



Trip Summary

Kilimanjaro Climb and Safari

TRIP AT-A-GLANCE

Dates: February 12 -25, 2011
 Location: Marangu, Tanzania
 Cost: \$ *5745
 Rating: 5
 Activities: hiking, camping, safari
 Meeting Place: Kilimanjaro airport (JRO)
 Arrive: evening, Feb. 12th
 Depart: Evening of Feb 25th

* Deduct 5 % for being one of the first 5 to register (by 10/12/10) and 3% of the entire trip fee when the balance is paid by check.

WHAT'S INCLUDED

- experienced guides (including an Adventures in Good Company guide) and porters
- three nights hotel in Marangu before and after the climb, four nights lodging in standard lodges on the safari
- all meals from breakfast on day 2 to lunch the final day
- all National Park fees (this is often not included in prices listed by other companies)
- transportation within Tanzania including transfer to/from Kilimanjaro airport if you arrive and leave with the group
- group camping and cooking equipment

WHAT'S NOT INCLUDED

- airfare from home to/from JRO
- porters gratuities
- transportation to/from hotel and JRO at times other than group schedule is available for \$70
- alcoholic beverages

Trip Highlights

- Making the final ascent to the peak by moonlight and reaching the ridge just as the rising sun lights up the glaciers
- Following the Machame Route through many different ecosystems, including rain forest, the dry and dusty Shira Plateau, the Barranco area with its senesio trees and "Breakfast Wall", the exquisite Karanga Valley with its streams, and the rocky and inhospitable Barafu
- Learning something about life in Tanzania from our porters and the women we meet when we visit the Shiri Tumaini Women's Cooperative
- Visiting three completely different National Parks: Lake Manyara, Serengeti, and Ngorongoro Crater
- Seeing herds of zebras, elephants, giraffes, wildebeest, and antelopes, as well as lions, leopards, hippos, and many other animals we have only seen on TV

Trip Overview

Mt Kilimanjaro, the highest peak in Africa, has long lured travelers looking for a challenging but non-technical ascent to the rooftop of the world. Situated in the stable country of Tanzania, trekkers from all over the world come to experience its many different ecosystems, challenge their stamina, enjoy the hospitality of Tanzanians, and relax after the climb with some of the best game viewing in the world.

Our Itinerary

Day 0 (Feb 11) Leave U.S. for overnight flight

Day 1 (Feb 12) Arrive at Kilimanjaro International Airport (JRO) where we are transported to the hotel. Overnight in Marangu at the Marangu Resort.

Day 2 (Feb 13) Today we will visit the Shira Tumaini women's cooperative and learn about their history and the projects they are working on. This will enhance our understanding of the local

CANCELLATION POLICY

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip	Refund
90 + days	All but \$50
90 – 61 days	50% of deposit
60 – 30 days	50% of trip fee
29 days or less	No refund

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances.

On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.

TIPPING GUIDELINES

Tipping at the end of the trip is optional. If you feel your guide(s) did an outstanding job and would like to reward them for their efforts, a suggested rule of thumb is US \$7 to \$12 per person, per day. Oftentimes, trip members organize a group envelope (this makes it anonymous) and present it at the last shared meal.

Our Itinerary Continued

culture rather than just the tourist version. We will also visit the Kilimanjaro Porters Assistance Project to learn more about the work they are doing to improve conditions for porters. Overnight at Marangu Resort.

Day 3 (Feb 14) Today we drive from Marangu to Machame Gate where we'll have tea while our guides check in with the park ranger and our porters load our gear. We leave the park gate and walk through the rain forest on a winding trail up a ridge. This part of the trail can be muddy and slippery. We spend our first night on the mountain at Machame Camp. (5400 to 9300 ft, 5-7 hours).

Day 4 (Feb 15) After breakfast, we leave the glades of the rain forest and continue on an ascending path, crossing a little valley and walking along a steep rocky ridge, covered with heather, until the ridge ends. The route then turns west into a river gorge. Time for rest, dinner, and overnight at the Shira campsite (12,400 ft, 5-7 hours).

