



MOUNTAIN
PROFESSIONALS

KILIMANJARO

TRIP INFORMATION PACKET

TRIP INFORMATION

Location: Tanzania, Africa

Summit Elevation: 19,430 ft. (5893m)

Trip begins in Tanzania, Africa at Kilimanjaro International Airport (JRO).

PRICE INCLUDES:

- Mountain Professionals Guide/Expedition Leader
- Tanzanian guide staff
- Porters for all group and personal equipment
- Team equipment (kitchen, dining tent, mountain tents, etc.)
- Kilimanjaro National Park entrance/use fees
- Game Parks entrance and use fees
- All meals on expedition (see day to day schedule for more detail)
- Double accommodation in hotels in Moshi and Safari Lodge (contact us for single room options)
- Comprehensive First Aid Kit and Wilderness First Responder Guide Staff
- Comprehensive communications system on mountain radios and team dispatches
- All ground transportation within scheduled itinerary for climb and safari
- Transfer from Kilimanjaro International Airport to and from Moshi
- 3 Nights accommodation in Moshi/Arusha at fine hotels and 1 night safari evening in Ngorongoro Wildlife Lodge

PRICE DOES NOT INCLUDE:

- International airfare
- Visa fees paid upon arrival in Tanzania (\$100 for U.S. citizens, \$50 for other countries)
- Client contribution to the group tip pool for the Tanzanian porters and guide staff, tip for safari guide also in this amount (suggested \$170 u.s. per person)
- Alcoholic and bottled beverages during the trip
- Personal shopping and snacks, items of a personal nature
- Recommended trip/travel insurance
- Individual travel costs, delays, taxis, etc.



THE CLIMB:

Making a successful ascent of Mt. Kilimanjaro is an incredible achievement. It is one of the 'Seven Summits' or the highest mountain on each continent. The summit of Kilimanjaro is 19,340' (5,895m) above sea level.

It is a true big mountain, one that rises from the surrounding plains rather dramatically so it is exposed to all the usual weather changes one would expect on a mountain of such height. So we want to be mentally prepared for all conditions while on the! mountain. The first days hiking on the lower sections would range from hot, wearing just shorts or trekking pants, all the way to very cool at night. Rain is also a possibility on the lower days. Once we reach the higher trekking sections, the weather can be warm and sunny or cold and windy or even snowing. If you follow the gear list and come prepared with everything we recommend, then you will be prepared for anything the mountain will throw our way.

The Machame Route is not a technical climbing route. There are some sections of rock where we use hands and feet to ascend short sections of rock, essentially what is called 'scrambling', The rest of the route is low angle to steep, rocky trail. It will require folks to be fit and motivated day to day to get ourselves in position at the highest camp to make a summit climb.

PROJECTED ITINERARY:

Please see the day-to-day meals that are included in your trip cost. The letters (B,L,D) for each day indicate that breakfast, lunch or dinner is included in the cost of your trip.!!

- DAY 1:** Arrive at Kilimanjaro International Airport. Our team transports to our hotel in Moshi, which is located approximately one hour from the Kilimanjaro park. Services include transport, dinner and hotel.
- DAY 2:** This day is scheduled as a rest and relaxation day, after a long international flight it is better to get caught up on sleep and to get acclimated to our new surroundings. We have a team meeting in the afternoon to talk about all the details of the trip and double check any gear or clothing issues. (B, L, D)
- DAY 3:** From Moshi we transport to the Machame Park gate on the southwest side of Kilimanjaro Here we trek through the lush forest and ferns, continue to our first camp at 3,000m. 5-6 hours walking. (B,L,D)
- DAY 4:** Here we will hike out of the dense forest to a camp near Shira Cave at 3,840m. 4-5 hours walking. (B,L,D)
- DAY 5:** From Shira, we will trek towards the Barranco Valley for a camp at 3,950m. Today we may take an acclimatization hike above our sleeping altitude. 5-6 hours. (B,L,D)
- DAY 6:** Today we climb the eastern side of the valley and we will enjoy views of Kilimanjaro's ice fields. We will continue trekking until we reach our camp in Karanga Camp 3,900m. 4-5 hours of walking. (B,L,D)
- DAY 7:** Here we will walk up to 4,700m. Make camp after a short hiking day and prepare for the summit attempt. 4 hours walking. (B,L,D)
- DAY 8:** We leave very early this morning around 1 a.m. heading towards Stella Point on the crater rim and on to Uhuru Peak. Congratulations on a safe and successful climb! We will descend back down to approximately 3,400m to camp. (B,L,D)
- DAY 9:** From here we have a nice 5-6 hour trek to the park Gate and transport vehicle. Return to town for our team dinner celebration. (B,L,D)
- DAY 10:** Safari Day: Morning Pickup in Private car to visit a traditional Masai Village, photos, gifts, with picnic lunch. In the late afternoon we go to our lodge at the! Ngorongoro Wildlife Lodge for overnight stay. (B,L,D)
- DAY 11:** Safari Day: We descend into the the Ngorongoro Crater for a day safari tour complete with picnic lunch. Return to Moshi hotel. (B, L, D)
- DAY 12:** Closing of group expedition and transport to Kilimanjaro International Airport for your departing flight. (B)

