



GENERAL INFORMATION

WHAT TO TAKE WITH YOU ...

Documents:

- ✓ Passport
- ✓ Entry Visa (Can be purchased on entry into Tanzania. Details below)
- ✓ Travel Insurance
- ✓ Yellow Fever Certificate (If travelling from a country that is at risk)

Luggage

- ✓ Day pack, for you to carry
- ✓ Large duffel bag or backpack, for porters to carry
- ✓ Plastic bags

Clothing

You want your inner layer to be wicking—not cotton. Next layer should be insulating and warm, and the top layer should be water proof but breathable. You will need clothes for hiking during the day, lounging in the evening, and for sleeping. Layers are important as temperatures vary greatly. Kilimanjaro may be on the equator, but it gets cold up there!

- ✓ Shorts, for first and last day only
- ✓ Trousers, for hiking and for the evenings
- ✓ Short-sleeved or t-shirts
- ✓ Long-sleeved shirts, for hiking and for the evenings
- ✓ Long underwear
- ✓ Fleece jacket or wool sweater
- ✓ Fleece trousers
- ✓ Down jacket or ski parka (for temperatures well below freezing plus wind)
- ✓ Water proof jacket and trousers
- ✓ Mittens and/or gloves (waterproof, one thin pair, one thick pair that can be layered)
- ✓ Woollen hat or Balaclava and/or neck scarf

Footwear

Be sure to break in your shoes before the hike!

- ✓ Trekking shoes for hiking during the day, preferably warm, waterproof, and with ankle-support—not too light and not too heavy
- ✓ Comfortable shoes or sandals for lounging in the evening
- ✓ Gaiters
- ✓ Hiking socks for warmer conditions
- ✓ Wool socks for colder conditions
- ✓ Sock liners to wick away moisture

Sleeping

- ✓ Sleeping bag (Rated -10 degrees F/-25 degrees C or colder is recommended)
- ✓ Fleece sleeping bag liner

Other

- ✓ Water bottles or Camelback
- ✓ To prevent water from freezing on summit day, keep your water source inside your jacket. For Camelbacks, blow air back into the bladder after each sip and drink often.
- ✓ Water purification tablets
- ✓ Sun hat
- ✓ Sunglasses
- ✓ Money in US\$ (see tipping guidelines)



What to take continued ...

- ✓ Ski or trekking poles
- ✓ Headlamp or torch
- ✓ Bring double extra sets for headlamp/flashlight and camera as cold weather shortens their life
- ✓ Energy bars, boiled sweets, snacks, and comfort foods
- ✓ Playing cards, games, books, for the evenings
- ✓ Umbrella, particularly useful in the rainy season, can be purchased in the market for around \$2
- ✓ Plastic bags and zip-lock bags for waterproofing
- ✓ Salt, pepper, spices for bland food
- ✓ Toiletries – including toilet tissue (bio-degradable preferably)

First Aid

- ✓ Ibuprofen, Acetaminophen, or Aspirin (talk to doctor)
- ✓ Throat lozenges
- ✓ Plasters
- ✓ Moleskin
- ✓ Sunscreen (SPF 15+) & Lip balm with sunscreen
- ✓ Insect repellent
- ✓ Disinfectant, Antiseptic cream
- ✓ Diarrhea medicine
- ✓ Antihistamines
- ✓ Melatonin (1-3mg) or other sleep aid
- ✓ Malaria pills (talk to doctor)
- ✓ Diamox (talk to doctor)

Gifts for Guides, Porters, Locals

- ✓ Shoes
- ✓ Any warm clothing
- ✓ T-shirts
- ✓ Hats
- ✓ Pens

Points to remember

- The pack that the porters carry is limited to 15 kg (35 pounds)
- Overweight or extra luggage will require an extra porter at \$10/day
- Store electronics in sealed water-proof bags (double sealed if possible)
- Wrap clothing in plastic bags
- In the day pack, take along water, sunglasses, camera, binoculars, waterproof trousers and jacket at a minimum. Add any other items you might need during the day because you may not see the porters until the end of your trek for that day.

We would recommend that you bring all the necessary clothing and equipment with you. However it is possible to hire equipment from the hotel if necessary including sleeping bags, rucksacks and hiking poles. All equipment is of a good standard but availability can be limited, Please contact us for further details.



VISA INFORMATION:

Generally entry visas may be obtained without any difficulty on arrival in Tanzania, either at an airport or at a land border. The fee is \$50 US (\$100 if you hold a US passport), however should you have some doubts about your status or about obtaining the visa you should contact your nearest Tanzanian Consulate. You may apply for your visa in advance of your trip, though make sure you do this allowing for plenty of time as you will be required to send off your passport with your visa application and payment.

