

Tanzania Explorer: Serengeti Safari and Kilimanjaro Trekking! August 2016

Sunday 07th Aug 2016: Arrive at Kilimanjaro airport (JRO), met & transferred to the town of Moshi. You will be taken to the Springlands Hotel (or similar) for dinner and overnight. Short meet and greet with the group and trip hosts at dinner.

08th Aug 2016: Breakfast at hotel. After, head off on safari! The drive from the Springlands Hotel to Lake Manyara National Park takes about 3.5 hours. After having a picnic lunch in Manyara, you start an afternoon game drive, which is the best time to view animals in this park. When you approach it from the east, the Rift Valley escarpment looms on the horizon forming an impressive backdrop to the lake. In the tall trees of the ground water forest, monkeys leap from branch to branch, and on the escarpment, elephants stand in the shade. Other animals frequently seen are zebras, impalas, monkeys, giraffes, buffaloes, hippos, and others. Overnight at the Highview Hotel (or similar).

09th Aug 2016: Breakfast at hotel. Morning game drive in Manyara, then depart for Serengeti. The drive to Serengeti National Park via Olduvai Gorge takes 3 to 4 hours. Olduvai Gorge is an archaeological site located in the eastern Serengeti plains, in which early human fossils were first discovered. It has an amazing landscape that resulted from the same tectonic forces that created the Great Rift Valley millions of years ago. After a visit here, in the early evening arrive to and overnight at the Serengeti Wild Camp (or similar).

10th Aug 2016: After breakfast, venture into the Serengeti's wilderness corners for a full day of game viewing in the park. With a picnic lunch packed, we take our time and venture further out away from the lodge while exploring this world heritage site, where earth's largest concentration of plain game still roams free! In the evening, go back to the Serengeti Wild Camp (or similar) for dinner, and overnight.

11th Aug 2016: After breakfast, venture into the Serengeti's wilderness corners for a full day of game viewing in the park. With a picnic lunch packed, we take our time and venture further out away from the lodge while exploring this world heritage site, where earth's largest concentration of plain game still roams free! In the evening, go back to the Serengeti Wild Camp (or similar) for dinner, and overnight.

12th Aug 2016: After breakfast, drive to Ngorongoro Crater for a game drive inside the crater. This is the best place in Tanzania to see black rhino as well as prides of lion that include the magnificent black-manned males. There are lots of colorful flamingoes and a variety of water birds. Other game that you can see includes leopard, cheetah, hyena, other members of the antelope family, and small mammals. In the late afternoon drive to the Highview Hotel (or similar) for dinner and overnight.



13th Aug 2016: The drive from the Highview Hotel to Tarangire National Park takes two hours. Tarangire national park is a diverse and picturesque African wildlife sanctuary. Game drives in Tarangire feature excellent landscapes views of beautiful riverine forests, acacia woodlands, ancient African baobab trees and endless rolling hills. Resident animals include elephant, mongoose, giraffe, bushbuck, rock hyrax, hartebeest, dik-dik, impala, waterbuck, warthog and reedbuck. Primates include olive baboon, vervet monkey and bush baby. Other migrant but very common animals include buffalo, wildebeest and zebra. With a little luck you may encounter some rare antelope species such as lesser kudu, eland and fringe-eared Oryx, African wild hunting dog. Carnivores include lion, leopard, hyena and jackal. Tarangire is also a haven for bird enthusiasts who can expect to see dozens of species even in the dry season. In the early evening drive back to Springlands Hotel for dinner and overnight. Time tonight with your host to organize your gear for the trek that was left in the luggage storage while on safari for our departure to the mountain tomorrow.

14th Aug 2016: After breakfast at the hotel and a briefing with the guides, we will transfer you to Rongai gate to start the Kilimanjaro trek! The climb begins from the attractive wooden village of Nale Moru (1,950 m.) on a small path that winds through fields of maize and potatoes before entering pine forest. The track then starts to climb consistently, but gently through attractive forest that shelters a variety of wildlife, including the beautiful Kilimanjaro Colobus monkey. These monkeys are black with a long 'cape' of white hair and a flowing white tail. The forest begins to thin out and the first camp is at the edge of the moorland zone (2,600 m.) with extensive views over the Kenyan plains. Overnight at **SIMBA CAMPSITE** or the **1ST CAVE CAMSITE**. [3-4 hours walking]

15th Aug 2016: The morning walk is a steady ascent up to the 'Second Cave' (3,450 m.) with superb views of Kibo and the Eastern ice fields on the crater rim. After lunch, we leave the main trail and strike out across the moorland on a smaller path towards the jagged peaks of Mawenzi. Our campsite is in a sheltered valley with near **KIKELEWA** or **2nd CAVES CAMPSITE** where you will overnight. (3.600 m.) [6-7 hours walking]

