



## KILIMNAJARO MARATHON DETAILED TRIP PROGRAM

**DAY 1 SAT AUG 18TH- ARRIVAL TO MOSHI, TANZANIA.** An airport transfer from JRO airport to our host hotel for those flying in on this day is included.

*Those coming in from our pre-marathon tour will arrive this evening which is DAY 9 for them, well acclimated for elevation and ready to go!*

\*If coming in early or doing a different activity organized on your own to acclimate, please make your way to the hotel.

*\*\*If you wish to do a 5 or 6 day trek on Kilimanjaro the traditional way on one of the different routes/trails than what we use for the marathon- to acclimate very well prior to the marathon, please let us know and we will arrange that for you (with some of the same guides and staff who will work the marathon!). We will coordinate everything so you are transferred to the hotel on this day (or earlier than today if you want extra time to rest after completion of the trek and prior to the marathon).*

At the hotel we will have a Meet and Greet. Included Dinner at hotel. Overnight in Moshi

**DAY 2 SUN AUG 19TH- RACE PREPARATION DAY.** Breakfast at hotel. We can head out on a shakeout run and visit some nearby rice fields and local areas. Later we will pack and prep for race and have our mandatory race meeting and packet distribution. Optional tours are available in the afternoon. The evening is free time. Included dinner at hotel. Overnight in Moshi

**DAY 3 MON AUG 20TH- DEPART FOR KILIMANJARO AND CAMP ON THE MOUNTAIN.** Breakfast at hotel. Then we take our gear and drive to the National Park Gate where we take care of some formalities to enter the park. Lunch will be served at the trailhead and then we have about a 4 mile walk (a little over 6km) to our first campsite.

Everything will be set up when we arrive and all you have to do is hike with a day pack, we take care of everything at the camp from setting up tents, carrying gear, cooking meals, etc.

The rest of the afternoon is for you to relax, prepare your gear for the race, eat a hearty dinner that will be served, and get to bed early for the start of the marathon the next morning. Dinner and Overnight Camping in the National Park

**DAY 4 TUE AUG 21ST- THE KILIMANJARO TRAIL MARATHON TO THE ROOFTOP OF AFRICA!** Today is the day! We will have a very early wakeup, a complete hot breakfast with drinks- (coffee, tea, hot chocolate, water) will be served and then it is time to gear up.

Later we will make our way to the start line and at 0500 AM, the Race begins! (See race details section for all race information)



When you complete your race you will be on the other side of the mountain on the way down. You will be greeted by our staff and other runners celebrating your accomplishment. Then you will have a very hearty dinner and access to your gear. Your tent and sleeping bag will be waiting for you as you will get some well deserved sleep. We will camp at the Horombo hut.

**DAY 5 WED AUG 22ND- SLEEP IN! WALK DOWN TO THE PARK EXIT.** Sleep in and then we have breakfast. In the late morning we will walk downhill through sections of Rainforest and make our way to the park exit. This is a gentle downhill walk and very scenic. We are not rushed so we will arrive in the afternoon. There our private transport will take us back to Moshi and our hotel where it is time for celebration. Included dinner and awards ceremony tonight. Overnight in Moshi

**DAY 6 THU AUG 23RD- DEPARTURE.** Breakfast at hotel. Turn in Gear. If flying out today, free time until your included transfer to the airport for your flight

"End of trip"

OR continue onward for other excursions, etc.

Note: Some gear (ie sleeping bag, parka, hiking poles, etc) can be rented on site for an extra charge.



### **Erik's Adventures LLC Terms and Conditions**

#### **Events: Kilimanjaro Marathon Tour and Pre-Marathon Tour: AUG 2018**

Please read the Terms and Conditions very carefully. They outline the terms under which Erik's Adventures, LLC will operate and they limit our liabilities. These booking conditions will form part of your contract with Erik's Adventures LLC, registered at 6901 High Point Rd, Arena, WI 53503. Different terms and conditions may apply between you and any one of the hotels, car rental companies, cruise companies, trains, and airlines, other service providers, etc, that are associated with your itinerary.

**RESERVATIONS, DEPOSITS & FINAL PAYMENTS: PLEASE REVIEW THESE!**

A Deposit of US\$ 500 per person is required to proceed with your reservation.

The balance of the payment must be received on or before 4/31/18. If any reservation is made and confirmed by us after 4/31/18, full payment is due at the time of confirmation of services.

NOTE: Any changes to the tour itinerary once finalized will result in a minimum charge of US\$ 100 per person per change.

CANCELLATION: All cancellations and refund requests must be made in writing.

Racers Cancel Policy:

The following fees will be imposed based on the number of days prior to departure plus any cancellation charges levied by service providers. Prior to 03/01/2018 the deposit is 100 percent refundable. 03/01/2018 – 90 days- full loss of deposit. Cancellation less than 90 days will have no refunds at all for any reason- you will forfeit the entire trip cost. (Please use travel insurance to cover this risk)

Please note- For all Participants:

If you should cancel while the tour is in progress for any reason- No refunds will be made for any unused portions of the tour.

No refund at all can be made for any tour accommodations, tour services, activities, or tour features that you do not utilize.

TRAVEL PROTECTION PLAN: We very strongly recommend that you opt for a travel protection policy should there be any unforeseen circumstances, which may lead to the cancellation of your tour. Erik's Adventures, LLC can assist with your travel protection plan so please check with us at the time of booking, and before making your final payment. We work with a very reputable insurance company. To purchase insurance from one of our partners or simply inquire and get information- please use this link:

<http://www.travelexinsurance.com/index.asp?LOCATION=49-0029>

TRAVEL DOCUMENTS: It is the passenger's responsibility to ensure that all of his or her visa and passport requirements are met. All participants must be in possession of a passport valid for at least six months beyond the re-entry date into your home country and with two or more blank pages. Visas and necessary vaccinations may be required for some or all of the countries visited on your tour. Please check the visa requirements at the time of booking.