HEALTH INFORMATION:

A valid yellow fever certificate is only required if coming from an area where there is risk of yellow fever. Otherwise no other health documentation is needed to enter Tanzania. Please consult your doctor regarding what medical precautions you should take prior to your journey. Care should be taken on how to deal with the possibility of catching malaria and anti malaria tablets are recommended.

Mountaineering above 5000m requires good physical fitness and health. It is advisable to consult your doctor prior to making your booking if you have any doubts. Do NOT climb higher than 9000ft (2700m) if you have: a respiratory infection, sore throat, cold, cough, high temperature, nose bleed.

Hazards of High Altitude Mountaineering: Your guide on Kilimanjaro will not only have basic first aid training but also he has many years of experience guiding walkers on Kilimanjaro. If you are at any stage concerned about anybody's health or any aspect of the trip please consult him in the first instance. All Kilimanjaro guides will do their utmost to get you to the summit safely. They will not advise you to turn back unless they have an excellent reason. **Please heed their advice.**

In the event of any problem or accident guides have contact with base and can summon a ranger rescue team, these can reach most points on the mountain in just a few hours. Your park entry fees include a mountain rescue fee that covers for all expenses other than air rescue. Apart from this please make yourself aware of the medical problems associated with high altitude mountaineering.

You should carry your own first aid kit and be familiar with its use. Problems peculiar to the tropics and high altitudes need special attention. Altitude Sickness: Problems result from the inability of the human body to adjust to a rapid gain in altitude and range from mild cases of Acute Mountain Sickness (AMS), experienced to some extent by most climbers, to the often fatal Pulmonary and Cerebral Oedemas, the latter being far less common. A slow pace and copious fluid intake (unless oedema is suspected) reduce the severity of Altitude Sickness. Dehydration, even mild, leads to thickening of the blood with increased possibility of pulmonary embolism or a thrombosis. Urine colour should be pale and the output copious. (Oedemas are the accumulation of liquid in a part of the body).

Symptoms of AMS include loss of appetite, headache, nausea, vomiting, exhaustion, lassitude, weakness, a rapid pulse even at rest, insomnia, swelling of hands and/or face and reduced urine output. Climbers with severe symptoms must stop ascending and seriously consider descending to a lower altitude, since often a drop of as little as 500m. and a stay of a couple of days at that level will allow recovery. The drug DIAMOX can sometimes help or prevent or reduce the severity of AMS. With Pulmonary Oedema, additional symptoms may be noticed – shortness of breath, even at rest, gurgling, bubbly sounds in the chest and sometimes watery blood-tinged sputum. Skin may be cold and clammy, lips and finger nails bluish. With Cerebral Oedema, severe headache, hallucination and lack of co-ordination are additional symptoms. Treatment: IMMEDIATE DESCENT.

Pneumonia: This can kill, in some cases very rapidly. Symptoms include rise in temperature, pain in chest, shivering, rapid breath and dry cough sometimes with red mucus. Cure involves keeping the patient warm, getting him to lower altitudes, providing warm drinks and antibiotics, and by beating chest to encourage coughing.

Sun: At an altitude of 4,000m, only about 60% of the harmful UV sunlight is filtered out by the atmosphere. This can result in very rapid burning of exposed skin; lips are particularly badly affected. Good suncreams are recommended. Dark glasses with side panels should be worn when crossing snow to prevent snow blindness, even in misty conditions. Snow blindness is painful and feels like sand in the eyes; rest and eye drops help; great care is required to avoid rubbing eyes (bandaging?).



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HYGIENE:

Do not pollute streams by washing yourself or catering-utensils in them. These are water supplies for you and other people. If there is no latrine dig a private hole for your excrement as far as possible from camps or paths, using an ice axe or stick, then refill it neatly. Do not leave rubbish lying around. Some, such as food and paper can be buried in well-vegetated zones, but tins, bottles, metal foil and plastics must be carried out.

Information and recommendations contained in this section should be regarded as a guide only. More detailed information can be obtained from specialised publications such as 'Medicine for Mountaineering' (The Mountaineers, Seattle, USA).

SAFETY:

Our guides will provide the necessary level of safety and you must follow the his safety instructions at all times. The guide is equipped with a radio, GPS, mobile telephone, all necessary group equipment. There will be sections when the group will be roped together when crossing some of the iced areas. Should your guide make a decision to stop the program due to weather conditions being dangerous and a threat to your safety, we request that you respect this decision. All clients should have medical insurance which can cover medical and other expenses in any emergency incidents.