite. Your risk of malaria may be high in all countries in East Africa, including cities. All travelers to East Africa, including infants, children, and former residents of East Africa, may be at risk for malaria. Prevent this serious disease by seeing your health care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites.

All travelers should take one of the following drugs:

- ❖ atovaquone/proguanil,
- ❖ doxycycline,
- ❖ mefloquine, or
- ❖ primaquine (in special circumstances).

Yellow Fever

A certificate of yellow fever vaccination is required for entry into Tanzania when arriving from [countries where yellow fever is present](#).

Food and Waterborne Diseases

Make sure your food and drinking water are safe. Food and waterborne diseases are the primary cause of illness in travelers. Travelers' diarrhea can be caused by viruses, bacteria, or parasites, which are found throughout East Africa and can contaminate food or water. Infections may cause diarrhea and vomiting (E. coli, Salmonella, cholera, and parasites), fever (typhoid fever and toxoplasmosis), or liver damage (hepatitis).

To stay healthy, do...

- ❖ Wash your hands often with soap and water or, if hands are not visibly soiled, use a waterless, alcohol-based hand rub to remove potentially infectious materials from your skin and help prevent disease transmission.
- ❖ In developing countries, drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. If this is not possible, learn how to make water safer to drink.
- ❖ Take your malaria prevention medication before, during, and after travel, as directed. (See your health care provider for a prescription.)
- ❖ To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot, even on beaches.
- ❖ Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
- ❖ Protect yourself from mosquito insect bites:
- ❖ Wear long-sleeved shirts, long pants, and hats when outdoors.
- ❖ Use insect repellents that contain DEET (N, N-diethylmethylethanolamide).
- ❖ If no screening or air conditioning is available: use a pyrethroid-containing spray in living and sleeping areas during evening and night-time hours; sleep under bed nets, preferably insecticide-treated ones.

Do not...

- ❖ Do not eat food purchased from street vendors or food that is not well cooked to reduce risk of infection (i.e., hepatitis A and typhoid fever).
- ❖ Do not drink beverages with ice.
- ❖ Avoid dairy products, unless you know they have been pasteurized.
- ❖ Do not swim in fresh water to avoid exposure to certain water-borne diseases such as schistosomiasis.
- ❖ Do not handle animals, especially monkeys, dogs, and cats, to avoid bites and serious diseases (including rabies and plague). Consider pre-exposure rabies vaccination if you might have extensive unprotected outdoor exposure in rural areas.
- ❖ Do not share needles for tattoos, body piercing or injections to prevent infections such as HIV and hepatitis B.
- ❖ Avoid poultry farms, bird markets, and other places where live poultry is raised or kept.

Do I Need Travel Insurance?

Travel insurance is required to participate on this trip.

Trip deposits are non-refundable and balance payments are only partially refundable. Therefore, it is prudent for you to protect your investment against trip cancellation, interruption, delays and unforeseeable expenses. Standard travel insurance provides coverage for:

- ❖ Trip cancellation
- ❖ Trip interruption
- ❖ Missed connection
- ❖ Travel delay
- ❖ Baggage delay and personal items lost
- ❖ Hurricane and weather
- ❖ Employment layoff
- ❖ Pre-existing medical conditions
- ❖ Emergency medical
- ❖ Medical evacuation and repatriation
- ❖ Financial default
- ❖ Terrorism

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At a minimum, the insurance should protect you against trip cancellation and trip interruption, should you need to cancel your trip due to circumstances such as training injuries or sickness or emergencies. Ideally, insurance should cover high altitude trekking (not to be confused with "mountaineering" or "mountain climbing" which most insurance will not cover) and all medical and repatriation costs.

For our customers residing in the USA, we recommend that you obtain Travel Guard's Silver, Gold or Platinum plans, which provide coverage for high altitude trekking, trip cancellation, interruption and delay; lost, stolen and damaged baggage; medical expenses and emergency medical evacuation; and luggage delay, for a low cost.

Climbers are strongly advised to obtain travel insurance immediately after booking their trip. Travel Guard insurance covers trip cancellation due to pre-existing conditions only when insurance is purchased within 15 days of booking. Clients must be able to provide proof of insurance to staff upon request. Clients who fail to obtain travel insurance will not be allowed to climb.