HEALTH REQUIREMENTS: Health regulations for some countries visited on your tour may require proof of inoculations and/or vaccination certificate; such certificate should be in your possession throughout the entire



tour. It is our recommendation that you consult your personal physician or Passport Health via the web at [www.passporthealthusa.com](http://www.passporthealthusa.com) in regards to your itinerary and required inoculations. Erik's Adventures, LLC, will not be held liable if you do not have proper vaccinations / inoculations.

**RESERVATION OF RIGHTS:** Erik's Adventures, LLC (when deemed necessary) reserves the right to: (1) cancel any itinerary or any part of it. (2) Erik's Adventures reserves the right to alter any part of the itinerary if necessary (this includes, but is not limited to, substitution of hotels, rescheduling, re-routing, or canceling the actual 2018 Kilimanjaro Marathon Race) due to safety concerns, and/or circumstances outside its control (including but not limited to: worker strikes, dangerous weather conditions, changing government regulations, natural disasters- (floods, mudslides, earthquakes etc), sudden closure of the trails on Kilimnajaro, hostilities, civil disturbances, strikes, riots, etc.). (3) In the unlikely event that the actual Race or any other Tour activity is altered or canceled - No refunds or credits will be issued. (4) Decline to accept to retain any person as a tour passenger should such person's health, mental or physical condition, in the sole opinion of Erik's Adventures, LLC- impede the operation of the tour for the other passengers. Tour members are held responsible for being in sufficient good health to undertake the tour. If a passenger is asked to leave while the tour is in progress, that person will be responsible for charges incurred on account of such departure from the tour and/or their return to the USA.

**RESPONSIBILITY – LIMITATIONS OF LIABILITY:** Erik's Adventures, LLC and its associates act only as agents for the owners and contractors providing means of transportation and other related services and shall not be or become liable or responsible in any way in connection with such means of transportation or other services, or for any loss, injury or damage to, or in respect of any person or property howsoever caused or arising. Erik's Adventures, LLC does not control the operations of these agents and as a result **CANNOT BE HELD LIABLE FOR ANY PERSONAL INJURY, PROPERTY DAMAGE OR OTHER CLAIM** (including refunds or credits for the tour) which may occur as the result of any and/or all of the following (1) the wrongful, the negligent or arbitrary acts or omissions on the part of the independent supplier, agent, its employees or others who are not under the direct control or supervision of Erik's Adventures, LLC (2) defects or failures of any vessel, air craft, vehicle or other instrumentality which is under the control of an independent supplier; or (3) loss, injury or damage to person, property or otherwise, resulting directly or indirectly from any Acts God, dangers incident to the sea, fire, breakdown in machinery or equipment, or wars (whether declared or not), hostilities, civil disturbances, strikes, riots, theft, pilferage, medical epidemics, quarantines or customs regulation, defaults, (4) Delays or cancellations or alterations in the trip itinerary due to schedule changes, or from any causes beyond Erik's Adventures, LLC control. (5) Further Erik's Adventures, LLC is not liable for any loss or damage resulting from insufficient or improperly issued passports, visas or other legal documents. (6) The Kilimanjaro Trail Marathon Tour involves some inherent dangers and risks associated with the activities that make up parts of the tour, and that it potentially may be hazardous. You agree to expressly assume all known and unknown risks associated with The Kilimanjaro Trail Marathon Tour (AND Pre marathon tour if also participating on that trip), including but not limited to: loss of or damage your property; injury (including death); and accidents. Erik's Adventures is not liable for any injury, sickness, or in the unlikely event of death that could happen on tour or as a result of participating on the tour or any activity within the tour. Certain activities carry a higher risk of injury than others and all participants entering into any activity do so on their own free and assume all risks. All coupons, vouchers, invoices, contracts and tickets issued by Erik's Adventures LLC, are subject to the terms and conditions outlined above.



DISCLAIMER: Please note that the tour information shown in your final itinerary may have changed by the time you actually travel. While every effort is being made to ensure the accuracy of the itinerary at the time of finalizing your tour, errors do occasionally occur. You must therefore check all details of your chosen holiday arrangements, including price at the time the booking.

### **Erik's Adventures LLC- Release of Liability for all Kilimanjaro Trail Marathon Racers 08/21/2018**

Please read this race waiver very carefully. It includes a release of liability and waiver of legal rights and deprives you of the ability to sue certain parties. Do not agree to this document unless you have read and understood it in its entirety. By agreeing, you acknowledge that you have both read and understood the text presented to you as part of the registration process for the Kilimanjaro Trail Marathon. You also understand and agree that participation in the Kilimanjaro Trail race and the entire Marathon Tour carries certain inherent dangers and risks, which may or may not be readily foreseeable, including without limitation personal injury, property damage or death. Your ability to participate in the event is subject to your agreement to the waiver and by agreeing herein, you accept and agree to the terms of the waiver and release agreement.

1. By indicating your acceptance, you understand, agree, warrant and covenant as follows:

By agreeing to this document, I acknowledge my understanding that my participation in the 2018 Kilimanjaro Trail Marathon and/or any pre or post-race activities on the Kilimanjaro Trail Marathon Tour (the race and pre/post-race activities in the tour are individually and collectively referred to as the "Event") involves rigorous physical activity and that it potentially may be hazardous. I attest and verify that I am physically fit and have sufficiently trained for the Event and that, if appropriate, my physical fitness to participate in the Event has been verified by a licensed medical doctor. I expressly assume all known and unknown risks associated with the Event, including but not limited to: loss of or damage to my property; injury (including death); accidents; the effects of weather; terrain conditions that may vary widely; and that may include uneven, steep, unstable, and/or slippery surfaces; unpredictable spectators/participants, and natural and man made obstacles (including without limitation, vehicles, security barriers, signs, cables, mats, rocks, holes, and debris on the course). The event takes place in a remote area with a harsh environment. This increases the risks of participating in the Event, and due to its location- medical help and emergency assistance may take a longer time to arrive.