TRAINING:

The most important thing to think of when training for Mt. Kilimanjaro is to remember "the better shape you are in, the easier and more enjoyable the climb". You do not have to be an expert climber or have lots of high altitude trekking or climbing experience. What you need is to be fit in your cardiovascular system and good hiking shape. Being mentally prepared and excited about the challenge is equally important in our opinion. ! We encourage people to use a goal like this as an excuse to get in great shape. Part of the fun of going on expeditions is the preparation. It is a lot easier to go to the gym or hit the trail for a nice hard hike, if you know you are going to a mountain and it is fun to see yourself getting more and more fit as the trip gets closer. Our training mentality for big climbing peaks is to train to go up and over the mountain.... not just to get to the top.

This is one of the worlds' great climbs/treks. Each individual should be in good "hiking shape" and capable of traveling for a full day with a relatively light pack that includes extra clothing, lunch, water bottle, camera, etc.

In short, the best way to get in shape for the trip is to start early, get on a nice regiment of walking in the hills, biking, walking up stairs, and running. A nice way to do it is to slowly increase your regiment as time goes on, so you can feel that you are making progress.



STAFF:

Your climb will be led by veteran Kilimanjaro and Himalayan Mountain Guide Ryan Waters and assisted by our local Tanzanian guides. Other staff will include a chief cook, assistants, and many porters who carry the group gear, most of your personal equipment, and make our camps including client tents and the dining tent.

IMMUNIZATIONS:

VERY IMPORTANT:

If you travel to Tanzania from a non-yellow fever risk country, which includes the United States and most European countries, then there are **NO REQUIRED IMMUNIZATIONS** to enter and receive your visa at the airport.

If you enter the country from a location that is on the list of yellow fever risk status, then the only required vaccination you will need is Yellow Fever. Please bring the record of your shot with you to the airport entry upon arrival. You can consult the US Center for Disease Control website for more information or consult your doctor for further recommendations. Here is a partial list of what the CDC would recommend:

The following precautions are optional for international travel:

Tetanus-Diphtheria, Polio, MMR (these are regular vaccinations most people have but check if you need a tetanus booster)

Hepatitis A and B

Rabies and Typhoid

Malaria, Insect repellent is primary first line defense, but consult doctor if you want to take Malaria pills during your trip.

We will be traveling in locations that are relatively high in altitude where malaria carrying insects generally do not live. There are not mosquitos on Kilimanjaro or on our Safari locations. However we must make a general recommendation to consult with your physician to potentially prescribe Anti-Malarial pills for the entire trip. If you do choose this option. Our company recommendation is Malarone. This drug is the most mild on people's stomachs, fast acting, meaning you only need to take it a few days before and after the exposure times.



VISA:

Please make sure your passport is valid for 6 months after the trip and has empty pages in it. You do not need an advance visa to enter Tanzania. You will be charged approximately U.S. \$100 for the Tanzanian visa so please plan on having that in cash upon arrival at the airport, U.S. Dollars are acceptable. It is advised to bring an extra passport photo of yourself for the visa at airport.

US Citizens ONLY: Effective September 20, 2007 travel visa fees will be US\$100.00. The new fees will apply to single and all multiple entry visas.

Non-US Citizens: Visa fees are US\$50.00 for single entry.

ADDITIONAL INFORMATION:

International travel to developing countries is exciting and new to many. Please start taking precautions regarding your health from the moment you step onto the plane for travel. This should include washing hands regularly and drinking only bottled water from this point until you reach your home country. It is recommended that you brush your teeth with bottled water while traveling. On the mountain, we will be treating our water via boiling or filtration.