Day 5 (Feb 16) From the Shira Plateau, we continue to the east up a ridge, passing the junction towards the peak of Kibo. There are two possible routes here: to either go by way of Lava Tower, called the "Shark's Tooth," or to continue more directly down to the Barranco Valley. Here we rest, enjoy dinner, and overnight. Ending the day at the same elevation as when you started, this day is very important for acclimatization and will help your body prepare for summit day (12,800 ft, 6-8 hrs).

Day 6 (Feb 17) After breakfast, we leave Barranco camp and scramble up the great Barranco Wall. While there is no technical climbing involved, the rock scrambling is exciting and the view is magnificent. We then descend down into a wild looking valley, before descending to the Karanga River and ascending once more to the Karanga Valley campsite (13,000 ft, 4-5 hrs).

Day 7 (Feb 18) Leaving the Karanga Valley campsite we come to the junction which connects with the Mweka Trail. We continue up to the Barafu Camp. You have now completed the South Circuit, which offers views of the summit from many different angles. Here we make camp, rest, enjoy dinner, and prepare for summit day. The two peaks of Mawenzi and Kibo can be seen from this position (15,100 ft, 3-4 hrs).

Day 8 (Feb 19) This is undoubtedly our longest and toughest day! Leaving our camp by midnight, we ascend slowly and steadily for about 6-7 hours. At Stella Point (18,652 ft), we will stop for a short rest and will be rewarded with the most magnificent sunrise we are ever likely to see (weather permitting). From Stella Point, it is about a

Our Itinerary Continued

45 minute ascent to the summit, Uhuru Peak, the highest point on Mount Kilimanjaro and the continent of Africa. From the summit, we now make our descent continuing straight down to the Millenium or Mweka camp, stopping at Barafu for lunch and a brief rest.. The descent is quite challenging due to steep terrain and loose gravel (“scree”) , and its difficulty should not be underestimated. Finally, after 14-18 hours of hiking, we enjoy our last dinner on the mountain and a well-earned sleep.

Day 9 (Feb 20) A 4-6 hour descent through beautiful forest brings you to the Park gate and our waiting transport. We drive back to the hotel, where hot showers and a great dinner complete our celebration.

Day 10 (Feb 21) With the climb over, we completely switch gears today for the safari (Swahili for “trip”). Departing the hotel after breakfast, we head to Lake Manyara Park, enjoying lunch along the way. This park is located below a volcanic escarpment at the base of which numerous springs feed the forest meadows, keeping them lush and green, and attracting a large animal population. Elephant herds are frequently encountered. Game Drive followed by dinner and a night at Lake Manyara Lodge.

Day 11 (Feb 22) We will leave early in the morning after breakfast and drive to Ngorongoro Conservation Area for a full day game viewing in the Ngorongoro main crater. Ngorongoro Crater is quite different from the Serengeti: a huge collapsed volcano crater, the steep walls both confine and protect many of the animals that live here. Most animals live on the crater floor some 1200 feet below the rim. Herds of wildebeest, zebras, warthogs, buffalos, and their babies are common and we may also see the black rhino, one of Tanzania's "Big Five" and difficult to see other places. In the afternoon, we will take time out to stretch your legs and enjoy a picnic lunch at Ngoitokitok Springs while watching hippos jostle for position in the water. We will leave the crater in the evening.

Day 12 (Feb 23) We will leave after breakfast in the morning and drive to Serengeti National Park with a stop at Olduvai Gorge, site of Louis and Mary Leakey's famous discoveries of human ancestors, the Zinjanthropus Boisei. We will take a tour of the site and museum and after the tour we will proceed with our drive to Serengeti National Park while game viewing along the way.

Day 13 (Feb 24) Today we will leave early in the morning after breakfast for a full day game viewing in the Serengeti National Park. Our concentration today will be following the great migration of the wildebeests and zebras on the southern plains of the Serengeti National Park. In the afternoon we will stop to enjoy our picnic boxed lunch at a designated picnic site and in the evening we will return to the same lodge for overnight.

Day 14 (Feb 25) We will leave after breakfast and make our way to Seronera airstrip while game viewing on the way. You will take a local flight from Seronera airstrip and fly to Arusha arriving in time for lunch. After lunch we will provide you with a day room to refresh and relax before we transfer you to the airport in the evening for your international flight back home. (Some people have chosen to extend their trip with a visit to the mountain gorillas of nearby Rwanda.)