In consideration of my participation in the Event, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns (a) waive and release any and all rights, claims and causes of action I have or may have against any Race Organizer (as defined below) that may arise as a result of my participation in the Event; and (b) agree to indemnify, defend, and hold harmless all Race Organizers from and against any and all injuries, losses, causes of action, liabilities, damages, expenses (including attorney's fees and court costs) or claims (collectively, "Claims") that might arise directly or indirectly from my participation in the Event and/or the condition of the raceway, property, facilities or equipment used for the Event, regardless of when such Claim may arise including, without limitation, Claims relating to (i) theft, loss or disappearance of property, (ii) bodily injury (including fatality), and (iii) property damage, for all claims and losses (including attorney's fees and court costs), which may be brought against any one or more of them by anyone claiming to have been injured or otherwise to have suffered loss or damage as a result of my participation in the Event. For these purposes, a "Race Organizer" is any one or more of the following: Erik's Adventures LLC, including it's owners, agents and contracted employees, all governmental agencies representing the territory in which the Event will be held and from which resources (such as, without limitation, fire, police and ambulance



person) are provided; all sponsors, agents, vendors, medical personnel and contractors and volunteers of or for the Event; (for example, porters, guides, locals) and all medical service providers; and the officers, directors, employees, representatives, successors and assigns of each of the foregoing.

I further grant full permission to any and all Race Organizers to store, use, reproduce and/or resell my image or likeness by any audio and/or visual recording technique (including electronic/digital) now in existence or hereafter invented, for any legitimate purpose. I understand and agree that information about me that is collected by the Race Organizers, including without limitation information in the application this form, and my Event results, and any and all medical information that I may disclose to Event medical personnel, may be disclosed to third parties for any legitimate purpose.

I acknowledge and agree to abide by any Official Rules for the Event that may be posted at the Event or on the Event's website or otherwise communicated to me verbally or in writing at the Event- by Event officials. I hereby represent and warrant that I am 18 years of age or older or, if applicable, that I am the parent or legal guardian of the child under the age of 18 years old who I am registering for the Event and that I have the full power and authority to agree to these terms on behalf of such child, and to bind him/her to these terms. You represent and warrant to Erik's Adventures LLC that you have full legal authority to complete this event registration on behalf of yourself and/or any party you are registering (the "Registered Parties").

## 2. Reservation of Rights

Erik's Adventures reserves the right to re-route, or cancel the actual Kilimanjaro trail Marathon Race (on Aug 21, 2018) due to safety concerns, and/or circumstances outside our control (including but not limited to: worker strikes, dangerous weather conditions, changing government regulations, natural disasters- (floods, mudslides, earthquakes etc), sudden closure of the Trail, hostilities, civil disturbances, strikes, riots, etc.). In the unlikely event that the actual Race is altered or canceled - No refund will be made. In this case every effort will be made to substitute a viable alternative event/tour in its place and the rest of the tour will continue, following the original itinerary, as much as circumstances will allow.

## 3. Waiver.

YOU UNDERSTAND THAT PARTICIPATION IN THE EVENT IS POTENTIALLY HAZARDOUS, AND THAT A REGISTERED PARTY SHOULD NOT PARTICIPATE UNLESS THEY ARE MEDICALLY ABLE AND PROPERLY TRAINED. YOU UNDERSTAND THAT EVENTS MAY BE HELD OVER TRAIL SURFACES THAT ARE STEEP, UNEVEN, DANGEROUS, AND FACILITIES OPEN TO THE PUBLIC DURING THE EVENT AND UPON WHICH HAZARDS ARE TO BE EXPECTED. PARTICIPATION CARRIES WITH IT CERTAIN INHERENT RISKS THAT CANNOT BE ELIMINATED COMPLETELY RANGING FROM MINOR INJURIES TO CATASTROPHIC INJURIES INCLUDING DEATH. YOU UNDERSTAND AND AGREE THAT IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE EVENT, YOU AND ANY REGISTERED PARTY, THE HEIRS, PERSONAL REPRESENTATIVES OR ASSIGNS OF YOU OR THE REGISTERED PARTY DO HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE ACTIVE FOR ANY AND ALL LIABILITY FROM ANY AND ALL CLAIMS ARISING FROM PARTICIPATION IN THE EVENT BY YOU OR ANY REGISTERED PARTY.

4. Indemnification. You agree to indemnify and hold Erik's Adventures harmless from and against any and all damages, costs, claims or demands, including reasonable attorneys' fees, made by any third party due to or arising from or relating to your use of Erik's Adventures or the violation of any term of this Agreement and Waiver as well as the Terms of Service.



5. Severability. You further expressly agree that this Agreement and Waiver is intended to be as broad and inclusive as is permitted by law and that if any provision of this Agreement and Waiver shall be found to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and Waiver and shall not affect the validity and enforceability of any remaining provisions

BY SIGNING THIS DOCUMENT YOU ARE AFFIRMING THAT YOU HAVE READ AND UNDERSTAND THIS AGREEMENT AND WAIVER AND FULLY UNDERSTAND ITS TERMS. YOU ALSO UNDERSTAND THAT YOU ARE GIVING UP SUBSTANTIAL RIGHTS, INCLUDING THE RIGHT TO SUE. YOU ACKNOWLEDGE THAT YOU ARE SIGNING THE AGREEMENT AND WAIVER FREELY AND VOLUNTARILY, AND INTEND BY YOUR ACCEPTANCE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

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Above Line for Signature and Date

Print your full name here \_\_\_\_\_



## **INSURANCE:**

We recommend a separate contract with The flying doctor services: <http://www.flydoc.org/services/air-ambulance.php>

AMREF Flying Doctors provides medical evacuations for patients in serious medical conditions, using both air and ground ambulances. AMREF Flying Doctors' air ambulances are fitted with life-saving equipment to respond to medical emergencies, including intensive care cases. One free air ambulance transfer from Tanzanian wilderness areas to a Nairobi hospital.