It is a very good idea to bring some low level pain medication such as ibuprofen and/or aspirin with codeine can also be useful for bad headaches or stomach cramps with diarrhea.

Please bring a small personal bottle of alcohol hand-sanitizer to keep in your pack throughout the trip.

FLIGHTS AND TRAVEL:

The location to fly into for the expedition is to Kilimanjaro International Airport, code! (JRO) in Tanzania. Most if not all flights from the USA connect in Amsterdam before flying direct to Kilimanjaro.

Delta and KLM airlines have good direct connections from major hubs in the USA such as Atlanta, New York, and other major cities. It is normal for your flight to last over a two day period once you factor in the overnight flight across the Atlantic and connections.

An example would be flying out of Atlanta in the late afternoon, arriving in Amsterdam approximately 8 hours later on the next calendar day in the a.m. Your connection, most likely on KLM will then leave shortly thereafter, arriving in Kilimanjaro International approximately 8 hours later in the evening of the second day.

Day 1 of our expedition is February 15th when you arrive in Kilimanjaro International Airport and our staff is there to greet you and transport you and your baggage to our team hotel.

Please plan your air travel so that you arrive on the scheduled start start day of February 15th for ease of transport arrangements within our group. Folks that are interested in staying in Tanzania for additional days should contact us for arrangements, or just plan the extra days on the back end of our trip.



PACKING INFORMATION:

The best method for transporting your personal gear and clothing is to use 2 lockable duffle bags and bring a backpack type bag as your carry on to the plane (Your actual on mountain trekking pack can serve as your carry on for the flights to Tanzania).

One of the gear duffle bags will be used as a storage bag for all your personal things you do not want to take to the mountain, as well as safari clothes. These will be locked in storage at the hotel prior to leaving for the mountain gate. This is known as your Storage Bag.

You will be carrying your mountain backpack during the trip and have an additional 30 lb./ 14 kg. limit of additional gear, clothing, sleeping bag, personal snacks, books, cameras etc. This is known as your Porter Bag which will be in your second lockable duffle and carried by porters. Please stay within the 30 lb./ 14 kg. limit for the safety of our porters.

A travel wallet that you can hang around your neck and place inside your shirt is a safe way to carry your money and travel documents. Other tips for this type of travel include the following:

- Carry a photo copy of your passport page and extra passport sized ! photographs of your self.
- Arrive at the airport with plenty of time to ensure your baggage is within ! weight limits and is properly checked through all the way to the destination.
- There is no need for expensive watches or other jewelry that can only draw ! unwanted attention to a foreign traveler.



FIRST AID:

Small personal first-aid kit. Our team will be carrying a full expedition kit. This kit will include high altitude medications as well as a complete expedition kit with antibiotics and wound management. If you choose to carry a personal kit, contents could include:

- Personal prescription medications in their original containers
- Over-the-counter anti-diarrhea medication
- Acetaminophen, aspirin, ibuprofen, or other medication for pain or fever
- If you have a history of severe allergic reaction - Epinephrine auto-injector (e.g., EpiPen)

FOOD:

All the meals during the mountain expedition and safari are included in the cost of the trip. Please see the detailed day to day explanation of when your meals are included. Meals on the expedition will be prepared by our very competent and skilled ! local cooks. Breakfasts will include things such as fruits and vegetables, eggs, toast, hot cereal, tea and coffee.

Most lunches will be prepared ahead of our trekking group and be waiting for us on trail in the day. Most often we will have the full table and chairs dining experience waiting for us on trail. There may be some occasions when sack lunches are prepared for the trail. Please have additional small snacks that you really enjoy on hand during the day. Examples are candy bars, fruits and nuts, or salty snacks. Energy bars are a great supplement for calorie intake. For guidelines, you should plan to bring about 2 Lbs./ 1Kg of assorted snack foods.

Dinners will consist of soups, fruits and vegetables, rice and pasta dishes, chicken and desert. Our cool staff works very hard to have fresh meats and vegetables carried on mountain to meet our team, ensuring a constantly varied and satisfying menu. Our goal is to have everyone feeling full and ready for rest each and every night!

BRINGING MONEY:

Bring your Visa money fee (100 USD for Americans, 50 USD for other countries) in your passport for easy access upon arrival at the Tanzania Airport.

