Mount Kilimanjaro Pre-climb Information

Thank you for enquiring/booking your Kilimanjaro climb through East Africa Wild Adventures. To be sure that you are as prepared and ready as possible for the journey ahead of you, it is important to read through this document of useful advice and information.

Visas Requirements for Tanzania and Vaccination Information:

As a tourist visa is necessary for all foreign nationals to enter Tanzania, you will need to hold a passport with at least six months validity. For $100 USD cash (American citizens) or $50 USD (for those visiting from all other countries), this can be easily purchased at the airport upon arrival. The option of applying for this within your home country is also available, although at times it can be more expensive. For vaccinations, it is important you seek advice from a medical professional in regard to malaria prophylaxis and vaccinations. You must present a Yellow Fever Certificate upon arrival at the Tanzanian airport, so please be mindful of bringing this certificate with you after you have had this vaccination.

Arriving in Moshi:

If you are in need of airport transfers before or after your Mount Kilimanjaro Climb, East Africa Wild Adventures is able to arrange transfers to and from your accommodation and the airport on your behalf. Please contact us for further information.

Your head guide who will be leading you on your journey will be waiting to meet you to look over your belongings and ensure you are equipped with all necessary items. If additional equipment is needed, he will be able to help you acquire those items. There is also a full equipment hire list with prices attached to this document. Although all of the equipment is good quality, we do advise you bring your own socks, walking boots, etc.

Necessary Pre-climb Information Supplied by each Climber:

www.eastafricawild.com
Please complete the pre-climb form document attached to this form and return to East Africa Wild Adventures, by email or upon arrival.

**Included in Your Mount Kilimanjaro Price:**

Your price includes park fees; camping fees; rescue fees; return transport between Moshi and the park entry gate; guide/s; cook; porters and all food and tents.

**Not Included in Your Mount Kilimanjaro Price:**

Pre and post climb accommodation unless pre-arranged with us; tipping; hiring of any personal mountain equipment such as clothing or a sleeping bag and items of a personal nature. You also have the option of taking an oxygen tank and/or a private toilet if you wish. Speak to us regarding prices for these.

In Tanzania, USD are accepted, but only those printed after the year 2003. Bills printed before 2003 will not be accepted in the country, or in most other African Countries. For other services including markets, restaurants, etc. you will be required to pay with Tanzanian Shillings. You will have the opportunity to exchange money

**Currency Exchange:**

For most tourism activities in Tanzania USD are accepted. Please note that only notes printed on or after 2003 are accepted. Notes printed before this are not accepted anywhere in Tanzania (and most of Africa). Tanzanian Shillings will be required in Moshi restaurants, markets & taxi services. For this you can change your USD at any of the money exchange bureaus in town. Please do not bring travelers cheques as these are difficult to exchange and will incur a 20-25% fee when exchanged.

**Valuables & Luggage:**

We recommend that important personal belongings and items of value be held back at your hotel in Moshi. It is required that you show your passport number upon entering the park, but your physical passport is not necessary. Any additional items or luggage that is not necessary will be stored safely at your hotel in Moshi. A porter will aid in carrying your main bag on the mountain, it may not weigh in at more than 18 kilos. As
many porters carry these bags on their heads, please ensure that the materials are soft.

**Food, Drink and Accommodation:**

To begin the day each morning a hot breakfast will be available (toast, porridge, eggs, toast, tea or coffee). Depending on your position on the mountain and the length of the course trekked that day, a lunch will be provided either packed or warm. A hot and hearty meal will always be provided in the evening (soup with potato and rice or pasta with sauce with fruit served for dessert). There is more than enough drinking water that will be provided and available to you as water is collected daily from local sources for consumption and cooking. A Katadyn water filter is used to treat the water so that it is 100% safe and drinkable water. You must purify any water you intend to drink (from hotels or streams). A hydration system and water bottles are preferred as you will need to be able to carry up to four liters of water. Large and comfortable tents will be provided and set up by us that you will be sleeping in on the mountain overnight.

**Hygiene, Toilets and Washing Facilities:**

While on the mountain, basic washing equipment will be provided including warm water to wash with morning and night. To remain hygienic during the day toilet paper, wet wipes and hand sanitizer are recommended. Long drop toilets are provided at the camps by the national park. East Africa Wild Adventures can provide a private toilet for you upon request at an additional cost.