It is typically only about \$20 per person for 14 days (minimum time you can choose). I can help set this up with you to get coverage vouchers with this company.

Please note: your contract would be direct with them, so it's best to check out their site (above) for terms and conditions, etc. Hospital costs, treatments, etc are not covered by this, only the transport.

## **Health:**

Yellow fever info: The government of Tanzania requires proof of yellow fever vaccination upon arrival **only if** you are traveling from a country with risk of yellow fever to Tanzania.

<http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-3-infectious-diseases-related-to-travel/travel-vaccines-and-malaria-information-by-country/tanzania#seldyfm533>

CDC Health info for Tanzania and suggested vaccines, etc:

[http://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania?s\\_cid=ncezid-dgmg-travel-single-001](http://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania?s_cid=ncezid-dgmg-travel-single-001)

\*\*It's best to show a doctor or travel clinic your full trip itinerary so they can give you specific suggestions

Here are the vaccine requirements for entry as per the US State Department:

Yellow fever vaccinations are required for all travelers from yellow fever endemic countries/regions. All individuals in transit for twelve (12) hours or more, and/or who leave the immediate airport vicinity, in a yellow fever endemic area are required to show proof of vaccination upon arrival in any port of debarkation in Tanzania. However, direct arrivals from non-endemic countries in Europe and North America are not required to show the certificate. We recommend you have yellow fever immunization and carry your WHO





immunization card with you in case you have emergency travel to a country that requires proof of immunization, such as South Africa. Please refer to the CDC [website](#) for a list of yellow fever endemic countries.

## **VISAS**

Entry/Visa Requirement:

<http://travel.state.gov/content/passports/english/country/tanzania.html>

Getting a visa ahead of time from the Embassy:

[http://tanzaniaembassy-us.org/?page\\_id=76#visaDescription](http://tanzaniaembassy-us.org/?page_id=76#visaDescription)

If you get it ahead of time (you can also get one on arrival but its recommended to have it in advance to avoid lines, etc) then you will be filling out paperwork and sending the embassy a payment and your original passport, (and often times a return envelope with tracking), and they will put a visa in your passport and send it back to you.

## **KILIMANJARO TREKKING SOME SUGGESTED PACKING**

### **Climber's Packing List**

#### **\*Baggage\***

- \* Day pack, for you to carry
- \* Large duffel bag or backpack, for porters to carry - The weight per porter is limited to 15 kg (35lb). If you bring overweight luggage, every 15 kg will be charged extra at 100 US\$ for an extra porter for the whole climb. Your backpack/duffel bag will be brought from campsite to campsite - before you arrive it will already be there.

- \* Plastic bags

#### **\*Clothing\***

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 near the equator, but it gets cold up there!

You want your inner layer to be wicking – no cotton. Your next layer should be insulating and warm, and your top layer should be water proof but breathable.



- \* Shorts, for first and last day only
- \* Pants, for hiking and for lounging in the evenings
- \* Short-sleeved or t-shirts
- \* Long-sleeved shirts, for hiking and for lounging in the evenings
- \* Long underwear
- \* Fleece jacket or wool sweater
- \* Fleece pants
- \* Down jacket or ski parka (for temperatures well below freezing plus wind)
- \* Rain jacket, needed in hot rainforest and cold snow
- \* Rain pants, needed in hot rainforest and cold snow
- \* Underwear
- \* For Women- Sport bras

#### \*Cold Weather Accessories\*

- \* Mittens and/or gloves (waterproof, one thin pair, one thick pair that can be layered)
- \* Wool or pile hat
- \* Balaclava or neck gaitor
- \* Hand and foot warmers (chemical activated)

#### \*Footwear\*

- \* Be sure to break in your shoes before the hike!
- \* Trekking shoes for hiking during the day, preferably warm (for cold temps on summit day or bring a second pair for this day), waterproof, and with ankle-support – not too light and not too heavy
- \* Tennis shoes or sandals for lounging in the evening
- \* Gaiters
- \* Hiking socks for warmer conditions
- \* Wool, thermal socks for colder conditions
- \* Sock liners to wick away moisture

#### \*Sleeping\*

- \* Sleeping bag (Rated -25 degrees C/-10 degrees F or colder is recommended)
- \* Foam sleeping pads are provided by outfitter at no charge (A Thermarest is highly recommended, however)

#### \*Other\*

- \* Water bottles and Camelback (2-3 liters)
- \* Get 3 liters of bottled water before the trip (available at the Springlands Hotel) for the 1st day's hike.
- \* Your guides will boil water for you along the route. 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.
- \* Gatorade or other drink mix helps with taste and minerals.
- \* Water filter or iodine purification tablets
- \* Sun hat with brim



- \* Sunglasses
- \* Bandana
- \* Money (\$400 or more in cash, including some small U.S. or Tanzanian bills)
- \* trekking poles (if you like hiking with these)
- \* Headlamp and flashlight
- \* Camera, film,
- \* Batteries - Bring extra sets for headlamp/flashlight and camera as cold weather shortens their life
- \* Binoculars
- \* Notebook, journal, pencil, and pen
- \* Pocket knife
- \* Electricity adapter (for hotel)
- \* Energy bars, hard candy, snacks, personal nutrition (ie electrolyte powders, sports gels, etc)
- \* Playing cards, games.
- \* Chocolate or pens for village children, mementos for guides, porters, and other climbers
- \* Plastic bags and zip-lock bags for waterproofing
- \* Sewing kit
- \* Alarm clock
- \* Calculator (for currency conversion)
- \* Swim suit for hotel swimming pool

#### \*Toiletries\*

- \* Toilet paper (and baggie to carry used paper while on trail)
- \* Small towel
- \* Soap
- \* Toothbrush and toothpaste
- \* Handi-wipes (wet wipes or moist towelettes for cleaning)
- \* Hand sanitizer
- \* Lotion
- \* Glasses, contacts, solution (take contacts out each night to prevent blurred vision)

#### \*Documents\*

- \* Passport
- \* Yellow fever certificate (if needed)
- \* Tanzania Visa
- \* Medical insurance
- \* Address book
- \* Vaccination records
- \* Airline tickets
- \* Cash, ATM cards, credit cards
- \* Maps, guidebooks
- \* Make copies of passport, TZ visa, airline tickets/schedule. Leave a copy with someone at home and put a copy in a separate place in your luggage.