Day 15 (Feb 26) Back home, we savor the excitement and challenge of the previous 2 weeks and enjoy the luxury of sleeping in our own beds.

Packing List (cont'd on last page)

SLEEPING GEAR

- Sleeping bag (warm to 20 deg F) with a thin fleece or silk liner sheet (the latter is optional, but highly recommended)
- Sleeping pad: a "closed cell" foam pad, a Thermarest self-inflating pad, or a Ridge Rest pad

CLOTHING FOR TREK (daytime temps range from 40 to 70F, nighttime temps can get below freezing, it can be very windy)

- 1 pair sturdy, water-proofed hiking boots, well broken in, fit comfortably with heavy socks. Leather is preferred.
 - 1 pair comfortable shoes to wear around camp (athletic shoes or sandals you can wear socks with)
 - 2-3 pair thin liner socks: silk, wool, or synthetic equivalent (these aren't necessary if you don't usually wear liners)
 - 3-4 pairs thick socks: wool or synthetic equivalent (Thorlo, Ultimax, or Coolmax).
 - 1-2 pair comfortable, quick-drying synthetic hiking pants (zip-off pants are versatile)
 - 1 pair shorts (or, bring a pair of zip-off pants)
 - 1-2 T-shirts (synthetic or lightweight wool)
 - 1 long-sleeve lightweight shirt (synthetic), for example a nylon, button-front "camp shirt"
 - 1 pair (top and bottom) lightweight long underwear: silk, wool, or synthetic (polyester)
 - 1 pair (top and bottom) "expedition-weight" long underwear: wool or synthetic (polyester fleece)
 - 1 mid-weight fleece jacket (windproof fleece is nice, but you can also wear your raingear as a wind layer)
 - 1 pair warm fleece pants (same as above: windproof fleece is a nice feature, but not essential)
 - 1 warm down or synthetic-fill jacket (to wear in the evenings and on summit hike—must fit over other layers)
 - 1 rain jacket and rain pants: a **waterproof/breathable** fabric like Gore-tex. Partial or full-length leg zippers are great for easily putting your pants on over your shoes or boots (be sure your warm layers fit underneath your rain gear)
 - warm mittens **and** lightweight gloves (wool or fleece).
 - 1 warm wool or fleece hat **and** balaclava or neck gaiter
 - 1 wide-brimmed hat for protection from sun
 - underwear, sports bra (all quick drying)
- Optional: fleece vest; waterproof overmitts; down or synthetic booties (best if they have a non-slip sole)

CLOTHING FOR SAFARI (you will leave these clothes with our outfitter during the trek)

- 2-3 T-shirts or short-sleeved shirts (cotton, wool, or synthetic is O.K.)
 - 1 lightweight long-sleeve shirt (for sun protection and cool evenings)
 - 1-2 pair shorts
 - 1 pair pants
 - sandals (if you bring athletic shoes for your "camp shoes," also bring sandals for the safari)
- Optional: casual skirt or dress for lounging/dinner

ESSENTIALS

- Passport**, visa and Xeroxed copy
- sunscreen and lip block with SPF of at least 30
- 2 bandannas
- water purification chlorine dioxide or iodine (enough for 25 liters of water)
- Gaiters (provide protection from rain and/or loose gravel)
- 1 sturdy daypack w/waistbelt, large enough to hold your supplies for the day (water, snacks, raingear, camera, etc.)
- Three one-liter capacity water bottles that can hold boiling water (e.g. Lexan/Nalgene). Hydration systems with drinking tubes work well for most days but will freeze on the summit trek. 1 bottle needs to be insulated.
- several large ziplocks for sorting dirty/wet clothes plus large, sturdy plastic bags to waterproof clothes in your duffel (waterproof stuff sacks can also be used for this purpose)
- 2 duffel bags: one for your trekking clothing & gear, a second bag for your safari clothing (See below for details)
- favorite energy bars (bring 6 to 10 high-carb energy bars and/or energy gels for the summit hike.) Protein and fat is harder to digest at altitude, choose bars and/or gels that are primarily simple carbohydrates.
- insect repellent with DEET
- trekking poles
- Sunglasses (100% UV blocking)
- Headlamp with extra batteries and bulb

TOILETRIES (small everything!)