**What is the Fitness Level Required for a Climb?**

Due to the levels of altitude and condition of the terrain, individuals who lead a moderately healthy lifestyle should be fine on the climb. A decent level of fitness is required as the trek will last a number of consecutive days.

**Weather Conditions on your Climb:**

As mountainous weather can be unpredictable, it is important to come prepared for anything. On most days the weather will be warm as the air begins to warm once the sun has risen. As the sun rays are strong, it is necessary that you have strong UV protection. In contrast to warm days, as soon as the sun goes down nights are very...
cold and often drops below zero. Please take these factors into consideration when packing for your trek and selecting a sleeping bag. January and February are usually the clearest and driest months for climbers, although in June – late October and December the rainforest zone will be cloudier. Snow, sleet and rain are to be expected from time to time at higher altitudes.

Safety Procedures and Insurance:

Our Kilimanjaro guides are trained professionals who have received Wilderness First Responders Medical Training and are able to assess the symptoms that you experience to distinguish them from a headache, tiredness or altitude sickness. They have been equipped with the highest possible training and are prepared to handle any emergency situation in remote and isolated settings. It is important that you should discuss any pre-existing health concerns at the time of your booking, as well as with your head guide once you arrive. The medication you are taking as well as your condition will be monitored by your head guide once you are on the mountain. You must listen to any advice or instruction that the head guide provides concerning medical issues, safety and health. In the event that you should have to end your climb and descend down the mountain due to altitude sickness, additional expenses will have to be paid by the traveler although they may be reclaimed on travel insurance. Of course East Africal Wild Adventures will do all that we can to further arrange any other accommodation or arrangements necessary.

We recommend you take out travel insurance before setting out on your trip and advise that that you make sure your insurance covers the Kilimanjaro climb in the fine print of your insurance policy. An evacuation price is included in your climb price involving transportation by stretcher and vehicle off the mountain, a USD $10 per person helicopter rescue coverage can also be arranged upon request.

Diamox Tablets for Altitude Adjustment:

The drug “Diamox” contributes significantly to altitude acclimatization for those climbing Mount Kilimanjaro. Diamox speeds up the process of altitude acclimatization and helps your body to adjust. Our recommended dose is 125 mg twice a day, but we prompt you to check this with your doctor before embarking on your trip. So that you can make sure you don’t have any adverse effects of the drug, you should begin taking Diamox two days before you start your climb. You should stop taking Diamox if you do experience any of these adverse effects.

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Our Acknowledgement of and Contribution to Responsible Tourism and the Environment:

As East Africa Wild Adventures is supportive and protective of the environmental and cultural conservation and protection of Mount Kilimanjaro National Park, we do our best to leave our camps as clean as possible with no garbage left behind on the mountain.

Tipping Rules for our Guides:

East Africa Wild Adventures does not allow the soliciting of tips from our clients by our crew members, as the decision to leave tips is made solely by our clients. It is not necessarily considered rude or bothersome to ask for money in African culture, therefore cultures may conflict on this issue. Please inform our office if you are approached by any of our crew members during or after your climb.

Tipping Recommendations and Guidelines:

Although our porters, guides and cooks receive a salary aside from the tips that they acquire, it is a source of income that they do depend on. Below we have listed tipping guidelines and recommendations that are in line with the Porters Assistance Project. You may give your tips to the head guide who will later distribute it to the rest of the crew or you may distribute them to each member individually, the distribution of tips should take place after you have finished your climb.

Head guide: USD$20 per day
Assistant guide/s: USD$12 per day
Cook: USD$12 per day
Porters: USD$5 per day

East Africa Wild Adventures can advise how many people will be in your group and therefore how many crew members. In order to help you calculate a rough total tipping amount, we work on ratios of at least one guide or assistant guide per two clients and approximately four porters per client. Please remember that porters carry food, gas, tents etc in addition to your personal luggage. Private climbs are available or we can group you together with other people.

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Safari:

An African safari is the perfect add-on to your Mount Kilimanjaro climb as we cater to customers interested in personalized and custom-tailored adventures and itineraries. We would be more than happy to help arrange the perfectly-suited safari for you, please do not hesitate to contact us as with any specific requests or inquiries you might have.

Feedback:

East Africa Wild is interested in feedback from our clients, as we value and appreciate each person who has booked through us, and would be more than happy to discuss your climbing experience with you.