#### \*First Aid\*

- \* Ibuprofen, Acetaminophen, or Paracetamol
- \* Throat lozenges
- \* Band aids
- \* Moleskin
- \* Sunscreen (SPF 15+)
- \* Lip balm with sunscreen
- \* Insect repellent
- \* Disinfectant, Antiseptic cream
- \* Bandages and tape
- \* Diarrhea medicine
- \* Antihistamines
- \* Ace bandage
- \* sleep aid?
- \* Malaria pills? (talk to your doctor)
- \* Antibiotics? (talk to your doctor)
- \* Prescription drugs? (talk to your doctor)
  - Altitude Pills? (talk to your doctor)
  -

#### \*Gifts for Guides, Porters, Locals\*

- \* Shoes
- \* Any warm clothing
- \* T-shirts
- \* Hats
- \* Candy
- \* Pens

#### \*Packing for your flight to Africa\*

- \* TSA travel locks, Books/magazines
- \* Toiletries
- \* Snacks
- \* MP3 player and music
- \* Eye shades, ear plugs
- \* sleep aid (talk to your doctor)
- \* Critical climbing gear in carry on (in case baggage is delayed)

#### \*Other Notes\*

- \* The pack that the porters carry is limited to 15 kg (35 pounds). Overweight or extra luggage will require an extra porter at 100 US\$ per trek
- \* 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, rain pants, and jacket at a minimum. Add any other items you might need during the day, since you may not see your porters until the end of the day.

\* You may want to bring some older items of warm clothing as gifts for your guides and porters or donations to the Mount Kilimanjaro Porters Society.

\* You can leave extra luggage in a locked storage room at the Springlands Hotel for no charge.

\* You can leave valuables in a safe deposit box at the Springlands Hotel for \$1/day.

## **ON THE TREK/RACE:**

What is the accommodation like at the trek?

You will sleep in 3-person dome-style mountain tents, two people each. The tents are modern and have an outer flysheet and large vestibules keep equipment from the elements. They are set up, broken down and carried - along with everything else - by our porters. A toilet tent is set up at every campsite and if possible hot water is provided for each person every morning (no showers). There will be dining tents with chairs and tables where all meals will be served. Before the meals, we will provide soap and hot water for washing your hands.

Who will be my guide? All guides are extremely knowledgeable about climbing the mountain. Further, we regularly train them in zoological and geological topics, first aid, customer relationship, English language, and environmental conservation. They are fully licensed by the National Park authorities.

What luggage should I pack? It is important to keep luggage to the barest minimum when on trek, as this will ease the burden of the drivers, vehicles and porters. Baggage should be of the round squashy type rather than hard suitcases that are difficult to fit into jeeps. Try to use something that is both lockable and water proof as luggage can often end up sitting on the roof of the vehicle. It is a good idea to bring another smaller bag so that unwanted clothes can be kept in it at the hotel when you go on trek. You should also bring a small day pack which can be carried while hiking or riding or can be readily accessible when you are traveling in the vehicles on long drives. On your inbound flight, don't check in items that you absolutely need (such as medicines) in case your checked-in luggage gets misdirected and arrives in Tanzania a couple of days after you. It is better to have such items in your carry on luggage.

What is the coldest it is expected to be at the summit of Kilimanjaro?

Temperatures vary considerably with altitude and time of day. On the plains surrounding Kilimanjaro the average temperature is about 30°C. At 3000m frosts can be encountered at night while daytime temperatures range from 5 to 15°C. Nighttime temperatures on the summit can be well below freezing especially with the strong winds at times. August is one of the driest months on the mountain.

Will the effects of the sun be stronger on the mountain?

Absolutely, so precautions are required. About 55% of the earth's protective atmosphere is below an altitude of 5000m. Far less ultraviolet light is being filtered out, making the sun's rays much more powerful, which could result in severe sun burning of the skin. It is strongly recommended to use a 20+ sun protection cream at



lower altitudes, and a total block cream above an altitude of 3000m. It is also important to wear dark sun glasses preferably with side panels above 4000m in daytime and essential when walking through snow or ice. Snow blindness can be very painful.  
What is hypothermia?

## **FOOD:**

Is drinking water provided during the trek?

On the first day you are responsible to bring your own water but beyond that, water is provided on all other days. Water is taken from the mountain streams, and boiled to make safe to drink. You can also bring treatment pills, SteriPEN, or similar for an additional purification system.

Typical Menu Sample Menu for Kilimanjaro Climbers \* \_Day 1:\_ Lunch Packet: \* \* BUN WITH SALAMI AND CUCUMBER \* GREEN PEPPER, CARROTS, AND FRUITS \* Dinner: \* \* SOUP OF THE DAY WITH BREAD \* FRIED BEEF WITH ROAST POTATOES, RICE, CARROTS, CABBAGE \* FRUITS \* TEA OR COFFEE \* \_Day 2:\_ Breakfast: \* \* OATS WITH MILK \* BOILED EGG. SPANISH OMELETTE OR FRIED EGG WITH BACON \* BREAD WITH TEA OR COFFEE \* Dinner: \* \* SPAGHETTI WITH MEAT SAUCE, OR FISH WITH RICE \* TEA OR COFFEE \* FRUITS \* \_Day 3:\_ Breakfast: \* \* BOILED EGG, SPANISH OMELETTE, OR FRIED EGG WITH BACON

\* BREAD WITH TEA OR COFFEE \* FRUITS \* Lunch: \* \* BOILED EGG SALAMI SANDWICH, CHEES, FRUITS \* Dinner: \* \* BEEF GOULASCH WITH BEANS \* BREAD WITH TEA OR COFFEE \* FRUITS \* \_Day 4:\_ On the way to the summit: \* \* TEA OR COFFEE AND BISCUITS, ORANGE SQUASH OR SOUP \* Lunch: \* \* FRENCH TOAST \* MACARONI WITH MEAT SAUCE \* BREAD WITH TEA OR COFFEE \* Dinner: \* \* ROAST CHICKEN WITH VEGETABLE FRIED RICE, GREEN PEPPER, CARROTS \* PANCAKE WITH HONEY \* TEA OR COFFEE \* \_Day 5:\_ Breakfast: \* \* OATS WITH MILK \* BOILED EGG, SPANISH OMELETTE, FRIED EGG WITH BACON \* BREAD WITH TEA OR COFFEE

Supplementary Nutrition:

I like EFS powder to mix with water

I also like EFS Gel. Others I like- GU with caffeine, Hammer gel.