- Toilet paper (our outfitter provides TP on the mountain but it's good to have a small personal supply)
- Small quick-dry towel, biodegradable soap (for washing self and clothing), hand sanitizer, toothbrush, toothpaste, moist towelettes, dental floss, sanitary supplies, contact lens paraphernalia, glasses, bandaids, safety pins, Second Skin & moleskin, first aid tape, skin lotion, throat lozenges, Ibuprofen, Pepto Bismol tablets, personal medications.
- Consult with your doctor or a travel clinic about: antibiotics for diarrhea, malaria pills and Diamox (acetazolamide) for acclimitization. Make sure you try you try a dose of the Diamox before you go to Africa.
- Individuals allergic to insect stings must bring an epi-pen.**

++Packing List continued on last page

Notes on the Packing List

1. How to pack: You will need a duffel bag (soft-sided, no wheels) that fits all of your trekking gear & clothing (not including your daypack, which you will carry). This duffel bag will be carried by a porter on Mt Kilimanjaro and can weigh up to 33 pounds. If you go over that weight, you will be responsible for any extra costs. For convenience and waterproofing, everything in that duffel should be packed in sturdy plastic bags or waterproof stuff sacks. You also need a small bag or suitcase to leave your safari clothes, etc. at the outfitter while we're on the mountain.

2. You will be carrying a daypack that is large enough to hold your water, camera, binoculars, rain gear, snacks, and extra clothes for the changing weather conditions. Please line your daypack with a durable plastic bag to keep your belongings dry. We recommend a daypack with a capacity of about 2000 cubic inches. Before you leave home check to be sure that your daypack is comfortable to wear all day and that there is space for all of your items. Having a pack with a hip belt and investing in a lighter weight daypack (made for hiking as opposed to carrying books) will greatly increase your comfort.

3. Bring a sleeping bag with down or synthetic insulation, wrapped in a sturdy plastic bag (trash compactor bags work well) either inside or outside its stuff sack. Warmth, weight, cost, and durability are factors to consider. Down bags cost more, last longer, weigh less for the warmth, won't keep you warm when wet and take a while to dry. On this trip, they should not get wet but think about what other trips you would use it for. Your bag should be rated to at least 20 degrees (lower if you sleep cold and don't bring a liner). Consider bringing a silk or lightweight fleece liner, which will add both warmth and versatility.

4. Well-fitting, sturdy boots that come above the ankle are very important to your safety and enjoyment on this trip. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. Mid-weight leather boots are preferred, but good quality cordura boots can also work well on this trip.

5. **Layering** is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. The layering procedure begins with a BASE LAYER of silk or "lightweight" synthetic or wool long underwear. These materials draw moisture away from the skin (this is called "wicking") and help keep you dry and therefore warmer. Some synthetic materials that we find work well include Capilene, polypropylene, Driclime. The specific fabric name is not as important as having material with these qualities and having a variety of weights available to you as your layering system. They really *are* miracle fabrics. Wool is also a very good choice, especially some of the new clothing made by Ibex or Smartwool. It is 100% merino wool, keeps you warm and dry and is not itchy. It also doesn't absorb the odors the way many synthetic materials do. **Please do not bring cotton clothing on the Climb – it is not adequate for keeping you warm, especially when wet.** Over the base layer wear a second, MEDIUM-WEIGHT layer on your upper body such as "expedition-weight" Capilene or Polartec, and wool pants or a synthetic equivalent such as Polartec or Capilene fleece. Over the second layer, add a third HEAVY-WEIGHT layer. This should be a thick material such as down, microfill or fleece. The fourth and final layer is called the OUTER LAYER. This layer is for protection from wind and rain. You will need a parka or jacket made of a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. Put on your day pack, can you still raise your arms? In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Lastly, the rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

++Notes continued on last page

Items on your packing list can be purchased through a number of outdoor outfitters including:

Recreational Equip. Inc (REI)
800-426-4840
www.rei.com

Eastern Mountain Sports (EMS)
603-924-7231
www.ems.com

Sierra Trading Post
800-713-4534
www.SierraTradingPost.com

Also check out the websites on the Affiliate page of our website (under Resources)

Additional Trip Preparations

HELPFUL WEBSITES

Kilimanjaro Porters Assistance
Project: <http://www.kiliporters.org/>

The hotel and outfitter we use is through Marangu. Their website has information about our climb, the hotel and other general Tanzania information:
<http://www.maranguhotel.com/>

You can check forecasts for the lower, middle, and upper mountain at:
<http://www.snow-forecast.com/resorts/Kilimanjaro>

WEATHER

Daytime temps can be cool and breezy, rain is possible (one year it rained the whole first day), and nights on the upper mountain will be below freezing. Remember we start our summit hike at night!

Temperatures for the safari tend to be warm, dry and can also be breezy. Highs are typically in the 80s and 90s during the day and nighttime lows in the 60s

EMERGENCY CONTACT INFORMATION

The best number to leave in case of emergency is the Adventures in Good Company office number (877/439-4042) and we will do our best to get in contact with you. For a couple nights before and after the climb you will be staying at Marangu Hotel
+255 27 275 6594/6361

CONDITIONING

You should be in very good physical condition and be able to enjoy walking in a hilly environment for four to eight hours. Starting a program now is not too soon. This should consist of some sort of aerobic exercise 4 to 5 times a week, at a level sufficient to make you breathe deeply but not so vigorous as to make you pant. Walking and hiking, particularly up hills, is excellent exercise. Start with 45 minutes and gradually include some walks up to 2 to 3 hours long. 6 to 8 weeks before your trip start hiking with your daypack carrying everything you will be carrying during the trip (i.e. water, rain gear, snacks, warm shirt). If you live in the flatlands, find some stadium stairs or a tall office building. This should be in addition to your regular aerobic exercise. Because of the steep uphill and downhill, knee strength is also important and we recommend conditioning exercises specifically for your knees (e.g. squats, lunges). The key is to be consistent and to increase your exercise level gradually. Being in sufficient condition is essential on this trip.

If you want a structured program, we advise you to contact our partner Fit for Trips: <http://www.fitfortrips.com/adventures-in-good-company.aspx>. While there is an additional cost for this, it is much less expensive than personal training and the program will be designed specifically for this trip.

RECOMMENDED PRE-TRIP READING

Spectrum Guide to Tanzania

Well known for their profusion of full-color illustrations, Spectrum Guides feature clear, concise essays on wildlife, history and culture. The Tanzania guide includes an overview of the country, wildlife checklists and practical safari information.

Kilimanjaro, Journey to the Roof of Africa • Audrey Salkeld • David Breashears

A magnificently illustrated, detailed account of Africa's highest mountain, its exploration, history and nature, with 150 full color photographs. The author, a member of the expedition team that produced the IMAX movie of the same name, combines an account of climbing the Machame route with lots of good information on Kilimanjaro.

No Picnic on Mount Kenya • Felice Benuzzi • Rick Ridgeway

Bored beyond belief in a British prisoner of war camp at the foot of Mount Kenya in 1943, the author scrounged the food, material and colleagues to break-out of the camp, climb the mountain -- and then sneak back into prison. Among the many pleasures of this book are Benuzzi's accounts of the landscapes, animals and habitats on the way to the top.

Kilimanjaro, A Trekking Guide to Africa's Highest Mountain • Henry Stedman

A compact, practical guide in the British Trailblazer series. Stedman (an experienced trekker who has written several other guidebooks) includes 23 sketch maps with points of interest and elevations, and camp-to-camp descriptions of the various treks. Best of all are Stedman's dead-on and often very witty chapters on preparation, perils and pleasures of the trek, as well as his excellent survey of the history, nature and people of the region.

Special Considerations for International Trips

PASSPORT

A valid passport is required for travel in Tanzania. You will need to present it at the airports before and after your flights. Be sure to carry a photocopy of your passport in a separate location, for security's sake. It is also a good idea to leave one with somebody at home. If you already have a passport, check to make sure it is still current (they expire every 10 years). Passports can be renewed through the mail. If you are getting a passport for the first time, you must submit your application in person.