KILIMANJARO EQUIPMENT HIRE LIST:

This list is a list of items available for hire in Moshi upon your arrival. The prices are per climb and not per day. You may choose to bring some or all of these items from home. In either case please use this list as a checklist for packing.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waterproof Jacket (NOT water resistant)</td>
<td>$10</td>
</tr>
<tr>
<td>Waterproof Pants</td>
<td>$10</td>
</tr>
<tr>
<td>Warm Jacket (skiing or down jacket)</td>
<td>$15</td>
</tr>
<tr>
<td>Light Pants (wear over thermals but under waterproof pants)</td>
<td>$7</td>
</tr>
<tr>
<td>Warm Pants (for evenings &amp; summit night)</td>
<td>$10</td>
</tr>
<tr>
<td>Thick walking Socks (at least 4 pairs)</td>
<td>$2</td>
</tr>
<tr>
<td>Mountain Boots (waterproof with ankle protection)</td>
<td>$25</td>
</tr>
<tr>
<td>Gaiters (to wear over shoes &amp; keep them dry)</td>
<td>$10</td>
</tr>
<tr>
<td>Poncho (optional)</td>
<td>$10</td>
</tr>
<tr>
<td>Gloves (thin liner and thick waterproof/windproof gloves)</td>
<td>$7</td>
</tr>
<tr>
<td>Thermals (tops/bottoms)</td>
<td>$7</td>
</tr>
<tr>
<td>Water Bottle</td>
<td>$7</td>
</tr>
<tr>
<td>Camel pack</td>
<td>$10</td>
</tr>
<tr>
<td>Sunglasses</td>
<td>$7</td>
</tr>
<tr>
<td>Balaclava</td>
<td>$7</td>
</tr>
<tr>
<td>Walking Poles</td>
<td>$10</td>
</tr>
<tr>
<td>Rucksack (main bag for porters to carry – must be soft)</td>
<td>$25</td>
</tr>
</tbody>
</table>

www.eastafricawild.com
Waterproof cover to go over rucksack $10
Sleeping Mattress $10
Sleeping Bag (comfort rating approximately -15°C) $25
Head Torch $10
Thick Fleece $7
Day Backpack (approximately 30 litres) $25

Kilimanjaro Personal packing list:

This list is items you may require in addition to the equipment hire list above. Please ensure you include these on your checklist for packing. Avoid using cotton as once it gets wet it will not dry on the mountain and it does not wick sweat. Choose polypro, merino wool, silk or fleece fabrics.

Walking clothes for daily wear (layers of short and long sleeved t-shirts, thin fleece, hiking trousers and shorts)
Sunscreen
Sunglasses Hat (warm hat and sun hat)
Bandana or Buff Lip Balm (with sun protection) Energy bars and/or energy gel (Plan for 2 per day minimum)
Biscuits and snacks
Bandages and Band-Aids for blisters
Personal basic first aid Kit
Hand wipes and antibacterial gel
Toilet Roll
Plastic bags or dry bags to stop clothes and sleeping bag getting wet
Small towel
Camera
Camera extra battery (no facilities for charging batteries on the mountain)
Spare head torch batteries
Pack of playing cards (optional)
Small wash kit (toothbrush and paste, soap and flannel)
Running shoes for the evenings (optional)
Small pillow (optional)
Medication:
• Diamox (altitude sickness tablets)
• Headache tablets
• Diarrhoea tablets
• Personal Medication

Required information:

**Please complete this form and return to East Africa Wild Adventures before your climb**

Name: _____________________________________________________________

Age: _______________ Date climbing: _________________________

Dietary Requirements:

Are you vegetarian? _____________________________________________________

Do you have any allergies? ______________________________________________

Medical History:

Have you ever had or suffer from asthma? __________________________________

Are you on blood thinning medication? ________________________________

Have you ever had heart problems? ______________________________________

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Have you ever had a respiratory problem? _______________________________

Any other medical conditions?
_____________________________________________________________________
_____________________________________________________________________

Emergency contact person:
Name: ______________________________________________________________

Phone contact: (include country code) ________________________________

Email address: _______________________________________________________

**East Africa Wild Adventures cannot hold any liability in the event of illness or injury**

Signature: _____________________________  Date: _____________________