Pick one or more that work for you and try them out prior to the trip to make sure they agree with you.

Cliff Bars, Power Bars, etc. Other powders for water (ie lemonade mix, etc) to improve taste

\*Bring these nutrition items from home, not available for purchase in TZ.

## **ALTITUDE:**

\*1. PHYSICAL FITNESS \*\* \*Although Kilimanjaro is not at all a technical mountain climb, it is a challenge because you should not underestimate the rigors of altitude

Altitude Sickness: Different people under similar conditions will respond quite differently to altitude. There are no specific factors such as age, sex, or physical condition that correlate with susceptibility to altitude sickness. Please visit your physician for any preventative medications. The effects can be mild or severe, and are caused by a lack of oxygen to the muscles and brain.



How can I prevent altitude sickness?

\* STAY HYDRATED- urine output should be copious and clear. Try to drink at least 4-6 liters per day. \* AVOID tobacco, alcohol, and other depressant drugs including barbiturates, tranquilizers, and sleeping pills. They further decrease the respiratory drive during sleep resulting in a worsening of symptoms. In addition, avoid diuretics such as coffee and tea. \* DONT GO UP UNTIL SYMPTOMS GO DOWN- people acclimatize at different rates, so make sure that your entire party is properly acclimatized before going higher. Rest at the same altitude is efficient for mild symptoms, but if they do not go away within a day or two it is essential that you descend immediately. \* EAT high-carbohydrate foods while avoiding fatty foods. \* BEFORE your trip, maintain a good work/rest cycle, avoid excessive work hours, and last minute packing. \* LISTEN to your body. Do not over-do things the first day or two. \*Take your time. Pace is a critical factor on all routes. "Pole pole" (go slowly) is the phrase of the day. \*Walk high sleep low: If you have enough energy, take an afternoon stroll further up the mountain before descending to sleep. (not if you have any symptoms of altitude sickness!)

EMERGENCY EVACUATION \* In the event of an emergency on the mountain the rescue team plus one of the assistant guides will descend with the casualty to the park gate. At the gate the casualty will be taken care and the necessary arrangements will be made

## **GENERAL INFO:**

What about medical supplies and emergencies during my stay in Tanzania? If you have any particular medical problem please consult with your doctor before you come to Tanzania as to the medication that you should bring on your trip. This also applies to your own personal first aid kit. All trips will have a basic first-aid kit but it will not contain any prescription drugs. There are limited medical supplies in Tanzania and they are mostly found in the capital Dar es Salaam only. You will not be able to purchase them in the countryside when on the trip.

Make sure that you have health care insurance coverage while in TZ. It should at least cover: \* Costs for doctors, hospital and medicines \* Emergency medical transportation. Travel Insurance can also include features such as: \* Trip cancellation and interruption (due to sickness/etc, family member, or travel companion) \* Trip and baggage delay \* Lost or stolen baggage \* Travel accident insurance

What currency should I carry with me?

The official currency of Tanzania is the Shilling. Smaller amounts of money are usually paid in Shilling, whereas larger amounts of money are paid in US\$. In Aug 2015 1 US\$ was worth approximately 2,125 Shillings. Money can be exchanged at the Bureaux de Change which can be found at any larger town and in the airports. Make sure that they change your money at the rate which is written in front of the bureau. Travelers from the US are advised to bring US\$ in currency; make sure that the bills are the newly issued series and in very good condition without rips and tears. You will get a better exchange rate for 50 and 100 dollar bills than for smaller bills. There are several banks where you can use ATMs. Visa card is the most widely accepted credit card. You can use international credit cards, preferably VISA card, at the ATMs of most banks. At Barclay's bank (Moshi, Arusha, Zanzibar, Dar es Salam) it is even possible to use your EC debit card. Only hotels, restaurants and tourist shops of higher category accept international credit cards; when paying small amounts in US\$ rather than Shilling, in most cases you get a worse exchange rate. Local shops accept Shillings only.



Can I send emails/make phone calls/send postcards from Tanzania?

Internet cafes have hit Tanzania and especially in the central area of the cities. Prices are cheap, but the connection speed is sometimes disappointing. Springlands Hotel has an Internet cafe. There are post offices where you can buy stamps, envelopes and postcards. The post is reasonably reliable although it may take some time to reach its destination, however courier services such as DHL are available. Telecommunications in Tanzania is generally good. Springlands Hotel has international fax and telephone services. You can even use your standard GSM mobile phone in Tanzania. If you plan to use it a lot, you might consider purchasing a local SIM card.

Will I be able to speak to people in English in Tanzania?

The official and spoken languages of the country are Swahili and English. Many people have English as their second language as they were taught this at school. All Tanzanians working in the tourism field can communicate in English. In the countryside, or when communicating with children, local women or individuals of lower school education, it might however be difficult to speak in English. It is appreciated by locals if travelers can speak some words in Swahili. A few words are surprisingly easy to master. It is a good idea to spend a few dollars to purchase a Swahili phrase book.

## **TIPS:**

How much do you recommend we tip the porters and/or local guides?