16th Aug 2016: A short but steep climb up grassy slopes is rewarded by superb all round views and a tangible sense of wilderness. We leave vegetation behind shortly before reaching the next camp at Mawenzi Tarn (4,330 m.), spectacularly situated in a cirque directly beneath the towering spires of Mawenzi. The afternoon will be free to rest or explore the surrounding area as an aid to acclimatization. Overnight at **MAWENZI TARN HUT CAMPSITE** (4,330 m.) [3-4 hours walking]

17th Aug 2016: We cross the lunar desert of the 'Saddle' between Mawenzi and Kibo to reach **School/KIBO CAMPSITE** (4,750 m.) at the bottom of the Kibo crater wall. The remainder of the day is spent resting in preparation for the final ascent before a very early night! [4-5 hours walking]



18th Aug 2016: We will start the final, and by far the steepest and most demanding, part of the climb by torchlight around 1 a.m. We plod very slowly in the darkness on a switchback trail through loose volcanic scree to reach the crater rim at Gillman's Point (5,685 m.) We will rest there for a short time to enjoy the spectacular sunrise over Mawenzi. Those who are still feeling strong can make the three hour round trip to Uhuru Peak (5,896 m.), passing close to the spectacular glaciers and ice cliffs that still occupy most of the summit area. The descent to Kibo (4,700 m.) is surprisingly fast and, after some refreshment, we continue the descent to reach our final Campsite (**HOROMBO CAMPSITE**) (3,720 m.). **[11-15 hours walking]**.

19th Aug 2016: A steady descent takes us down through moorland to Mandara Hut (2,700m.), the first stopping place at the Marangu route. We then continue descending through lovely lush forest on a good path to the National Park gate at Marangu (1,830 m). **[5-6 hours walking]**. You will be transferred to Springlands Hotel (or similar) in Moshi for dinner and overnight where it is time for some celebration!

Saturday 20th Aug 2016: After breakfast transfer to Kilimanjaro airport (JRO) for your departure flight back home.

"End of tour"

Tour Includes: Airport transfers upon arrival and departure, USA based host for entire trip.

Safari Portion- Accommodations in a shared room at the properties mentioned in the program or similar, entries to all national parks and game reserves, professional English-speaking driver guides, game drives and sightseeing as indicated in program, all meals starting with dinner on arrival day.

Trek Portion- Accommodation on Moshi, Transportation from Moshi to the starting point on the mountain and return transfer to Moshi, National Park Gate Fees, Hut/Camping fees, Permits for Trek, Rescue fees, Camping equipment and gear, 4 season tents with sleeping mattress, professional English-speaking licensed mountain guides, porters, cooks, all meals while on the trek, tent for toilet, oxygen cylinder.

Not included- Tips to the guides/porters/drivers, other drinks at meals while on safari and in Moshi (ie beer, bottled water, etc), personal expenses, visa fees, personal gear (ie sleeping bag, hiking shoes, polar fleece, hiking poles, etc), anything not mentioned in itinerary as included.

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- Safari and Kilimanjaro Trekking August 2016

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

RESERVATIONS, DEPOSITS & FINAL PAYMENTS:

A deposit of US\$ 500 per person is required to proceed with your reservation. The balance of the payment must be received no later than 5/07/16. If your tour includes a cruise, flight or luxury train booking you may be required to pay a higher deposit towards the booking of these services.

If a reservation is made after 5/07/16, full payment is due at the time of confirmation of services.

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

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

From time of booking until 5/07/16- fully refundable

From 5/07/16 until the departure of the trip- No refunds will be made for any reason.

No refund can be made for any tour accommodations, tour services or tour feature that you do not utilize. If you should cancel while the tour is in progress no refund will be made for unused portions.

TRAVEL PROTECTION PLAN: We very strongly recommend that you take 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 or simply inquire and get information-** <http://www.travelex-insurance.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 in to the United States or Canada 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. As of 10/12/15- A visa is needed for Tanzania





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 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) make any alteration to the itinerary (including but not limited to, alteration to substitution of hotels), (3) 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.). (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 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, delays or cancellations or alterations in itinerary due to schedule changes, or from any causes beyond Erik's Adventures, LLC control. (4) 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. (5) The Tour you are booking involves some inherent dangers and risks associated with the activities that make up parts of the tour, and that it potentially may be hazardous.

By signing this document you expressly assume all known and unknown risks associated with this Tour, including but not limited to: loss of or damage to my property; injury (including death); and accidents. Erik's Adventures is not liable for injury, sickness, or 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 issued subject to the terms and conditions.

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.

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.