Aside from that Visa Fee, personal spending dictates the amount. \$300 in cash in small U.S. bills (20's and 10's are helpful for breaking up group money tips for our staff). Is plenty for the staff tip pool money as well as leaving plenty small money for along your travels, buying presents, beverages, and some snacks.

Bring it... if you do not use it on the trip, you still have it...and can take it back home, many times we see people wishing they had brought more US dollars just for purchasing presents, alcoholic drinks the evening at the Safari Lodge, or general celebration after our climb. There are ATM machines in Moshi and Arusha while we are in town. You can easily pull out cash in the local currency if need be.

SAFARI INFORMATION:

We will be riding in 4x4 trucks during the safari portion of the trip. Please have some extra, comfortable clothing for this portion.

These clothes can be left in your Storage Bag during our time on the mountain. It is o.k. to use cotton clothing during this section of the trip. The easiest way is to simply bring some light, comfortable clothes, similar to travel or trekking clothes that are dedicated for the safari and remain in the Storage Bag until you are ready to use them. We will be ! staying in a fine lodge so it is nice to have dedicated clean clothes. Note* The Lodge is cool in the evening as it is high in altitude. Bring an extra sweater or fleece warm layer on the safari.

COMMUNICATIONS:

While in Moshi: You have access to hotel telephones and a simple internet cafe at the hotel or if we are in town.

While on the Kilimanjaro: We will have a satellite telephone that you can use at a cost of \$5 u.s. per minute.

The night we stay in the Wildlife Lodge on the Safari you will have access to Hotel Telephones only, there is internet that evening.

Our team will post dispatches throughout the entire trip, with text and photo descriptions on the Mountain Professionals website under the NEWS tab. Friends and family can follow the adventure there.

CHARGING ELECTRONICS:!

Please bring spare batteries for electronics. If you need to charge something while in town you will be able to use the outlets in the hotels. You should think through any cords and chargers you would need as well as a converter for the local plug. Universal kits are available in outdoor/travel stores.

While on the trek our team will be carrying a 10-watt solar panel with a universal charger input that will accept USB, however it is much easier for individuals to carry a small personal solar system or battery for charging of iPhones, or music players. There are countless small solar systems for USB charging available.



USEFUL RESOURCES:

Trip Insurance:
Travel Guard - www.travelguard.com!

Rescue Insurance:
Global Rescue - www.globalrescue.com!

American Embassy
686 Old Bagamoyo Road
Massing
P.O. Box 9123,
Dar es Salaam, Tanzania
Tel: +255 2226 68001



USEFUL NOTES:

We spend two nights in Moshi, Tanzania prior to the climb. When we return from the climb we stay in a city called Arusha for one night prior to the Safari and one night after the Safari. If you prefer to have a single room for an extra charge, see the following information.

- Contact us if you prefer Single Room in Moshi and Arusha at an additional charge of \$300 USD that covers the 4 nights (2 in the beginning at Moshi and 1 at the end of the climb in Arusha, plus the final night in Arusha.). This fee can be paid in Moshi or along with your balance.
- Our hotels in Moshi and Arusha have a combination of desktop computers in the lobby with internet or are also equipped with WIFI. In Arusha there is a spa and full bar with a great selection of wines.
- Satellite phones are available while on the climb for a charge of \$5 u.s. per minute



CONTACT INFORMATION:

Mountain Professionals Direct Line:
(1) 303.956.9945

admin@mtnprofessionals.com

Main Contact: Ryan Waters, Director

Secondary Emergency Contact While on Expedition:
Melissa Beckwith, Administration

melissa@mtnprofessionals.com

In Moshi, Tanzania:

Our Tanzania Logistics Office

+255 2727 58581

Cell +255 7542 82025

Main Contact: Faustin Meela, Expedition Manager



Please follow this 5 step checklist to complete your trip registration:

1. Signed Policies Document
2. Signed Health Questionnaire
3. Signed Waiver Form

Please fill out these three documents, scan and return them in an email to admin@mtnprofessionals.com. If you prefer to mail the documents, please use the address below.

4. Make \$500 u.s. Deposit to secure your spot
5. Final balance of payment due 45 days before trip

Please post payments (payable to Mountain Professionals) to:

Mountain Professionals LLC
PO Box 1468
Boulder, CO 80306

To receive International Wire: (Include \$20.00 USD for our fee to receive Wire)

Account information will be provided by our administration team.