Tipping is an expected and highly appreciated component of your Mt. Kilimanjaro hike. It should be an expression of satisfaction with those who have assisted you throughout the expedition. Tipping is one of the most direct ways that you can have a positive economic impact within the East African community. Although it may not be customary for you, it is of considerable significance to your guides, assistants, cooks, and porters, as an important source of, and supplement to, their income.

Giving a tip should be seen as a formal 'thank you', and the action should in no way be awkward. The best method of tipping your crew is to plan in advance.

We recommend that you gather with your fellow hikers to discuss and compile this tip. What has been found to work well is for each group member to contribute anonymously by putting his or her tip into an envelope. An average amount of what previous hikers have felt to be an appropriate amount of tip ranges between US\$200-300 per hiker to the whole team (guides, assistant, cook, porters, etc). Guides get more than porters.

## **About the Country**

What plugs and power voltage is used in Tanzania?

Tanzania uses 220v, but you will need adapters if you are using 110v equipment. Most hotels have adapters available. But it is wise to bring your own, just in case. While on safari, most of the lodges have electrical wall units for those who don't bring enough batteries, as batteries are quite expensive in Tanzania.





What are the weights and measures in Tanzania?

Tanzania and Zanzibar make use of Metric measurements.

What is the Country Dialing Code of Tanzania?

The international country dialing code for Tanzania is +255. Each city or region has a 2 digit area code.

Can I use my Cell/mobile phone in Tanzania?

Mobile or Cellular phones work in the main urban areas of Tanzania. Travelers should contact their service provider to ensure they have international roaming.

What are the Bank Opening Hours?

The banks in Tanzania are open from 8:30am to 12:30pm Monday to Friday. Some of the banks are open from 8:30am to 13:00pm on a Saturday

What type of Government does Tanzania have?

Tanzania was formed out of the union of two sovereign states namely Tanganyika and Zanzibar. Tanganyika became a sovereign state on 9th December, 1961 and became a Republic the following year. Zanzibar became independent on 10th December, 1963 and the People's Republic of Zanzibar was established after the revolution of 12th January, 1964. The two sovereign republics formed the United Republic of Tanzania on 26th April, 1964. However, the Government of the United Republic of Tanzania is a unitary republic consisting of the Union Government and the Zanzibar Revolutionary Government.

How big is the area of Tanzania?

Tanzania is 945 087 sq. Kms in size.

How big is the Population?

Tanzania has a population of more than 28,000 000 people. Up to 99% of the population is Black African people divided into five ethnic groups. The rest of the population is made up of Asians, Arabs and Europeans.

What is the time zone of Tanzania?

The standard time zone in Tanzania is 3 hours ahead of Greenwich Mean Time (GMT +3).

## **RACE SPECIFIC INFORMATION**

### Kilimanjaro Trail Marathon Race dates and start times

The 2018 Race will be on Tuesday 8/21/2018 at 5:00 AM. This start time maximizes the time you have to complete the race while minimizing the amount of time you must run before it is light out for safety reasons, and of course to better enjoy the amazing scenery.

### Kilimanjaro Trail Marathon finish times

We will have the course open for 20 hours. We expect the range of finish times to be between 9-18 hours. The entire course and the mountain Summit are open during the day and at night. In fact most hikers go up to the Summit at night.



### Can I complete such a tough race?

We think so! Our staff will be out there to support, but it depends on you. Things that will help you: If you are a good endurance athlete, a strong and/or experienced runner, avid marathoner, someone with good trail running knowledge, experience running ultras, other long course (ie Iron distance tri) background, a strong mountain hiking background. Having some of these traits will be helpful. If you train hard, safe and smart for this event, considering some of our training suggestions, then we feel you will accomplish this feat!

IN ADDITION- We feel that each person should do something just prior to the race to acclimate to the high elevations found for the summit portion of the event. This is why we suggest to join our pre marathon tour which takes you up to 4600 meters on a hiking trip several days prior to the marathon and then allows you to rest from that effort on safari before tackling Kilimanjaro. Another option is to do the trek the traditional way the week or so before the marathon to acclimate.

### What about Elevation? How can I prepare for that?

THIS IS IMPORTANT- We feel STRONGLY that each person should do something just prior to the race to acclimate to the high elevations found for the summit portion of the event! This is why we suggest to join our pre-marathon tour which takes you up to 4600 meters on a 3 DAY hiking trip several days prior to the marathon and then allows you to rest from that effort on safari before tackling Kilimanjaro.

Another option is to do the trek the traditional way the week or so before the marathon to acclimate.

if you are lucky enough to live in the Rockies or Alps, then you can train there at or above 4000 meters just prior to coming to Tanzania, but everyone should consider doing something at elevation prior to this event for your best chance at success.

\*Without some sort of acclimation prior to the race, your chance of success will be much less

### Kilimanjaro Marathon Rules

Your safety is our 1st concern for this event, please follow our guide and RD instructions. It is not possible to participate in the race without camping out the night before near to the start line.

Start line: Faster runners should seed themselves to the front.

Official times will be recorded to gun time.

All runners will wear a numbered bib at all times (for tracking, splits, and safety reasons).

Packet pickup and a mandatory pre-race meeting will take place in Moshi before the race. This is required! It is not permitted to litter while in Kilimanjaro national Park. Please keep the trail clean and throw garbage away at aid stations.



### Aid Stations

A total of at least 4 aid stations will be available for the race. Purified water, and some snack foods such as dried fruit, mixed nuts, pretzels, small sandwiches, cookies, chocolates, coca, in some cases hot soup, etc will be provided at these checkpoints. You must pack your own nutrition and carry it with you the whole time if you want anything different than these types of items.

\*Please note: Due to the distance (in some cases a couple of hours depending on your pace) between aid stations, you will be required to carry your own fluids and nutrition, and some emergency gear (i.e. in a day-pack) for your personal safety. You will have the opportunity to refill water/fluids at aid stations as needed.