Above Line for Signature and Date

Print your full name here _____





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 life saving equipment with 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 its 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=nceid-dgmq-travel-single-001

**Its best to show a doctor or travel clinic your full trip itinerary so they can give you specific suggestion

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.





Booking information required for each passenger for travel to Tanzania in 2016

(Please type or write very clearly)

| |
|---|
| Trip Name and travel dates: Kilimanjaro Trek package 8/07-8/20, 2016 |
| Full Name (exactly as it appears in passport): |
| Birthday: |
| Passport number, country of issue, date of expiration. (Please have at least two blank pages left and at least 6 months to expiration from the last day of the trip. You must travel with the same passport you book the trip with): |
| Phone number and email: |
| Address: |
| 1 emergency contact person and number: |
| Any special requests or circumstances (medical, food allergy, handicap, etc): |
| International flight details: |
| Share room (specify roommate) or Single room: |
| Please print your full name and today's date to acknowledge you have understand and agree to the accompanying terms and conditions for this trip: |





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

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 AUGUST, 2016

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:

How fit do I have to be? Many texts state that Kilimanjaro is "easily accessible". However, you should not underestimate this mountain. There are no technical mountaineering skills required, but general fitness is necessary. However, the biggest problem for climbers are the effects of high altitude, which seem to be unrelated to fitness, age or gender. It is a good idea to start some physical training prior to the trek, which might include aerobic cross training and hiking to familiarize your body with the rigors or the trek. The fitter you are, the easier the climb will be for you. Determination and will power is another important factor.

What if I am slower than the other trekkers? There is no need to worry - this is a common concern. It is much better for your body if you proceed slowly and the guides



will permanently remind you about this ("pole pole" - which means "slowly, slowly"). By walking slowly, your body will much better acclimatise to the high altitude. There is plenty of time allotted each day, even for those who like to go slowly.

What if I cannot make it to the top? Some climbers may fall short of reaching the summit, but not at the expense of their overall experience. Even for those who never reached the top, the experience of the wonders of Kilimanjaro is rewarding. If one or more members of a group decide they cannot continue, or if a guide deems it unsafe for an individual (or a group) to continue, they are escorted to the most convenient campsite or hut. Our guides intimately know the network of shortcuts to escort climbers to safety, and they are trained to act quickly and calmly under any circumstance.

How much equipment will I carry? You are expected to carry your own day pack, which should be able to sustain you until you reach camp at the end of the day. You do not need to carry your personal backpack/duffel pack - it will be carried by a porter. 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. What you need during the day in your day pack will depend on your priorities, but will generally include drinking water, basic medical kit, camera, waterproof layers, a pair of gloves and hat, a warm layer, and snacks.

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?

Hypothermia is a condition where the body becomes dangerously cold. It can be caused by brief exposure to extreme cold, or by prolonged exposure to mild cold.

Hypothermia occurs when a person's deep-core body temperature drops below 35 degrees Celsius (95 degrees Fahrenheit). It is the lowered temperature of the organs inside the body that is important - an ordinary thermometer cannot measure this.

The person may not actually feel cold but if they stay in a cold environment and do little or nothing to keep warm, then they may run the risk of becoming hypothermic or becoming ill with bronchitis or pneumonia. Both are cold-related illnesses.

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 SANDWITCH, 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. Remember that Uhuru peak is 500 m (1,640 ft) higher than Everest Base Camp! The pace of your ascent coupled with good acclimatization will help you on the climb, but it is essential to be mentally and physically prepared before you start. Regular hikes are one of the best ways to prepare, increasing frequency and length, as you get closer to the trek. All aerobic exercises such as cycling, running, swimming, and aerobics classes are good for strengthening the cardiovascular system. Any exercise that increases your heart rate for 20 minutes is helpful, but don't overdo it just before the climb.

***2. ALTITUDE AND ACCLIMATIZATION *** Altitudes are generally defined as follows: High altitude 2,400 m to 4,200 m (8,000 ft - 13,800 ft) . Very high altitude 4,200 m to 5,400 m (13,800 ft - 17,700 ft) Extreme altitude above 5,400 m (17,700 ft) (Uhuru Peak is 5,895 m/19,340 ft)

It is likely that all climbers will experience some form of mild altitude sickness during their Kilimanjaro climb. It is caused by the failure of the body to adapt quickly enough to the reduced level of oxygen in the air at an increased altitude. There are many different symptoms, but the most common are headache, light-headedness, nausea, loss of appetite, tingling in the toes and fingers, and a mild swelling of ankles and fingers. These mild forms are not serious and will normally disappear within 48 hours.

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. Your response to altitude will depend on your rate of ascent, the magnitude of the ascent, and your individual susceptibility (genetics). 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).