For information on how to obtain a passport, download an application from travel.state.gov/passport/passport_1738.html, ask your travel agent, or call the Passport Office at 202-647-0518. Allow at least 6 weeks.

VISA

A tourist visa is required to enter Tanzania. The Visa fee for 90 days is \$100.00. We have included a Visa application in this packet. If you misplace it, you can download one from the web site of the Tanzanian Embassy at www.tanzaniaembassy-us.org/visa/visa.html. For question #10, Name of Travel Agent/Tour Operator, put: Marangu Hotel Kilimanjaro; For question 11, for contact person put: Desmond Brice-Bennett and for address put: P O Box 40, Moshi. The fee needs to be sent with a Postal Money Order, payable to the Embassy of the United Republic of Tanzania. Personal checks are not accepted. Send your passport (which must be valid at least 6 months from the date of entry), visa application with an affixed photograph, visa fee, proof of purchase of your ticket to and from Tanzania, proof of having sufficient funds to maintain yourself during your visit (a recent bank statement would be fine) and a postage-paid self-addressed envelope to the Embassy of the United Republic of Tanzania: 1232 22nd St. NW, Washington D.C 20037 Telephone: (202)884-1080, (202)939-6125/7 Fax: (202)797-7408 The Permanent Representative of the United Republic of Tanzania to the United Nations also issues tourist visas; their address is 201 East 42nd St,

Suite 1700, New York, NY 10017 (telephone number is 212-972-9160). Using Priority Mail to both send your application and your SASE is highly recommended. You should obtain your visa two months before the start of the trip.

MONEY

The unit of currency in Tanzania is the Tanzanian shilling (TZS). The current exchange rate is about 1250 TZS for \$1US. Many places will take US dollars at an exchange of \$1 for 1000 TZS. We suggest that you bring the money you plan to spend on small items (including porter tips) in good quality small bills (\$1, \$5, \$10, \$20). You will get change in Tanzanian money when you use US money at a hotel or shop. Some shops do take credit cards, if you plan on buying more expensive souvenirs. It may also be possible to cash traveler's checks (Visa are preferred over American Express) but we have found that most people do fine with just bringing small denomination bills. Do not count on being able to use ATMs or credit cards.

The Adventures in Good Company trip fee includes all costs on the climb and the safari itself. You'll need money for snacks, and soda pop or alcoholic drinks; tips for porters (plan on \$100-\$150 for the climb); and a \$20 departure tax when you leave (this is almost always included in your ticket).

We do not recommend giving clothing to your porters after the trek, as it is impossible to distribute fairly (i.e. you may get to know the porters who speak some English while others who work just as hard remain in the background) and in any case it will be sold. Instead, we have developed a relationship with the Kilimanjaro Porter's Assistance Project and can arrange to leave clothing with them that will then be reused over and over. In addition, if you have extra space in your luggage and could bring over additional clothing, please let us know.

Special Considerations for International Trips, cont'd

OUR TRAVEL AGENT

If you need assistance with making your travel plans, call Sara Schuitemaker at Scan East West Travel. Her toll-free number is 800-727-2157 and her email is sara@scaneastwest.com.

TRAVEL INSURANCE

We highly recommend travel insurance. We know that women never want to cancel their trips, and the reasons for doing so are always excellent. Occasionally it's a sudden illness; even more frequently it's the illness of someone they care about. Trip insurance at least minimizes the disappointment and expense during what is often a difficult time. In addition insurance covers the cost of lost baggage; medical expenses during your trip, including emergencies, repatriation, and evacuation; and trip delay. If you decide to purchase insurance, you can secure a policy through your own insurance company or enroll with the company we use, Travelex Insurance. Call 1-800-228-9792 or visit www.travelexinsurance.com. The location code is 20-0016.

IMMUNIZATIONS

There are currently no required, although there are several recommended ones. To obtain the most current immunization recommendations, you should contact your state health department or visit an international travel clinic. For a clinic near you, either call the International Society of Travel Medicine at 770-736-7060 or visit their web site at www.istm.org. You can also contact the CDC International Travelers' Hotline at 404-332-4559, or visit their web site at www.cdc.gov. Taking anti-malarial medication is highly recommended; please discuss this with your doctor.