### Goodie Bag

All participants receive a custom tech Kilimanjaro Trail Marathon race shirt, goodie bag, other items, and race medal. You will also be given a custom logo Kilimanjaro Trail Marathon drop bag by us to pack for this race. You may keep this after the event.

### Race Timing and Results

Official times will be recorded to gun time. Detailed race splits are provided in the race results.

### Post Race and Awards

Runners will finish at the Horombo Camp. Other runners and staff will be there to welcome you to the finish line! You will have access to a drop bag of your gear. You will be able to clean up, change clothes, eat a very hearty meal, and relax and rest at the camp. We will overnight at this camp. Everything will be set up for you when you arrive.

The next day we will go off the mountain and back to Moshi. In the evening, all race participants will be together at dinner in Moshi on our last night of the program. Results and awards will be presented at this dinner

### Weather

Although you should be prepared for a variety of weather conditions (i.e. wind, rain, heat, cold, fog, snow, hail, possible rapid changing conditions in the mountains), the typical weather conditions for August on Kilimanjaro are dry - Average rainfall is only about 3 days/month. Temperatures vary substantially with elevation changes. In the evenings at the higher elevations the temperature can go well below freezing. The summit at night can be VERY COLD. During the day the summit temperatures can be pleasant



\*There will be an aid station at the start of the out and back to the summit where you will have access to a drop bag with all the proper gear (cold weather clothes) required to go up to the summit and back.

Please plan accordingly and be properly prepared for any type of weather!

### Safety- Race Gear and Clothing

Your safety is our first priority. Before the race you will be contacted to go over the required and recommended gear that will be needed for this race.

Some of this gear will be carried with you at all times for safety (ie headlamp, rain jacket). Other gear will be put into drop bags so that you can access it later in the race and at the finish.

### More on Safety

As we mentioned your safety is the most important thing.

- 1.The entire trail is non technical (you can walk right to the summit, no climbing or mountaineering is involved)!
2. There are lots of people and guides in the other groups as well, so you are never far from someone who could help you

### OUR SAFETY FEATURES:

The course will be well marked and supported by our professional mountain guides and staff.

We will have long range radios for emergency use.

There will be a plenty of guides and staff to be right with you if you need- on the out and back summit portion of the event.

Our staff is trained to look for any symptoms of sickness due to elevation in our participants

First aid will be available at our aid stations

The National Park has some good measures in place to take people off the mountain in case of emergency (ie the finish line camp can be reached by car).

With the trails being well indicated, in such good shape and not very technical, perhaps the biggest obstacle or risk factor will be elevation.



Elevation does affect some people who come to Kilimanjaro. We will cover this topic in detail prior to departure and in our race briefing so that you are knowledgeable on this topic and well prepared (ie altitude sickness prevention, knowing the symptoms, etc)

If the elevation does affect you negatively- You must do your part and tell us if you are not feeling well. We can then help to treat you, and if needed- make arrangements to get you safely off the mountain or at least down to a lower altitude.

### Trail Conditions

The Trails on Kilimanjaro are generally in excellent shape and footing should be good. The trails in this race are generally wide, well marked and not too technical. Most of our race is on the dry part of the mountain. The steepest part is the out and back section to the summit with the section to the crater rim being the steepest. Fortunately, on the way down in this section- you can go fast as this is mainly scree and its possible to run or scree ski down. Many runners will find the downhill sections of this race runnable and fast. The ascents get tougher with the elevation increasing.

### Kilimanjaro Course

Please view the course map and elevation profile for the best representation of what this course is like.

In summary, the race starts at 2650 meters with a downhill section of about 3km and then turns to begin the long 18 km ascent up the mountain until the Kibu camp (4700 meters). It is at the Kibu camp where you will check in and access your drop bag for the 12km round trip out and back to the summit of Kilimanjaro (5985 meters). This 6km section going up will be the toughest part of the race. From the summit to the finish it is all downhill! You will retrace your steps 6km to the Kibu Camp again where you will once again check in and can access your drop bag again (and change/leave your summit clothes etc ). From the Kibu camp it is a little over 9km downhill running on a great trail (wide, not technical, not steep) to the finish line (3750 meters)!

### Race Photos

All photos we get of you during the race from our race directors, photographer, and course officials will be available to you free



## **WHATS INCLUDED:**

- Airport transfers: on arrival and departure (if flying in on tour dates)
- Hotels include: All Taxes, Buffet breakfast (with beverages: coffee, tea, and fresh juices). Extra Luggage storage in Moshi hotel
- Camping equipment is provided: two-person tent, tent for toilet, tent for kitchen, dining tents, cooking gear, pre-race meals (dinner and breakfast), post race meals, First Aid Kits, 2-way long range radios, Satellite phone (for emergency only)
- Professional English-speaking local tour guides while on all the tours
- Meals and special dinners as indicated in the itinerary
- Marathon Race- supported course, race goodie bag, tech shirt, medal
- Entry fees to all historical sites/national parks/etc visited on the tours, Kilimanjaro National Park and Mountain Permits. Special Marathon Event Permit with the Tanzania Government.
- US based hosts for entire trip
- Forum to communicate with other runners and weekly training tips

## **Not Included:**

- Tips and Gratuities
- Extra personal expenses
- Meals not mentioned on the program.
- All Extra drinks during included lunches and dinners and otherwise (alcohol drinks, sodas, bottled water, etc)
- Sleeping bag rental \$ 45.00- Separate rental for each trip (or you may bring your own)

## **DISCLAIMER for Tour**

Please note- All times for tours, transfers, daily arrival/departure times, etc. are approximate and subject to modification at the guide and/or host's recommendations. Erik's Adventures reserves the right to alter the itinerary if necessary due to safety concerns, circumstances outside its control (i.e. worker strikes, weather, government, etc.). During the portion of the trip on Kilimanjaro trail (including the race), which is controlled by the Tanzanian government and national park system, we reserve the right to make changes if needed for passenger safety, changing or new government regulations, and other concerns. Hotels mentioned are subject to availability. We may use hotels similar to the ones mentioned in the itinerary.