ACCLIMATIZATION

There is no way to prepare for altitude other than to spend time at altitude. Being in very good physical condition will help ameliorate some of the exhaustion that people often feel, but it will not prevent altitude-caused medical problems such as Acute Mountain Sickness. We have built a couple of acclimatization days into the itinerary but ultimately your response is due to genetic factors. Staying well hydrated and getting plenty of rest may help. We also strongly recommend that everyone bring some **Diamox**, or acetazolamide, for altitude. You may not choose to use it as prevention, but you want to have it if you need it (you can discuss the pros and cons after you meet). You should try a dose while in the states just to make sure that you don't have an allergic reaction.

ELECTRICAL APPLIANCES

The electrical current in Tanzania is 220V-240V so travelers from the US need a three-tier standard power converter (or transformer). This converts Tanzanian 220-240v to 110 v. Some US appliances can handle the wattage of Tanzanian outlets without a converter (not hairdryers).

At minimum, make sure you bring a plug adapter for any electrical items you travel with you. Travel plug adapters simply change the shape of your appliance's plug to match whatever type of socket you need to plug into. For the most part, there are two types of electrical sockets (outlets) used in Tanzania: the "Type G" British BS-1363 and the "Type D" Indian (old British BS-546 5 amp "small") sockets. Some specialty travel stores carry adapters and can help you choose the right one.

STAYING IN TOUCH

For the most part you will be out of communication while on this trip. Some of the safari lodges may have internet access. You can also try getting a local Tanzania SIM card for your cell phone if your cell

Getting There

STAYING IN TOUCH, CONT'D

phone is GSM compatible. Some carriers also have international calling plans that you can pre-pay so you do not incur roaming charges; check with your carrier for options. Alternatively you can buy an inexpensive international cell phone and a Tanzania SIM card. These phones are unlocked and usually GSM only (meaning they will not work in the US). To learn more go to www.telestial.com

TRAVEL

You will fly into Kilimanjaro airport (JRO). You will want to leave from home on the 11th to get there on the 12th. There are a few different routes to fly. The easiest is to connect to a flight on KLM/ Delta from Amsterdam directly to JRO. The second is to fly thru Nairobi. And the third is to fly through Dar es Salaam. The AMS-JRO flight arrives sometime in the early night hours (usually between 8 and 10 pm) and is the one most people take. Flights out of JRO usually leave at night.

PACKING LIST, CONTINUED

OPTIONAL

- utility cord, clothespins, universal sink stopper (for laundry)
- watch with alarm or small travel clock
- small journal and pen, sketch pad
- sports drink powder to add to water
- compact binoculars / compass
- electrical plug adaptor and converter
- safety goggles or non-corrective eyewear: if you don't wear glasses this is useful to protect eyes from drying out on the summit night.
- paperback book, cards, small game
- camera and film/memory cards (extra batteries)
- earplugs: great for night noise

NOTES ON THE PACKING LIST, CONTINUED

6. Hydration packs are not recommended because they will freeze on the summit climb—even the insulated versions. They are suitable for the lower mountain but make sure you have 1 (of 3 on the EQ list) insulated bottles for the summit climb. You can buy an insulated water bottle holder for a reasonable price or cut up a piece of ensolite pad (foam sleeping pad) and wrap it around your bottle with duct tape. You will be treating your water with either iodine or chlorine tablets, please don't bring a water filter – they are bulky and can freeze at altitude.

7. Other considerations: Try to maximize the use of your gear for both the climb and safari (you can hand wash clothing between the climb and safari and air dry overnight). Extra luggage, including clean clothes to wear home, can be left at the hotel. Casual attire is acceptable for Africa. Light colored clothing is best for the safari, to blend into the landscape and not alarm the wild life. Store electronics in sealed water-proof bags (double sealed if possible).

8. You may also want to bring a few photos of home and family; porters don't always speak English, but they will understand photos. If you choose to give small gifts, consider a very small souvenir item from your home town/state (a postcard, for example), or practical items such as hats, wool socks/gloves, sunglasses, or first aid items (ibuprofen, bandaids, etc.)